

NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 5 | MAY - 2025 | VOLUME 2



What is celebrated for the month of May?

May is a month filled with various celebrations, including both national & international observances. These include Cinco de Mayo, Memorial Day, & several heritage and awareness months like Asian American & Pacific Islander Heritage Month, Mental Health Awareness Month, & National Military Appreciation Month.

What are holidays are celebrated in May?

Rich with celebrations, observances, & historical events. It's known for spring blooms, outdoor activities, & a variety of holidays & awareness campaigns. Key events & observances include Military Appreciation Month, Mental Health Awareness Month, and Mother's Day. May also marks the beginning of the summer season in the Northern Hemisphere & is associated with traditions like Maypole dancing & celebrations.



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 *is* 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



唐手道



Join Mr. Brad Larson at his
Martial Arts From The
Ground Up class.

May 14, 2025
Wednesday at 6:00pm.

Make sure you bring plenty of
water, sparring gear, mouth
guard, & a great attitude!



Mr. Larson's class is a mix of Tang Soo Do,
Hapkido, Wrestling & Jujitsu techniques for
real world application. When you take his class
you will gain access to joint manipulation,
pressure points, standing techniques mixed with
ground techniques, and so much more.

See you in class! Tang Soo!



Join CCK on May 13th
Spar Wars!



We will hold two classes:
5:15pm TT/LD Class!
6:00pm Gup Class!

Bring your sparring gear,
water, & be ready to
have a lot of fun!

Bring your family &
friends! When the class
is over you can keep
your lightsaber!



**SPAR
WARS**

STAR WARS DAY MAY THE 4TH BE WITH YOU

For the month of May we are celebrating Star Wars, it was first released on May 25, 1977!

Start wearing your CCK Star Wars T-shirt to class NOW! If you haven't already, get yours on order!

May 6th – May 30th

FRONT



Back



Choose Shirt
Color

RED	PINK
DARK BLUE	BLUE
PURPLE	ORANGE
DARK GRAY	LIGHT GREEN
DARK GREEN	BLACK

Start wearing your Star Wars costume to class:

May 12th – May 14th

YOUR INSTRUCTORS



Nicholas W. Chinnai
Head Instructor



Michelle K. Chinnai
Head Instructor



Maya Larson
Instructor



William M. Chinnai
Head Instructor

師範

Chomic Combat Karate

*** ATTITUDE IS EVERYTHING! ***

Class Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm							
4:30pm							
5:15pm		Tiny Tigers & Little Dragons Ages 4-7 (5:15pm - 5:45pm)	ITP Class Instruction Only (5:15pm - 5:45pm)	Tiny Tigers & Little Dragons Ages 4-7 (5:15pm - 5:45pm)			
6:00pm							
6:45pm		White Belt & Higher (6:45pm - 7:15pm)	Total Class & Midway Class (6:45pm - 7:15pm)	White Belt & Higher (6:45pm - 7:15pm)	NO CLASS	NO CLASS	
7:00pm							
7:45pm		Brown Belt & Higher (7:45pm - 8:15pm)	Masters Club (7:45pm - 8:15pm)	Black Belt Class (7:45pm - 8:15pm)			
8:30pm							

*** SAFETY IS OUR NUMBER 1 RULE!!! ***

Email: chomiccombatkarate@gmail.com

Fax: 848-247-0403 • Chomic Combat Karate & Nicholas Chinnai
Call/Tell: 848-247-0403 • Call/Tell/Tell: 400pm - 8:00pm 3191

3618 Creek Academy
3700 International Golf Parkway
St. Augustine, FL 32092

WEBSITE

FACEBOOK

© 2019 Chomic Combat Karate

"It is better to be a warrior in a garden, than a gardener in a war."

Book of the Month



The WTSDA 2022 Official Champion Rules Book: The following are the general rules for ALL areas of competition during WTSDA Championships. Rules specific for Gup and Dan divisions of hyung, breaking, creativity, and dae ryun are provided as well as specifics for Tiny Tigers and Little Dragons divisions. There are no exceptions to the rules unless specified by individual Championships.

Grandmaster/Founder WTSDA Jae C. Shin - One of the profound philosophies of Tang Soo Do lies in our attitude towards competitive spirit and physical competition. The difference between Tang Soo Do and other martial arts is that we are not a sport; we "compete not against others, but with ourselves." Competition is a very small part of our requirement to develop competitive spirits, and only one activity or means in which to stimulate our efforts to achieve the ultimate goal of Tang Soo Do training.

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
 - b. Ocean Center 101N Atlantic Ave, Daytona Beach, FL 32118
 - c. 2025 August 1st – 2nd
 - d. Registration is **NOW OPEN!**
- 2) **R21: Fall Clinic & Black Belt Test**
 - a. Hosted by Ripple Effect MB
 - b. Middleburg, FL
 - c. October TBD 2025
 - d. October TBD – E Dan and higher, black belt training
 - e. Registration is **To Be Determined!**



Chomic Combat Karate (CCK) Events:

- 1) **Gup Test: Mill Creek Academy – All Belts**
 - a. May 5th (Monday) 2025
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor: Miss Larson
 - d. Assistants: Mr. William, & Mrs. Penaherrera
 - e. Time: 5:15pm – 7:45pm (No Class)
 - f. All testing paperwork is due **CLOSED**
 - g. All Warrior Points are due **CLOSED**
 - i. No More Warrior points will be accepted after April 23rd
- 2) **Tiny Tiger & Little Dragon Test: Mill Creek Academy**
 - a. May 7th (Wednesday) 2025
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor(s): Miss Larson
 - d. Assistants: Mr. William
 - e. Time: 5:15pm – 6:00pm (No TT/LD Class that day)
 - f. All testing paperwork is due **CLOSED**
 - g. All Warrior Points are due **CLOSED**
 - i. No More Warrior points will be accepted after April 23rd



CCK Closures for the Month:

- 1) May 26th – Memorial Day



Master Warriors Schedule:

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

2nd Tuesday – Weapons Training: Sword

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 Fridays).



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 the 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.

Curriculum for the Month:

Week 1: Gup & TT/LD - Test Preparation (Roll & Falls, Breaking, & Sparring)- Open Mats on Monday: Gups & TT/LD

Week 2: Gup & TT/LD - Review prior curriculum and drill in basic stances/marching

Week 3: Gup & TT/LD - Review prior curriculum and drill in basic stances/marching

Week 4: Gup & TT/LD - Teach next set of Hands & Kicking Techniques while reviewing previously tested material



SAH BUM NIM (Teacher) Notes:

Prioritize Your Training - Regular training ensures that you stay updated on the latest techniques, create best practices, improving your overall skill set and makes you more adaptable to changes in life.

師範

Proshop

PRODUCT OF THE MONTH! – CCK Summer T-Shirt are 10% off for Summer discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your summer t-shirt & posting it to our Instagram page. You will earn a CCK 10% off coupon that you can apply it for your next Proshop purchase.



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!