

NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 10 | OCT - 2025 | VOLUME 2

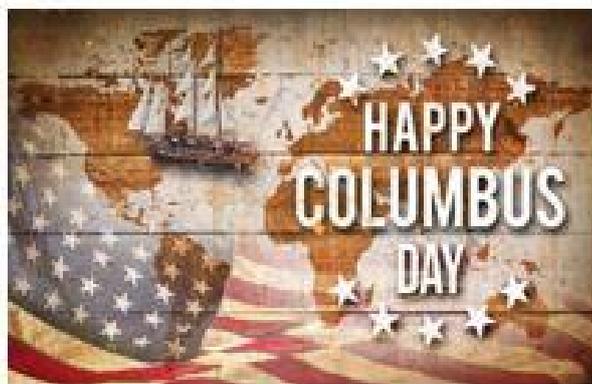


What is celebrated for the month of October?

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





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手
道

Charity Belts to Support Those in Need!

Get your belts and get them soon! Special order your belts and show your support. Every belt sold will support an associated charity. Ask our staff how to get yours on order today.

When the month of support comes up you may choose to wear the charity belt with rank belt, or in lieu of it. In June & October you could wear all 3 belts (Rank, & both Charity Belts). Note: you may not wear the charity belts during an official Region 21 or WTSDA event.

Pink is for Breast Cancer Awareness for the Month of:
October

Lavender is for Cancer Awareness & Cancer Survivor for the Months of:
February & June

Blue w/Black Stipe is for National Police Week (Respect – Remember – Honor)
May

Red w/Black Stripe is for International Firefighters Day
May 4th

Camouflage is for Patriotism and Veteran Support for the Months of:
February (Washington's Birthday)
May (Memorial Day & Armed Forces Day)
June (Flag Day)
July (Independence Day)
October (Columbus Day)
November (Veteran's Day)



Get Yours Today!

Pink Belt Month



This month wear your pink charity belt to support Breast Cancer Awareness. You may wear it tucked in your rank belt, in lieu of it, or you could wear both belts (Rank, & Charity Belt).



CAMO Belt Month



This month wear your Camouflage charity belt to support Columbus Day. You may wear it tucked in your rank belt, in lieu of it, or you could wear both belts (Rank, & Charity Belt).

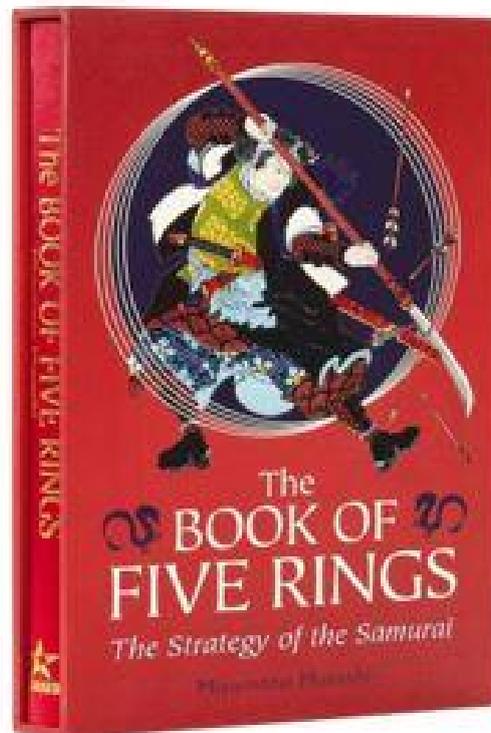


YOUR INSTRUCTORS



師範

Book of the Quarter (Gup) (October, November, & December)

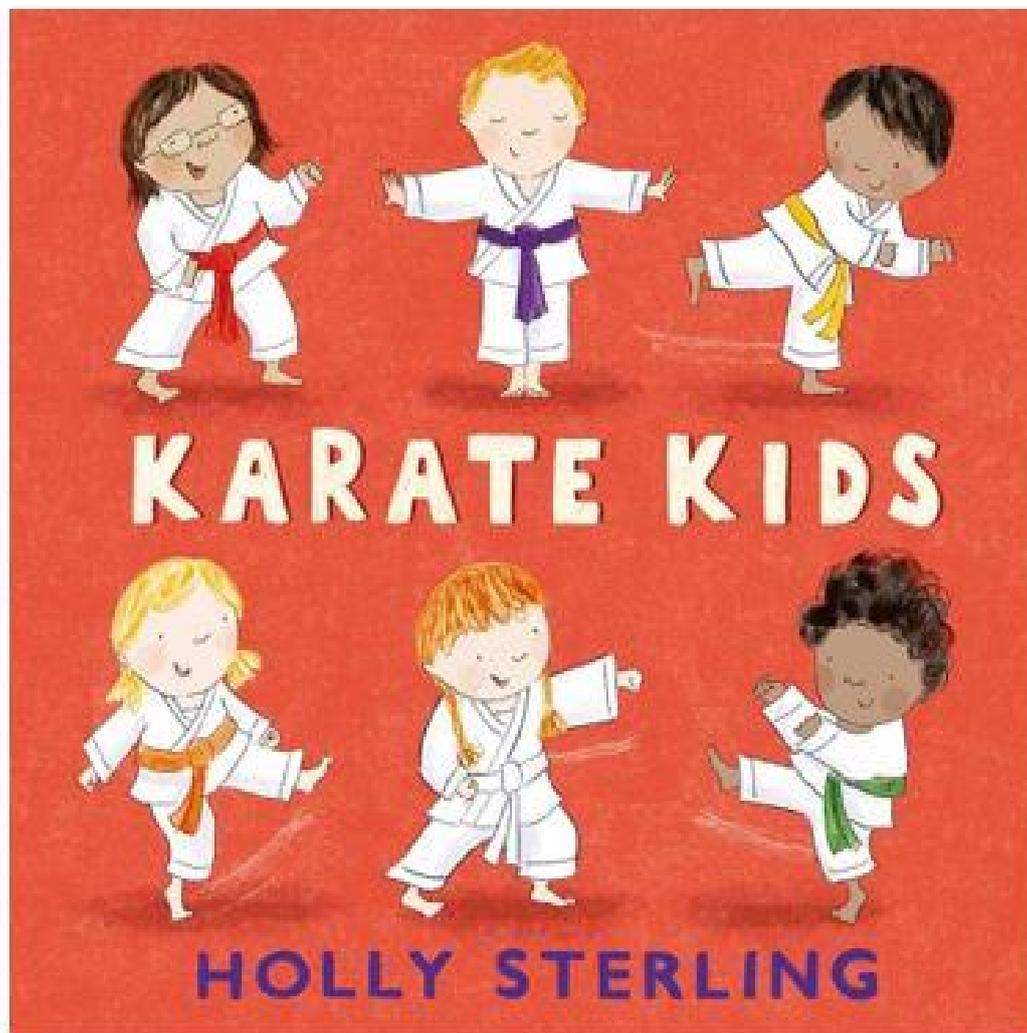


The Book of Five Rings, a classic Japanese text written by undefeated swordsman Miyamoto Musashi. In it, he records his "true principles" which guarantee victory in martial arts and on the battlefield. Instead of relying on religion or theory, Musashi based his writings on his own experience, observation, and reason.

The scrolls, published as The Book of Five Rings, have recently gained an international reputation in the business world as a means of resolving differences and achieving success. But their delineation of the psychological strength, rigorous self-control, and practical application necessary for dealing with physical and mental conflict also has a wider relevance and can be usefully applied to all our lives.

Book of the Quarter (TT, &LD)

(October, November, & December)



Join Maya and all her friends as they get together at the dojo for their Saturday karate class! There are moves to remember, blocks to practice, and punches to perfect. Maya is a white belt, which means she's still a beginner, but with focus, balance, and determination — and a little help from her friends — can she show Sensei what she's got? Written and illustrated by Holly Sterling, a karate champion and teacher, this is a joyful and uplifting celebration of the sport and a must-have primer for any child hoping to be a karate kid one day.

唐手道

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

- 1) **WTSDA: Championship 2026**
 - a. Hosted by: Region 8
 - b. Location: Chicago, Illinois
 - c. Date: July 17th – 18th 2026
 - d. Registration: Coming Soon!

- 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. November 5th (Wednesday) 2025 – **Tentative**
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor: Mr. William
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolaa, & Mr. Caleb
 - e. Time: 5:00pm – 8:00pm (No Class That Day)
 - f. All testing paperwork is due October 27th – **Tentative**
 - g. All Warrior Points are due October 27th – **Tentative**
 - i. No More Warrior points will be accepted after October 27th

- 2) **Tiny Tiger & Little Dragon Test: Heritage Landing Amenity Center**
 - a. November 3rd (Monday) 2025 – **Tentative**
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor(s): Mr. William,
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolaa, & Mr. Caleb
 - e. Time: 5:00pm – 5:55pm
 - f. All testing paperwork is due October 27th – **Tentative**
 - g. All Warrior Points are due October 27th – **Tentative**
 - i. No More Warrior points will be accepted after October 27th



CCK Closures for the Month:

- 1) October 13th – 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 – Demonstration Team: Half of the class is training, & the last half is Demo hyung building



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!



Proshop

PRODUCT OF THE MONTH! – CCK Hoodies (Black – Standard, & Custom options) are 10% off for fall discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your hoodie & 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.



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, and Instagram.** Just type in our school's name and enjoy!

Tang Soo!