

# NEWSLETTER

## CHOMIC COMBAT KARATE

ISSUE NO 4 | NOV - 2024 | VOLUME 1



### What is celebrated for the month of November?

While Thanksgiving is the most well-known November holiday, there are plenty of other national holidays throughout the month. On Thursday, Nov. 28, Thanksgiving Day is a widely celebrated holiday that occurs every fourth Thursday of the month. November is also, Military Family Appreciation Month - National Military Family Association.

Did you know that November is Aviation History Month, National Adoption Awareness Month, National Novel Writing Month, Peanut Butter Lovers Month, Real Jewelry Month and National Sleep Comfort Month?

### Election Day! Don't Forget to Vote!

Election Day in the United States is the annual day for general elections of federal, state and local public officials. With respect to federal elections, it is statutorily set by the U.S. government as "the Tuesday next after the first Monday in November" of even-numbered years.



### 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.



ST. AUGUSTINE,  
FLORIDA



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](http://WORLDtangsoodo.com)

# YOUR INSTRUCTORS



師範

# 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 1<sup>st</sup> – 2<sup>nd</sup>
  - d. Registration is **NOW OPEN!**
- 2) R21: Spring Clinic & Black Belt Test
  - a. Hosted by Rock Solid Karate
  - b. Flowery Branch, GA
  - c. 2025 April 25<sup>th</sup> – 26<sup>th</sup>
  - d. April 27<sup>th</sup> – E Dan and higher, black belt training
  - e. Registration is **OPENING SOON!**



## Chomic Combat Karate (CCK) Events:

- 1) Gup Test: Heritage Landing Amenity Center – All Belts
  - a. 2024 November 8<sup>th</sup> (Friday)
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctors: Miss Larson
  - d. Assistants: Mr. William, & Mrs. Penaherrera
  - e. Time: 5:00pm – 6:45pm (No Class, or Masters Club that day)
  - f. All testing paperwork is due NLT COB October 31, 2024
  - g. All Warrior Points are due NLT COB October 31, 2024.
    - i. No More Warrior points will be accepted after the 31<sup>st</sup>
- 2) Tiny Tiger & Little Dragon Test: Heritage Landing Amenity Center
  - a. 2024 October 31<sup>st</sup> (Thursday)
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctor(s): Miss Larson
  - d. Assistants: Mr. William
  - e. Time: 5:15pm – 6:00pm (No Class that day)
  - f. All testing paperwork is due NLT COB October 24, 2024
  - g. All Warrior Points are due NLT COB October 24, 2024.
    - i. No More Warrior points will be accepted after the 24<sup>th</sup>



## CCK Closures for the Month:

- 1) November 4<sup>th</sup> – Election Day (Support Of)
- 2) November 7<sup>th</sup> – Book Club
- 3) November 14<sup>th</sup> – CDD Meeting
- 4) November 18<sup>th</sup> – HOA Meeting
- 5) November 28<sup>th</sup> – Thanksgiving Day



## Master Warriors Schedule:



**1<sup>st</sup> Friday** – Instructor Training Program (ITP) Meeting:  
Meeting/Training/Promotions in ITP Levels & Status

**2<sup>nd</sup> Friday** – Weapons Training: KNIFE



**3<sup>rd</sup> Friday** – Leadership Class: In-depth view of the purpose of Tang Soo Do training, Goal Setting, and much more...

**4<sup>th</sup> Friday** – Sparring Seminar: Half of the class is training, & the last half 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/LL-**Test Preparation** (Roll & Falls, Breaking, & Sparring)-  
Open Mats: All Week

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

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

**Note:** Closed on Turkey Day (3<sup>rd</sup> Thursday of the month.)

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

## SAH BUM NIM (Teacher) Notes:

What is Tang Soo Do? Literally translated the word "Tang" means T'ang|Dynasty of China which reflects the shared cultural background between China & Korea (AD 617 – 907). "Soo" means hand, but it implies fist, punch, strike or defense, and "Do" means way of life. This ancient form of martial arts traces back 2,000 years to the Korean peninsula. It is the method of empty hand, foot, and weapon fighting, based on the scientific use of the body in self-defense.





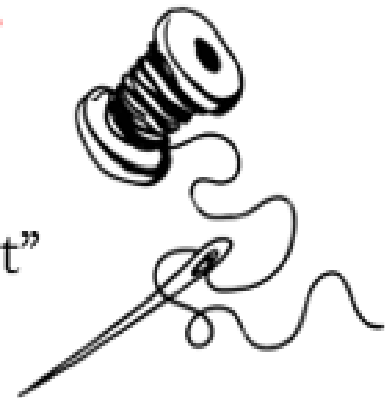
# Warrior Sewing

**Hem:**

**Sleeves:** \$12.00 “Jacket”

**Pants:** \$12.00 “Pair”

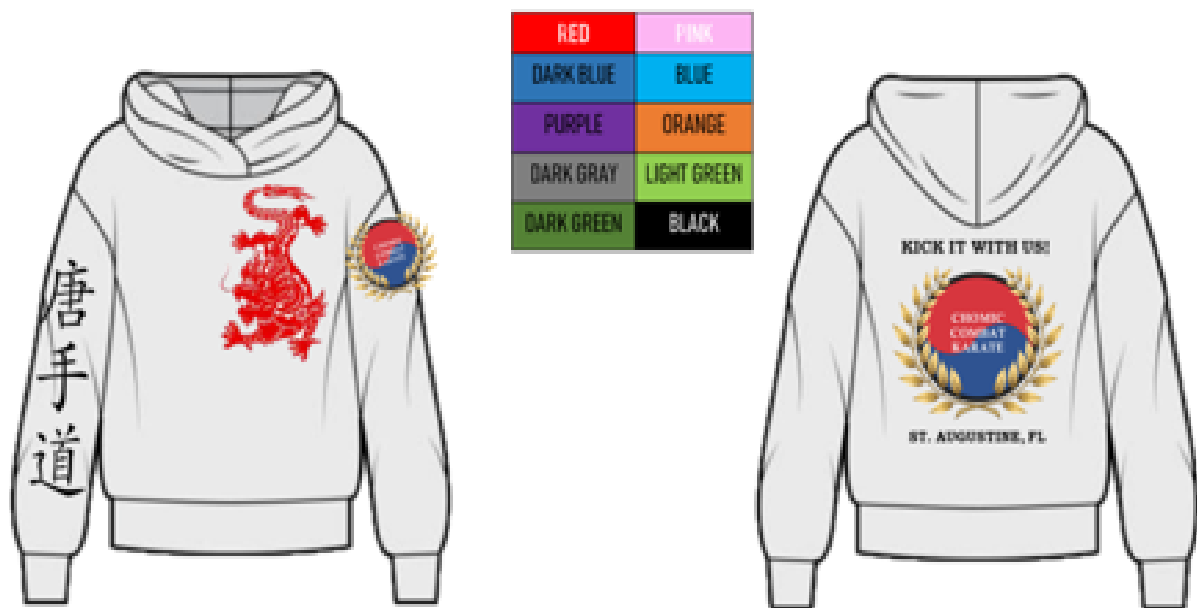
**Patches:** \$8.00 Each



Updated Logo June 2024

## Proshop:

**PRODUCT OF THE MONTH!** – CCK Hoodies (Standard and Custom) are 15% off for fall discounts! See your CCK friendly staff for purchasing information.



# GET YOURS TODAY!!!

### Important Notes:

- 1) Starting November 9<sup>th</sup> all students (if applicable) have 20 days to get their patches, & trim sewn on the uniforms, or their new uniform complete. See your instructor for more information.
- 2) Follow us on Facebook, and Instagram. Just type in our school's name and enjoy!

# Tang Soo!