

Pine Lake TrueNews

April 2009



FOCUS ON: Bags and Mitts

The FOCUS ON: program provides an area of emphasis to generate attention and excitement on a different aspect of martial arts training each month.

Events to celebrate Bags and Mitts Month:

Bag Class

- Learn proper punching & kicking technique on the bags; a great workout!
- Saturday, April 11th, 18th, & 25th from 9:15-10:00 AM
- Free for TMA students
- One punch/\$7 Drop In for Cardio Kickboxers and non TMA Students
- No uniforms required.
- For ages 12 years old and up

April Pro Shop Specials

- **Focus Mitts**– Practice your technique at home 15% off
- **Wavemaster Bag**– Special order your own bag through TMA and receive free shipping! \$30 savings!!

Bags and Mitts in Class

- Increased use of bags and mitts throughout the month of April in Taekwondo classes



Kickboxing Korner

April Kickboxing Special

Bring in a friend that is new to TMA to any fitness class. If they buy an Introductory punch card (6 classes for \$42) you get 2 free punches!!

TMA's Best Kept Secret??

By KBN Skyler Zoppi

I have been a regular in Core Class on Tuesday nights 7:30-8:00 PM for about 3 years and I absolutely love the class! It's only 30 minutes and your body feels every minute of it. On the other hand, it's over before you know it! We use Body bars, weights, and fitness balls. The exercises we do target the core area. I used to have a pretty bad back but since I started attending the class regularly, I hardly ever have back pain. It has also helped me to slim down and build more lean muscle. It's quick, effective, and affordable-- what's not to like about that?

The class is only \$7 or you can use your fitness punch card if you have one.

April Events & Makeup Class Schedule

Monday, March 30th – Friday, April 3rd
Spring Break Half Day Camp
9:00 AM-12:30 PM

Friday, April 3rd
Youth/Adult makeup class 7 PM

Saturday, April 4th
Arnis Seminar and Test
10:00 AM Beginner-Arnis Blue
1 PM Arnis Brown and higher
No Saturday Makeup Class

Monday, April 6th – Friday, April 10th
Spring Break Half Day Camp
9:00 AM-12:30 PM

Friday, April 10th
Breaking Seminar
5:30-7:30 PM
No Friday makeup class

Saturday, April 11th
Bag Class 9:15-10:00 AM
Youth Makeup Class 10 AM

Friday, April 17th
Arnis Sparring Seminar
5:30-7:00 PM
Teen/Adult makeup class 7 PM

Saturday, April 18th
Bag Class 9:15-10:00 AM
Youth/Adult Makeup Class 10AM

Datu Worden Seminars
Overlake TMA 10AM/ 12:30PM

Friday, April 24th
Private Black Belt Test
No Friday makeup class

Saturday, April 25th
Bag Class 9:15-10:00 AM
Youth/adult Makeup Class 10AM

Taekwondo Test 4 PM
Testing for Blue Belt & Lower

Taekwondo Test 6 PM
Testing for Adv Blue & Higher

Student of the Month

Name: Anna Carskaden **Age:** 12 years old
TKD rank: Advance Brown Belt **Arnis rank:** Black Belt

How long have you been training at TMA: 4 years

Favorite Martial Arts move(s): Penetrating the Fortress Attack

Favorite thing to do outside of Martial Arts?

My favorite thing to do is hang out with my friends.

What is your Martial Arts goal?

My goal is to get 1st degree Black belt before I go away for college

How has Martial Arts helped you?

It has helped me with my confidence because I used to be shy.

Instructor of the Month

Name: YDJN Jaron Kent-Dobias **Age:** 16 years old

TKD rank: 1st degree Black belt **Arnis rank:** Black

How long training: 10 years **How long teaching:** 4 years

What classes do you teach? 4:45 Youth Black Belt Club on Mondays, 6:30 Teen/adult beginner & 8:15 Teen/adult intermediate on Tuesdays, 5:45 youth beginners & Arnis on Thursdays.

Favorite martial arts move(s): Crescent kick

Favorite thing about martial arts?

The great community. I would've never gotten anywhere in my current rank without my classmates and instructors who've been with me for years.

Favorite thing to do outside of martial arts:

I do quite a bit of camping and backpacking. I also spend quite a bit of time independently learning about computers and physics.

What is your martial arts goal?

To get my 2nd degree black belt.

How has martial arts helped you?

It has helped me to keep in shape and has really helped me advance as a teacher and mentor to others.

What is your favorite thing about teaching martial arts?

Knowing that I'm helping my students get better. When I see one of my students get a new rank or do a great form it is great to think that you played a key role in getting them there.

April Taekwondo Test Schedule

Black Belt Testing Weekend

- For those testing for provisional black belt and higher: Friday, April 24th at 7 PM. This is a private test, no spectators allowed.
- For those testing for blue belt & lower: Saturday, April 25th at 4 PM
- For those testing for advanced blue belt and higher (including black belt testers): Saturday, April 25th at 6 PM. This is a public test.
- No Black Belt Workout on Sunday, April 26th

2009 Taekwondo Test Dates

*Dates are subject to change

May Friday, 29th 6:30 PM June Friday, 19th 6:30 PM

July Friday, 24th 6:30 PM August Friday, 21st 6:30 PM

September Friday, 25th 6:30 PM October Friday, 23rd 6:30 PM

November Black Belt Testing Weekend

- For those testing for provisional black belt and higher: Friday, November 20th at 6:30 PM
- For those testing for blue belt & lower: Saturday, November 21st at 4 PM
- For those testing for advanced blue belt and higher (including black belt testers): Saturday, Saturday, November 21st at 6 PM

December Friday, December 18th 6:30 PM

TMA Tiger Logo Stickers

There are a limited amount of Tiger stickers left over from the School Championships. They are available for purchase to all students for \$2 with tax already included. They look really great on the front or the back of your sparring head gear.



NOTEWORTHY

Taekwondo Promotions

Advanced White: Nate Do, Yusef Hussein, Adam Hussein, David Shomakia, Vanessa Tang

Yellow: Anthony Algaw, Yogesh Banala, Trevor Kleinfelder, Leticia Monteiro, Siddharth Pyapali, Logan Saxe, Harshini Terala, Sean Wheeler, McKenna Wolfe

Advanced Yellow: Brooks Barton, Jack Brennan, Melina Carino, Medha Ganjam, Byron Jin, Sameer Mahan, Danny Martin, Devyn Pong, Afrah Shaik, Benson Wheeler

Green: Noah Rosenberg, Derek Schreiber, Jordan Vaughan, Martin Vega, Kush Verma

Advanced Green: Avery Barley, Anumita Chopra, George Liu

Blue: Vita de Jager, Shruti Karanth, Madison McMaster, Manya Puri, Hanna Schwinn

Advanced Blue: Meghana Amruthur, Oscar Marczynski, Oliver Marczynski, Vikram Tirumalai, Manisha Tirumalai, Tarushi Verma

Brown: Anton Bezruchkin, Joseph Camp, Declen Oberst, Lauren Wolfe

Arnis Promotions

Yellow: Medha Ganjam, Alex Jones, Cameron MacKenzie, Amogh Mantha, Sean Wheeler, Benson Wheeler

Blue: Trishan Amruthur, Matthew Tenczar, Tarushi Verma, Cynthis Wong

Brown: Raguram Kodungudi

Black: James Carskaden, Anna Carskaden, Joe Watabe

Happy Birthday!

Sam Andrus, Prateek Bhaumik, Kicholas Boyer, Mackenzie Case, Eniko Gulyas, Daniel Hawkins, Adam Hussein, Amanda Jenkins, Alex Jones, Tom Kent-Dobias, Landon Kleinfelder, Tanush Korde, Alex Lok, Atul Madhugiri, Sameer Mahan, Oliver Marczynski, Declen Oberst, Ilana Poznanski, Amrit Puri, Logan Saxe, Holly Schwinn, Harshini Terala, Martin Vega, Anton Vilkotski

New Black Belt Club Members

Anton Vilkotski, Declen Oberst, Luke Sala

Welcome New Students

Brandon Glauser, Alisha Joseph, Miles Kim, Julie Larralde

Training Anniversaries

One Year: Abel Fong, Amber McGraw, Danny Martin, Patrick Martin, Michael Padilla, Jake Brennan, Alex Lok

Two Years: Keegan Case

Three Years: Prateek Bhaumik, Amanda Delgado, Rebeca Kuttemplon

Four Years: Sam Sala, Clara Brewer, Jennifer Brewer

Five Years: Dan Zariski, Jackson Zariski

Nine Years: YDJN David Yee

BLACK BELT: "What It is & What it Takes"

By Erin Murphy

If you were to look up black belt in the dictionary you might find it saying, somebody who is very skilled in martial arts or someone who has reached the highest level of martial arts. That definition is probably from a new and improved dictionary. A basic dictionary might say a belt that is black or might not even have a definition for black belt at all. So basically, the world outside of martial arts has no knowledge of what a black belt is and what it takes. A black belt is someone who is respectful, responsible, and is living their life the black belt way. However, what it takes to earn and become a black belt is something unique to each individual, martial artist.

Respect, is a trait that is sometimes underestimated and looked past, but is essential in becoming a black belt. Over my years of training I have learned that people will treat you how you wanted to be treated if you show them equal respect. When I walked through the doors of True Martial Arts way back when I was a white belt I was an ordinary five year old kid, who sometimes made mistakes and had times of disrespect. When I was rude I was disciplined, but I learned from my mistakes and changed my ways because I decided I didn't like being yelled at and made to do pushups. Now, after almost seven years I have grown up faster and am more polite and caring of others.

Another part of being considered a black belt is responsibility. When I was a white belt I did what I was told to do in class and when I went home that was it. Now, after striving for provisional black belt and beyond I have had to step up to and take the responsibility to practice outside of class to get things done. However, responsibility doesn't stop when you leave the subject of martial arts. Even before I started Tae Kwon Do I was a well organized person who was always on top of things. Since I have been doing martial arts, taking responsibility for tasks and my own faults has just become a habit (I had to work on taking responsibility for my own mistakes over the years). I believe that the responsibility I have learned from my path to black belt has made me not only a better person, but also a better student. Because of the responsibility I have learned I am now a "Straight A" student and a responsible provisional black belt.

Now you may be wondering about the black belt way. This is something that I have referred to ever since starting Tae Kwon Do. The black belt way is a way to live life, which involves respect, responsibility, indomitable spirit, leadership, hard work, determination, and much, much more. In the process of becoming a black belt I have had instructors refer to the black belt way all the time and it made me realize that if I wanted to become a black belt I really had to work hard. Now, I try every day and do things the black belt way. Whether I'm at school working at something difficult, working with people, or doing Tae Kwon Do, I always push myself to be the best that I can be which is what the black belt way is all about.

On the other hand, what a black belt is is only half of black belt. It's also about what it takes to achieve a black belt. As I described earlier, the road to black belt is a long road with many ups and downs, but is different for every student in martial arts. Personally, my path to black belt was sincerely difficult. Up until about yellow belt I just went to class, did what I was told, and then went home. After that I had to go to other events like Arnis seminars and such which made the training that much harder, since I now had to get a belt in Arnis and in Tae Kwon Do. As I progressed the ranks got harder and I wasn't testing twice a year anymore. Now I couldn't get away with slacking off during pushups and sit-ups. I also had to improve all my requirements so that they were appropriate material for the rank I was working towards. With my goal at black belt, I really had to step up to the plate and always do my best. With that thought in my mind I was at advanced brown belt and was ready to test for provisional black belt before I knew it.

This is when my path got really difficult. I was so scared of the black belt test that I wanted to stop going to class in fear that I would be pre tested. Luckily, habit beat out my fear and I continued going. However, when the day came that I was pre tested I felt so terrified that I was considering quitting. This hadn't been the first time that the thought had gone through my mind, for I had thought about it at many points throughout my training, but had overcome those thoughts with mental strength and determination. And that is how I got my black belt; I thought to myself, I can't run away from this, it's who I am and I'm meant to do this. With this confidence I started training harder than I had ever done before. I did fifty full sit-ups every morning and twenty-five perfect pushups until the day of the test. When I arrived at the test I was in great physical and mental shape and I know I could do it. Although it was probably the hardest thing I had ever done both mentally and physically, I enjoyed seeing myself take such a big challenge head on. Now, as I work towards my first degree I know exactly how hard I have to work, and I will work that hard until I get my next belt, just as I did for my provisional.

Becoming a black belt was definitely not an easy task. I had to push myself harder than I ever expected I could push myself. I feel that the whole experience of getting there has changed me and my views on life to a way that I will never be able to change. I try my hardest to be as respectful and responsible as I can be, and also to live the black belt way. Achieving black belt has changed me to a much greater person than the person I would have been without taking martial arts at True Martial Arts. This explains why I get so annoyed when people underestimate and don't consider Tae Kwon Do a sport. They are the people that rely on the dictionary to tell them the complete definition for the word. Unfortunately for them, they will never know the real definition of what a black belt is and what it takes, because it's too long to describe in a simple definition.

Erin is a 14-year-old student that has been training at TMA for 8 years.



Masters of Martial Arts: Joe Lewis

From Fightingmaster.com

Joe Lewis was a heavyweight World Champion Karate fighter and martial artist. In a career that spanned 17 years, he won more titles in his era, set more records and instituted more innovations than anyone in the history of Sport Karate.

Lewis began his training in Okinawa studying with three instructors. He also studied with the late great Bruce Lee. He received his Black Belt in Shorin Ryu and studied several different styles.

Lewis has been inducted into 13 various Halls of Fame to include the Black Belt Hall of Fame as "Fighter of the year" and "Instructor of the year." His greatest accolade, however, came in 1983 when in a Karate Illustrated survey of America's top fighters, he was chosen by his peers as "The Greatest Karate Fighter of All Time." Lewis is best known for being World Champion in 2 separate sports, Karate and Kickboxing, plus being the founding father of Kickboxing in the Western Hemisphere.

Lewis began studying for an acting career in 1970. He starred in 4 action-adventure films, "Jaguar Lives," "Force Five," "Death Cage" and "Mr.X." and appeared in several T.V. series and was the guest on numerous talk shows.

Since 1984, Lewis has turned his talents and energies to a professional teaching career. Recently, Lewis has won 2 North Carolina Governors' awards for his efforts in crime prevention. He was awarded the 10th degree Black Belt. Joe Lewis is without a doubt one of the most respected name in American Martial Arts.

Summer Full Day Camp Dates Announced

One of our most popular and anticipated activities here at True Martial Arts is our full day camps. Each year, parents start to ask us when we will be having summer camp so they can plan it into their schedules. Summer Full Day Camp is run in a team format. Each team acquires "points" throughout the week for completing different tasks and winning various competitions. It's fun, and there are outstanding prizes. Along the way, the valuable lessons of teamwork, leadership, and good sportsmanship are stressed. All TMA youth students are welcome. As they are a part of a team, participants are required to attend everyday. Here are the dates:

- Monday, June 22nd-Friday, June 26th (If Issaquah & Lake Washington School District ends before 22nd)
- Monday, July 6th-Friday, July 10th * Camp is from 9 AM to 3:30 PM
- Monday, July 20th-Friday, July 24th * Snack is served; campers bring their own lunch
- Monday, August 10th-Friday, August 14th * Half Day camps will be announced at a later date

Spring Break Camp

Issaquah and Lake Washington School Districts (where most of our students attend school) have different dates for Spring Break this year. Because of that, we will be offering two weeks of spring break camp to accommodate students from both school districts. The cost is \$85 to attend all five days or \$20 a day. You can drop-in any day(s), no need to pre-register.

Our half day camps are open for everyone to attend, so, feel free to invite siblings and/or friends. A snack is provided. Wear your school uniform and bring your Arnis weapons and sparring gear each day (if you have).

Week 1: Monday, March 30th- Friday, April 3rd 9:00 AM- 12:30 PM

Week 2: Monday, April 6th- Friday, April 10th 9:00 AM- 12:30 PM

Board Breaking Seminar

The next board breaking seminar is Friday, April 10th from 5:30-7:30 PM. We host 3-4 board breaking seminars a year.

Board breaking is a way to bring together the physical, technical, and mental aspects of your martial arts training. Breaking is required for the Black Belt ranks as part of their Taekwondo tests. Accordingly, you are required to attend at least one board breaking seminar before your black belt test so you can perform a break safely and with confidence.

If Board Breaking is of interest to you and you'd like to expand your ability and perform spectacular breaks, I recommend you attend as many board breaking seminars as you can, as soon as you can. If you are under 18 years old, you must get permission from your parents and your instructor to attend. Smaller-bodied students are invited to watch, but are unable to participate. Ask your Instructor if you are eligible to attend.

20th Annual TMA School Championships Results

Students, instructors, families and friends came together in our yearly celebration of our school and our art at our twentieth annual school championships on Saturday, March 21st at Pacific Cascade Freshman Campus in Issaquah.

A record-breaking 291 participants from Overlake TMA and Pine Lake TMA competed in Form and Sparring. Congratulations to **YDJN Christopher Shappell, Medha Ganjam, Alex Jones, Zach Evans and KBN Jennifer Berg** for capturing 1st place in both form and sparring in their divisions! Equally impressive how our contestants, as well as the spectators and officials carried themselves with great sportsmanship.

There were several outstanding and creative demonstrations:

- * **KBN Skyler Zoppi** and **KBN Leah Zoppi** did some form and free form with and without weapons as well as the unforgettable funny ending that saw the Zoppi family arguing over who would break a board.
- * **YDJN Michael Short** put on an inspiring board and brick breaking exhibition.
- * A team from Overlake TMA led by **KBN Jennifer Berg** had an amazing choreographed fighting and weapons display.
- * Members of the 8:15 Intermediate/Advanced Teen and Adult class from Pine Lake TMA had an impressive form and staged fighting demonstration. They were **Zach Evans, YDJN Jillian Backman, BJB Melanie Goddard, YDJN Lowell Troyer, YDJN Connor Pomeroy, and Elliot Schwinn**
- * **YDJN Eric Parker** and **YDJN Edward Yiong** showed us some impressive staged sparring and takedowns.

In the Team Sparring competition, Pine Lake TMA put forth a great effort but came up short of victory. The team from Pine Lake consisted of **Jeremy Kaelin, Melanie Goddard, Anna Carskaden, Jillian Backman, and Andrew Roehrig**. A great effort was made by the winning team from Overlake TMA!

Special thank you's to our Tournament Director **Chuck Dulken**, Assistant Tournament Directors **John Backman, Jay Carskaden, and Mark Roehrig**. Our Audio Director **Jeff Chelgren**, and Concession Director **Carla Barrett**. Our Judge coordinator was **KBN Leah Zoppi** and our Volunteer coordinator was Lynne Bielaski. Thank you to everyone that helped with registration, concessions, setup, cleanup, scoring, timekeepers, judging, participating, supporting, and of course **SBN David Barrett, KBN Laurel Zoppi, KBN Skyler Zoppi, KBN Jennifer Berg, and Trisha Ballata** for planning and organizing the tournament.

Pine Lake Sparring Champions

Patrick Hickman, Avery Barley, Peter Moe-Lange, Adam Moe-Lange, Medha Ganjam, Aidan O'Neill, Alex Jones, Zach Evans, Jacob Davis, Olivia Ding, Dominique Alvarado-Holden, Anna Carskaden, Eniko Gulyas, Allen Kim, Levente Gulyas, James Carskaden, Jennifer Brewer, Rachel Graham, Christopher Shappell, Lowell Troyer

Pine Lake Form Champions

Melanie Goddard, Joe Watabe, Christopher Shappell, Edward Yiong, McKenna Wolfe, Medha Ganjam, Alex Jones, Colin Vaughan, Travis Hickman, Kevin Do, Joseph Camp, Cassidy Butcher, Charles Liu, Zaviar Brown, Michael Ko, Zach Evans, Maizy Brewer, Carson Reid



TMA Mission Statement

“To inspire and motivate people through martial arts training so they can attain a healthy mind, body, and spirit. To enable students to take the experiences, abilities, and life skills they learn beyond the training floor to become a foundation that students can apply to all aspects of their lives.”

Top Arnis Practitioner Returns to Overlake TMA

Grandmaster Kelly Worden, proclaimed by the late Grandmaster Remy Presas as the First American Datu and Senior Blademaster of Modern Arnis will return to Overlake True Martial Arts on Saturday, April 18th for two seminars after a very well received visits the last two years both at Overlake and Pine Lake.

The first seminar from 10AM-Noon will focus on Self defense techniques of Modern Arnis. The second seminar is from 12:30 PM-2:30 PM. Topics include: Arnis Form Dynamics of Empty Hand, Sticks, & Long Bo.

- The cost is \$35 session or attend both sessions for the discounted rate of \$60.
- Visit www.kellyworden.com to learn more about Datu Kelly Worden.
- No uniform required, wear something you can move in.
- You don't have to be a student at TMA to attend, open to the public

Mr. Worden's schedule is filled with seminars and camps all around the world, including his role as instructor for the US special forces. We are lucky to have the opportunity to train with him!

Overlake True Martial Arts | www.tmaoverlake.com | 425-747-9313 | 15123 NE 24th St. Redmond 98052

Arnis Sparring Seminar

Don't miss out on the opportunity to practice Arnis Sparring Drills, and learn theory & instruction on how to learn and/or improve your Arnis Free Sparring & Arnis Point Sparring. Along with the drills, there will be plenty of sparring practice, as well. The Seminar is Friday, April 17th from 5:30-7:00 PM. The Seminar Fee is \$15.

- Optional: purchase your own high-quality Actionflex Padded Weapons
- Deadline to purchase weapons & receive for Seminar: Tuesday, April 7th
- Bring your regular sparring gear: hands, foot, & head
- No uniform required; wear something you can move around in



Sparring action from the 20th Annual School Championships on Saturday, March 21st