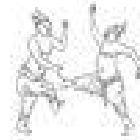




NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO. 2 | SEP - 2024 | VOLUME 1



What is the true meaning of Labor Day: September 2nd

Labor Day marks the day in 1894 that Congress declared the first Monday in September a national holiday to honor the nation's workers and their contributions to the well-being of the country.

Why do we celebrate Labor Day? Labor Day is a day to celebrate the achievements of workers and recognize their contributions to society. It has its origins in the labor union movement, particularly the eight-hour day movement, which sought eight hours for work, eight hours for recreation, and eight hours for rest. The roots of Labor Day in the United States can be traced back to the late 19th century and the violent clashes between labor and police during the Haymarket Riot in Chicago in 1886. In that year, thousands of workers took to the streets to demand an eight-hour workday, and on May 4, the police dispersed a public assembly in support of the strike when a bomb was thrown. In 1894, President Cleveland signed a law-making Labor Day a national holiday in the United States, and it is now observed on the first Monday in September.

In many countries, Labor Day is celebrated on the same day as International Workers' Day, which is on May 1. The day of May 1 was chosen to commemorate the 1886 Haymarket affair. In the United States, many people celebrate Labor Day by relaxing, going on getaways, or shopping sales. In fact, Labor Day has become an important weekend for discounts and allowances for many retailers, especially for back-to-school sales.

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



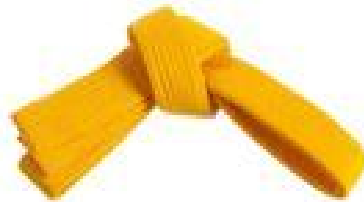
Gup Gold Belt Recipient

Daniel Penaherrera



TT/LD Gold Belt Recipient

Weston Moninghoff



Gup Student of the Quarter

Daniel Penaherrera



TT/LD Student of the Quarter

Weston Moninghoff



YOUR INSTRUCTORS



Nicholas W. Chomic
Head Instructor



Anabelle E. Chomic
Assistant Instructor



Greg Fischer
Assistant Instructor



Brad Larson
Assistant Instructor



Maya Larson
Assistant Instructor



Photo
Coming
Soon!

Jonathan Brundage
Assistant Instructor

Chomic Combat Karate

Updated Last: May 2024

*** 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)		Tiny Tigers & Little Dragons Ages 4-7 (5:15pm - 5:45pm)	Tiny Tigers & Little Dragons Ages 4-7 (5:15pm - 5:45pm)	Master's Class (5:00pm - 5:45pm)	
6:15pm		White Belt & Higher (6:00pm - 6:45pm)		White Belt & Higher (6:00pm - 6:45pm)	White Belt & Higher (6:00pm - 6:45pm)	White Belt & Higher "SPLIT" Black Belt Class (6:00pm - 6:45pm)	
6:00pm							
6:45pm							
7:00pm							
7:45pm							
8:00pm							
8:30pm							
9:00pm							

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

Note: the following are days you cannot attend due to CDD or HOA meetings in the amenity center:

1. **CDD CLOSURE DAYS (NO CLASS MONDAYS 2024):** Jan 8th / Feb 12th / Mar 25th / Apr 22nd / May 6th / Jun 17th / Jul 15th / Aug 12th / Sep 9th / Oct 7th / Nov 4th / Dec 16th /

2. **HOA CLOSURE DAYS (NO CLASS THURSDAYS FY 2024):** Jan 11th / Feb 8th / Mar 14th / Apr 11th / May 9th / Jun 13th / Jul 11th / Aug 5th / Sep 12th / Oct, Nov, & Dec (BY 2023) /

Email: chomiccombatkarate@gmail.com

Face Book: [facebook.com - Chomic Combat Karate & Nicholas Chomic](https://www.facebook.com/ChomicCombatKarate)

Call/Text: (800) 297-0463 (Call/Text Times 4:00pm - 8:00pm M-F)

Heritage Landing Amenity Center
370 Heritage Landing Parkway
St. Augustine, FL 32092

WEBSITE

FACEBOOK

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

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 **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 **OPEN NOW!**



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 November 7th (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 31, 2024
 - g. All Warrior Points are due NLT COB October 31, 2024.
 - i. No More Warrior points will be accepted after the 31st



CCK Closures for the Month:

- 1) September 2nd – Labor Day
- 2) September 5th – Book Club
- 3) September 9th – CDD Meeting
- 4) September 12th – HOA Meeting



Master Warriors Schedule:

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

2nd Friday – Weapons Training: Bong, & Sword

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 Hands & Kicking Techniques while reviewing previously tested material

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

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

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

SAH BUM NIM (Teacher) Notes:

The basics of Tang Soo Do. The principles of the basics are the core of all martial arts, which have been refined by various technical and philosophical applications through the years. Therefore, the nature of the basics is the nucleus which can lead us from the starting point on a journey of long martial arts growth.



Proshop:

PRODUCT OF THE MONTH! – CCK Logo & Text decals are 15% off for Labor Day discounts! See your CCK friendly staff for purchasing information.



CCK Logo Decal

Size: 7" x 8"

Price: \$10 each



CHOMIC COMBAT KARATE

ST. AUGUSTINE • (904)297-8463

CCK Text Decal

Size: 2" x 11"

Price: \$8 each

GET YOURS TODAY!!!

Important Notes:

- 1) We have extended "No Uniform Top Classes" for one more month. Ends: September 30th. Make sure you take advantage of this month and get your patches/trim sewn onto your uniform.
- 2) Follow us on Facebook, and Instagram. Just type in our school's name and enjoy!

Tang Soo!