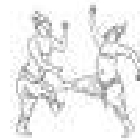


NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 3 | OCT - 2024 | VOLUME 1



What is celebrated for the month of October?

Beyond tricks and treats, October is an optimal month to focus on your health — both mental and physical. World Mental Health Day falls on October 10, and the rest of the month contains several other awareness days like World Arthritis Day, World Allergy Awareness Day, and World Menopause Day.

Don't Forget to Celebrate Columbus Day!

Columbus Day is the U.S. federal holiday commemorating explorer Christopher Columbus' landing in the New World on October 12, 1492. It also celebrates the cultural heritage of Italian Americana, since many scholars believe Columbus was born in Genoa, Italy.

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



Student of The Quarter

Who is Ready???

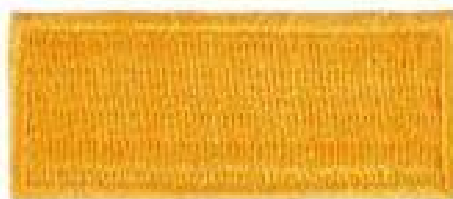
Student of the quarter is a student recognition program that encourages students to train effectively & enhance their martial arts/life.

Students that achieved excellence in the art of Tang Soo Do & showcase the best attitude among their peers are awarded the title "Student of the Quarter." The student of the quarter criterion is as follows:

The student of the quarter selection criterion are heavily weighed on two main factors; CCK warrior standards & quality of attitude. The other factors are attendance, quality of practice, class performance, & class performance of the previous quarter according to the students' role.

Students in Master Club first time awardees will wear a patch on the Master's uniform, second time awardees will add a Golden bar on the top of the patch for every time earned. All awardees will be a "Black Belt" for a week & will help instruct class that week.

Tang Soo!



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What to Expect?

TT&LD Warrior Point System

Here are the guidelines for our warrior point system. This system was created to further enhance our life skills by helping our students reach their full potential and/or make some positive habit changes. This is a great way to positively reinforce the behavior you would like to see in your child/children. It is not easy to change habits, but certainly possible with effort and support. Ensure your child/children only checks off an item if you see it being completed as our first tenant is integrity, if not they will only be cheating themselves!

Remember that you need to bring in your sheets to class weekly. You will earn 12-48 points on most sheets by following the directions and completing tasks. Do your best not to wait until the whole sheet is done to bring it in. It must be brought in weekly as we will only give points per a sheet at a time. We need to check your progress regularly & offer encouragement.

Medals are earned by completing tasks on the warrior building sheets! You will receive the medal you earned at your promotion ceremony. Tang Soo!

Bronze 25



Silver 75



Gold 120



The Golden Belt Award:

This award is earned by the student with the most Warrior Points in a testing period. Note: This award can only be earned once a calendar year and may only be worn during the testing period that it was earned (3months).



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Updated Jan-Mar 2024





What to Expect?

Gup Warrior Point System

Here are the guidelines for our warrior point system. This system was created to further enhance our life skills by helping our students reach their full potential and/or make some positive habit changes. This is a great way to positively reinforce the behavior you would like to see in your child/children. It is not easy to change habits, but certainly possible with effort and support. Ensure your child/children only checks off an item if you see it being completed as our first tenant is integrity, if not they will only be cheating themselves!

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Medals are earned by completing tasks on the warrior building sheets! You will receive the medal you earned at your promotion ceremony. Tang Soo!

Bronze 100



Silver 200



Gold 300



The Golden Belt Award:

This award is earned by the student with the most Warrior Points in a testing period. Note: This award can only be earned once a calendar year and may only be worn during the testing period that it was earned (3months).



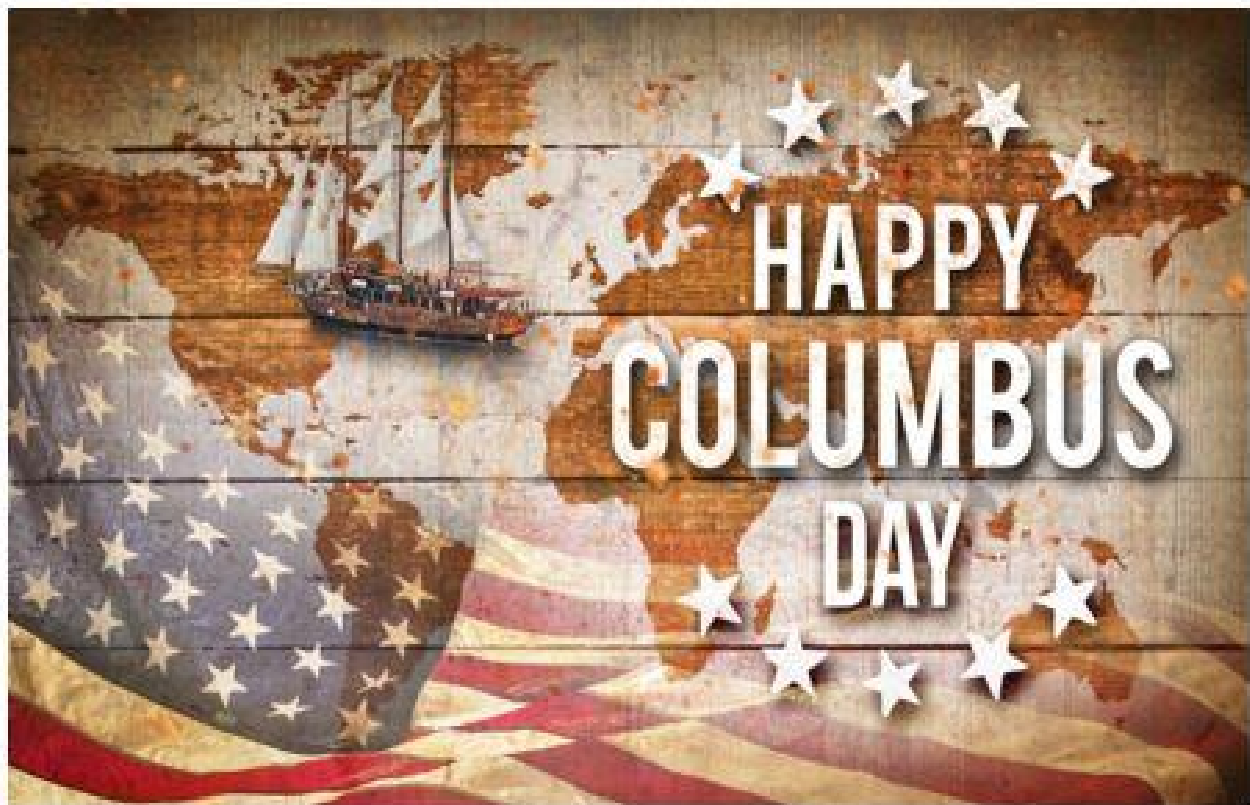
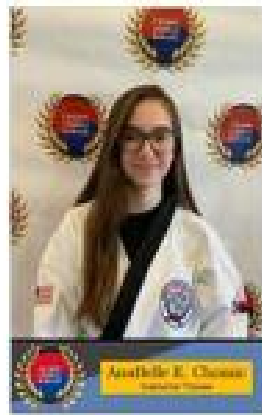
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Updated Dec. 2024



YOUR INSTRUCTORS



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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 **OPEN NOW!**
- 2) R21: Fall Clinic & Black Belt Test
 - a. Hosted by Sun Coast TSD
 - b. Tampa Bay, FL
 - c. 2024 October 18th – 19th
 - d. October 20th – E Dan and higher, black belt training at a remote island
 - e. Registration is **CLOSING SOON!**



Chomic Combat Karate (CCK) Events:

- 1) Gup Test: Heritage Landing Amenity Center – All Belts
 - a. 2024 November 8th (Friday)
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctors: Miss. Larson
 - d. Assistants: Mr. William, Mr. Fischer, & 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 31st
- 2) Tiny Tiger & Little Dragon Test: Heritage Landing Amenity Center
 - a. 2024 October 31st (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 24th



CCK Closures for the Month:

- 1) October 3rd – Book Club
- 2) October 7th – HOA Meeting
- 3) October 10th – CDD Meeting
- 4) October 14th – Columbus Day



Master Warriors Schedule:

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

2nd Friday – Weapons Training: SAIs

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

4th 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- Teach next set of Hyungs while reviewing previously tested material

Note: Black Belt Test & Tournament Preparation - Open Mats Friday!
– Cancel BB Class!

Week 2: Gup & TT/LL- Teach next set of Hyungs while reviewing previously tested material

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

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

SAH BUM NIM (Teacher) Notes:

What are some of the things you can do to become a better martial artist? 1 – Come to class regularly, 2 – Take meticulous written notes, 3 – Take meticulous mental notes, 4 – Self-practice, 5 – Visualization, 6 – Practice the parts of martial arts you are weak at, 7 – Challenge yourself, 8 – Work on fundamentals, & always be practicing!

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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 October 2nd all students are required to wear full uniforms, with patches and trim (if applicable). See your instructor for more information.
- 2) Follow us on Facebook, and Instagram. Just type in our school's name and enjoy!

Tang Soo!