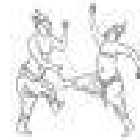


NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 7 | JULY - 2025 | VOLUME 2



What is celebrated for the month of July?

Independence Day on the 4th, and the month also includes observances like Disability Pride Month and National Ice Cream Month. Additionally, there are numerous weekly and daily observances such as National Hot Dog Month, National Culinary Arts Month, and events like Shark Awareness Day.

What holidays are celebrated in July?

- Independence Day (July 4th): Celebrates the adoption of the Declaration of Independence in 1776.
- Disability Pride Month: Celebrates the diversity and achievements of people with disabilities.
- National Ice Cream Month: Designated by Ronald Reagan in 1984.
- National Hot Dog Month: A celebration of hot dogs with various events and recipes.
- Park and Recreation Month: Celebrates the importance of parks and recreation.
- Social Wellness Month: Promotes overall social well-being.

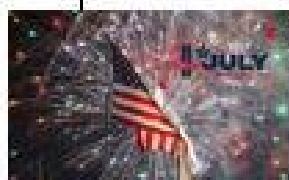
Have You Done Your Karate Homework?

Most students don't think of the dojang as a school. Maybe that's because they have so much fun!

But the fact is it a classroom, with an instructor, and lessons to be learned. The only way to master those lessons is through **PRACTICE!** Not once or twice a week... but every day! If you practice every day for 10 - 15 minutes you will master the basics of Tang Soo Do.



AUGUSTINE



NO RETREAT IN **BATTLE**



PRESENTS



2025 US NATIONAL CHAMPIONSHIP | AUGUST 1-2, 2025
OCEAN CENTER 101 N ATLANTIC AVE, DAYTONA BEACH, FL 32118

SCAN QR CODE
TO REGISTER



THIS EVENT IS PROUDLY
HOSTED BY:



FOR MORE INFO VISIT:
WORLDTANGSOODO.COM



CCK Warriors! We Have a New Home!!!

51 Ellis St, Suite 105

St. Augustine, FL 32095

Classes have begun at our new location. We will maintain our schedule (M, T, & W) from Mill Creek Academy.

YOUR INSTRUCTORS



Nicholas W. Chenevise
Instructor



Anastasia E. Chenevise
Instructor



William M. Chenevise
Instructor



Maya Latham
Instructor



Nicolas DeNero
Instructor



Sydney Witherspoon
Instructor

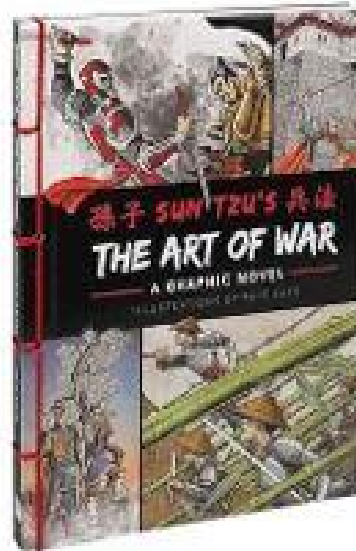
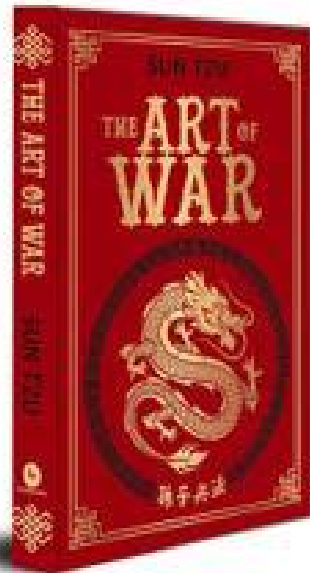


Gabby Bryant
Instructor

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Book of the Quarter

(July, August, & September)



The Art of War: Book & Graphic Novel (3yrs – 13yrs old) - hailed as the oldest philosophical discussion on military strategy, Sun Tzu's The Art of War has been translated into modern English & adapted as a graphic novel by award-winning illustrator Pete Katz. The original book is an ancient Chinese military treatise dating from the late Spring and Autumn period & in the collectible thread-bound edition, the narrative focuses on a teacher instructing a pupil on the main points of Sun Tzu's treatise, with vibrant battle scenes interspersed throughout. Both cover issues such as planning, tactics, maneuvering, and spying are illustrated with full-color scenes (graphic novel only), so that readers may gain a greater understanding of principles from the fifth century BC.

Sun Tzu - is thought to have been a military general and adviser to the king of the southern Chinese state of Wu during the sixth century BCE. Although some modern scholars have called his authorship into doubt, the world's most influential and enduring treatise on military strategy, The Art of War, bears his name.

唐手道

World Tang Soo Do Asst. (WTSDA) & Regional (R21) Events:

- 1) WTSDA: U.S. National Championship 2025 – Battle at the Beach!
 - a. Hosted by Region 21 – **July 10th LAST DAY TO REGISTER**
 - b. Ocean Center 101N Atlantic Ave, Daytona Beach, FL 32118
 - c. August 1st – 2nd, 2025
 - d. Registration is **NOW OPEN!**
- 2) R21: Fall Clinic & Black Belt Test
 - a. Hosted by Ripple Effect MB
 - b. Black Creek Methodist Church – **Oct 17th LAST DAY TO REGISTER**
 - c. October 24, 2025 – Black Belt Test: 6:00pm – 9:00pm
 - d. October 25, 2025 – Clinic: 8:00am Doors Open
 - e. October 26, 2025 – E Dan and higher, black belt training
 - f. Registration is **NOW OPEN!**



Chomic Combat Karate (CCK) Events:

- 1) Gup Test: White Belt through Red Belt
 - a. August 4th (Monday) 2025 **"Tentative Date"**
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor: Mr. William, & Miss Larson
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolae, & Mr. Caleb
 - e. Time: 5:15pm – 7:45pm (No Class)
 - f. All testing paperwork is due July 23rd
 - g. All Warrior Points are due July 23rd
 - i. No More Warrior points will be accepted after July 23rd
- 2) Tiny Tiger & Little Dragon Test
 - a. August 7th (Wednesday) 2025 **"Tentative Date"**
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor(s): Mr. William, & Miss Larson
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolae, & Mr. Caleb
 - e. Time: 5:15pm – 6:00pm (No TT/LD Class that day)
 - f. All testing paperwork is due July 21st
 - g. All Warrior Points are due July 21st
 - i. No More Warrior points will be accepted after July 21st



CCK Closures for the Month:

- 1) None!

Master Warriors Schedule:

1st Tuesday – Instructor Training Program (ITP) Meeting:
Meeting/Training/Promotions in ITP Levels & Status

2nd Tuesday – Weapons Training: Kama

3rd Tuesday – Leadership Class: In-depth view of the purpose of Tang Soo Do training, Goal Setting, and much more...

4th Tuesday – Sparring Seminar: Half class: training, & half class free sparring or team sparring



Masters Club Notes:

If you are unable to attend your ITP day, you are required to find another ITP instructor to replace or trade with you for that day. See the chief instructor for more information. The wear of your masters uniform is required when you are participating in a Master Club activity (ITP days, & all Tuesdays).



What is Masters Club & Are You Interested?

This program is for CCK's dedicated students that would like to learn at an advanced level of training. This level of training does not remove the basic program of CCK, rather it enhances it. If a student qualifies to enter this program, they will have access to a higher level of sophisticated training. See your friendly CCK representative for more information.

Gup & TT/LD Curriculum for the Month:

Week 1: Gup & TT/LD - - Teach next Hyung while reviewing previously tested material

Week 2: Gup & TT/LD - - Teach next Hyung while reviewing previously tested material

Week 3: Gup & TT/LD - Teach next Ho Sin Sul while reviewing previously tested material

Week 4: Gup & TT/LD - Teach next Ho Sin Sul while reviewing previously tested material



SAH BUM NIM (Teacher) Notes:

"If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained, you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle."

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– Sun Tzu, Art of War

Proshop

PRODUCT OF THE MONTH! – CCK Summer CCK Headband are 10% off for summer discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your headband & posting it to our Instagram and/or Facebook page. You will earn a CCK 10% off coupon that you may apply to your next Proshop purchase.



CCK
HEADBAND
BLACK & RED

GET YOURS TODAY!!!

Important Notes:

- 1) **Attendance!** Do your best to maintain attendance (2-days/week, 24-days/testing cycle) while enjoying the holidays. When you are home enjoying family/friends, breakaway to practice. Just 15 minutes a day will keep you on track for your next belt test. It will also, keep you sharp in case you are forced into a self-defense situation. Warriors never stop practicing...
- 2) Follow us on Facebook, & Instagram. Just type in our studio's name; contribute & enjoy!

Tang Soo!