

# NEWSLETTER

## CHOMIC COMBAT KARATE

ISSUE NO 9 | SEPTEMBER - 2025 | VOLUME 2



### What is celebrated in the month of September?

September is a month rich with celebrations, including both national and international holidays, cultural festivals, and awareness campaigns.

**Labor Day: September 1<sup>st</sup>**

Celebrated on the first Monday of September in the United States and Canada, honoring the contributions of workers.

**Patriot Day:**

Observed on September 11th in the United States, commemorating the victims of the 9/11 terrorist attacks.

**Hispanic Heritage Month:**

A month-long celebration (September 15th - October 15th) recognizing the history, culture, and contributions of Americans with Hispanic or Latino heritage.

**Grandparents Day: September 7<sup>th</sup>**

Celebrated on the first Sunday after Labor Day, honoring grandparents.

**Constitution Day: September 17<sup>th</sup>**

Celebrates the adoption of the U.S. Constitution.

**National Suicide Prevention & Awareness Month:** Focuses on remembering those lost to suicide, supporting individuals struggling with mental health, and spreading the message #BeThe1To help prevent suicide.

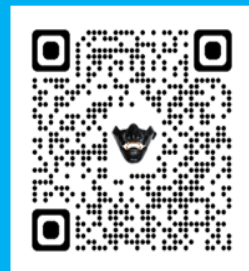
### Have You Done Your Karate Homework?

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.



ST. AUGUSTINE  
FLORIDA





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## 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 4<sup>th</sup>

**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!

# September 20, 2025

1:00pm ~ 3:00pm

CCK Warriors! Welcome Home!!!



51 Ellis St, Suite 105

St. Augustine, FL 32095





# 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!

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 to not 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 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 Last: May 2024





# What to Expect?

## TT&LD Warrior Point System

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### **Bronze 25**



### **Silver 75**



### **Gold 120**



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## **Who is Ready???**

Student of the quarter is a student recognition program that encourages you to train effectively and enhance skills.

Students who have achieved excellence in the art and best ones amongst all the skills are recognized and awarded. The main aspect for identifying a student of the quarter is the criterion that is followed to pick out the best student.

The student of the quarter selection criterion depends on two main aspects CCK standards and quality of attitude. The other main factors that decide the best student of the quarter are attendance, quality of practice, class performance, and other factors of the previous month according to the student's role.

CCK Master Warriors - are able to earn the patch that is worn on the Master's uniform. When student of the quarter is earned more than once, the student will be able to earn/wear the gold bar for every time it is earned after the first award.

Tang Soo!



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Updated Last January 2025

# Combat Laziness

There is no single "route" or cause for laziness; rather, it stems from a combination of physical, mental, and psychological factors, including fatigue, depression, anxiety, fear, unrealistic goals, and even potential genetic predispositions. Underlying issues like burnout, poor nutrition, chronic stress, or a lack of clear goals can all contribute to a feeling of lethargy. The brain's natural energy-saving mechanisms and a lack of dopamine reward for difficult tasks can also play a role.

For you to combat laziness, you must break tasks into small, manageable steps and use the "two-minute rule" to start, set clear and achievable goals, and maintain a healthy lifestyle with regular exercise, good sleep, and a balanced diet. Additionally, create an organized and clean environment, minimize distractions, find an accountability partner, and reward yourself for progress to build discipline.

Discipline is more valuable than motivation for achieving long-term goals because it focuses on action and consistency, not feelings. Motivation is a temporary, feeling-based drive that can be inconsistent, while discipline is a commitment to do what needs to be done, regardless of your emotions, which builds sustainable habits and resilience for lasting success.



# YOUR INSTRUCTORS



Nicholas W. Chomic  
Chief Instructor



AnaBelle E. Chomic  
Instructor Trainee



William M. Chomic  
ASST. Instructor



Sydney Wittenmeier  
Instructor Trainee



Nicolas DeNora  
Instructor Trainee



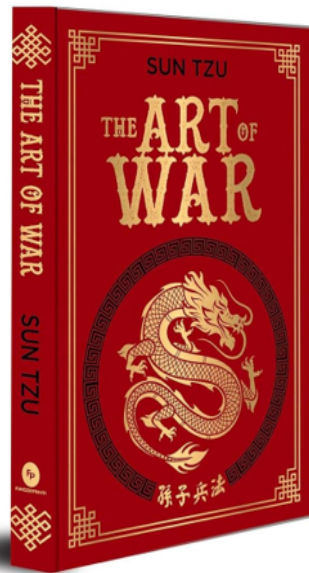
Caleb Rivera  
Instructor Trainee

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# Book of the Quarter

(July, August, & September)



The Art of War: Book & Graphic Novel (3yrs – 13yrs old) - hailed as the oldest philosophical discussion on military strategy, Sun Tzu's The Art of War has been translated into modern English & adapted as a graphic novel by award-winning illustrator Pete Katz. The original book is an ancient Chinese military treatise dating from the late Spring and Autumn period & in the collectible thread-bound edition, the narrative focuses on a teacher instructing a pupil on the main points of Sun Tzu's treatise, with vibrant battle scenes interspersed throughout. Both cover issues such as planning, tactics, maneuvering, and spying are illustrated with full-color scenes (graphic novel only), so that readers may gain a greater understanding of principles from the fifth century BC.

Sun Tzu - is thought to have been a military general and adviser to the king of the southern Chinese state of Wu during the sixth century BCE. Although some modern scholars have called his authorship into doubt, the world's most influential and enduring treatise on military strategy, The Art of War, bears his name.

# 唐手道

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

- 1) **WTSDA: World Championship 2026**
  - a. Hosted by: Region 8
  - b. Location: Chicago, Illinois
- 2) **R21: Fall Clinic & Black Belt Test**
  - a. Hosted by Ripple Effect MB
  - b. Black Creek Methodist Church – **Oct 17<sup>th</sup> 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 5<sup>th</sup> (Wednesday) 2025 – **Tentative**
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctor: Mr. William
  - d. Assistants: Mrs. Wittenmeier, Mr. Nicolas, & Mr. Caleb
  - e. Time: 5:00pm – 8:00pm (No Class That Day)
  - f. All testing paperwork is due October 27<sup>th</sup> – **Tentative**
  - g. All Warrior Points are due October 27<sup>th</sup> – **Tentative**
    - i. No More Warrior points will be accepted after October 27<sup>th</sup>
- 2) **Tiny Tiger & Little Dragon Test**
  - a. November 3<sup>rd</sup> (Monday) 2025 – **Tentative**
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctor(s): Mr. William,
  - d. Assistants: Mrs. Wittenmeier, Mr. Nicolas, & Mr. Caleb
  - e. Time: 5:00pm – 5:55pm
  - f. All testing paperwork is due October 27<sup>th</sup> – **Tentative**
  - g. All Warrior Points are due October 27<sup>th</sup> – **Tentative**
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## CCK Closures for the Month:

- 1) September 1<sup>st</sup> (Labor Day)
- 2) September 29<sup>th</sup>



## Master Warriors Schedule:



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

**2<sup>nd</sup> Tuesday** – Weapons Training: **Sword**



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

**4<sup>th</sup> 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 master's uniform is required when you are participating in a Master Club activity (ITP days, & all Tuesdays).



## What is Masters Club & Are You Interested?

Try Masters Club for one Month **FREE!** 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 a 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.

## Gup & TT/LD Curriculum for the Month:

**Week 1:** Gup & TT/LD - Teach next set of **Hands & Kicking** Techniques while reviewing previously tested material

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

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

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



## SAH BUM NIM (Teacher) Notes:

The "5 laws" of Sun Tzu's The Art of War refer to The Moral Law, Heaven, Earth, The Commander, and Method and Discipline, which are five fundamental factors a commander must consider for victory. These are not "laws" in a legal sense but principles for strategic success, emphasizing unity with the people, understanding the environment (weather and terrain), leadership qualities, and effective organization and discipline.



– Sun Tzu, Art of War



# Proshop

**PRODUCT OF THE MONTH!** – CCK Summer CCK Headband are 10% off for summer discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your headband & 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.



**CCK  
HEADBAND  
BLACK & RED**

# 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!