

Pine Lake TrueNews

August 2008

FOCUS ON: CAMPS

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

July Summer Camp Results

Summer Camp II July 7th-11th

Teams and Team Captains:

Champions- Jaron Kent Dobias, TKD Tabbies- Ian Backman, Flying Monkeys- Jillian Backman, Untouchables- Vincent Wu, Diving Penguins- Rachel Graham

Winning Team:

“The Diving Penguins” with Rachel Graham, Sammy Ballata, Sophie Clemmons, Charles Liu, Chip Mauzy, and Fiona Chism

- ◇ Sparring tournament winners: Alex Ballata, Connor Driscoll, and Michael Driscoll
- ◇ Form tournament winner: Matthew Tenczar

Some of the activities the campers participated in: Made up Arnis 2 man sets (rehearsed weapons fight), made up a kicking form and a martial arts form in the style of an animal of their choice, Jumping contests, relay races, chalk drawing in parking lot, Arnis and lunches at Pine Lake park, Arnis sparring, Team leader/Assistant team leader demonstrations, and a karate facts bee. 10 campers were red-stripped to test in the July 25th test!

Summer Camp III July 28th-August 1st

Teams and Team Captains:

Girl Power- Alex Morris, Amazing Dragons- Lowell Troyer, Super Terminators- Jillian Backman, Flaming Cobras- Chad Graham

Winning Team:

“Girl Power” with Alex Morris, Rachel Graham, Erika Gulyas, Sophie Clemmons, Ilana Zariski, and Fiona Chism

- ◇ The campers donated 2 backpacks filled with over 20 items of school supplies to the Issaquah Food Bank for local students
- ◇ KBN Laurel Zoppi wanted to give special recognition to BJN Lowell Troyer, YDJN Anh Vo, and YDJN Nicole Smelson for being such a great help and contributing to the camp.
- ◇ Form medals: Caroline Camp, Annika Williams, Ben Terry

The last full day Summer Camp of the year starts August 11th

Just Married!

July 19, 2008

Angie and I would like to thank you all for your love, support, and well wishes! Thank you for allowing me two and half weeks away from the school for my wedding and honeymoon.

- KBN Skyler Zoppi



Upcoming Events

Saturday, August 2nd

Arnis Seminar and Test
10:00 AM Beginner-Arnis Blue
1 PM Arnis Brown and higher

Mon-Fri, August 4th-8th

Half Day Camp 9AM-12:30PM

Wednesday, August 6th

Body Pump 7:30 PM

Sat-Sun, August 9th-10th

Summer Sleepover 7PM-9AM

Mon-Fri, August 11th-15th

Summer Camp 9 AM-3:30 PM

Mon-Fri, August 18th-22nd

Half Day Camp 9AM-12:30PM

Friday, August 22nd

Taekwondo Test 6:30 PM

Monday, September 1st

TMA Closed, Labor Day

Wednesday, September 3rd

Body Pump 7:30 PM

Saturday, September 6th

Arnis Seminar and Test
10:00 AM Beginner-Arnis Blue
1 PM Arnis Brown and higher

Saturday, September 13th

TMA Picnic 10AM-2PM
Perrigo Park, Redmond

Friday, September 19th

Taekwondo Test 6:30 PM

Saturday, September 27th

Form Tournament 10 AM
Trophies Awarded! Individual &/or Synchronized Form

Black Belt Club Workout

All Black Belt Club members are eligible to attend an “open gym” Black Belt Club workout every Sunday from 11:30 AM - 1:00 PM.

You can work out with the group or practice on your own.

Student of the Month

Name: Alex Raissipour
Age: 11 years old
TKD rank: Advanced Brown Belt
Arnis rank: Brown Belt

How long have you been training at TMA:

9 years in September 2008

Favorite Martial Arts move:

Front-jump roundhouse kick and penetrating the fortress attack are my favorite 2 moves.

Favorite thing to do outside of Martial Arts:

I love getting together with friends, going to movies and being in musicals. Along with that I love other sports such as basketball and gymnastics.

What is your Martial Arts goal?

My goal in Martial Arts is to get to 3rd degree and keep training and hopefully teach soon.

How has Martial Arts helped you?

This has helped me become more confident and keep self-respect.

Pro Shop Special

TMA logo hats are 10% off



Instructor of the Month

Name: YDJN Michael Robinson
Age: 18 years old
TKD rank: 1st degree Black belt
Arnis rank: 1st degree Black belt

How long have you been training:

11 years

How long have you been teaching:

5 years

What classes do you teach?

4PM Thursday, Youth 4-7 years old

Favorite martial arts move(s):

Crescent jump crescent kick and roundhouse kick

Favorite thing about martial arts?

My favorite thing when I was younger was how cool the moves looked but now my favorite thing is how much the martial arts has taught me mentally

What is your favorite thing to do outside of martial arts:

Relax with friends and go on Myspace :)

What are your martial arts goal(s)?

Sometime in the future, and when I can afford it, I'd like to learn numerous styles of martial arts and take in different perspectives of arts. This way I can incorporate ideas from all forms to make myself a better martial artist

How has martial arts helped you?

Martial arts has strengthened me mentally more than anything. The characteristics I've developed at True Martial Arts has helped me in school, sports, and through some of the toughest times of my life.

What is your favorite thing about teaching martial arts?

Seeing a little bit of yourself in each student and knowing that each one has a potential for greatness and achievement.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Rory Ahrens, Jack Brennan, Abel Fong, Byron Jin, Danny Martin, Isaac Pefaur, Benson Wheeler

Yellow: Jake Brennan, Alex Lok, Amber McGraw, Ryan McLemore, Amrit Puri, Noah Rosenberg

Advanced Yellow: Josh Banerjee

Green: Connor Driscoll, Sam Boelitz, Fiona Chism, Amogh Karanth, Chelsea Stone, Kiana Tavakoli

Advanced Green: Annika Boelitz, Isha Kshirsagar

Blue: Michael Driscoll, Antoine Bisson-Pelland, Charles Liu, Atul Madhugiri, Baylee Wolfe

Advanced Blue: Sophie Clemmons, Lauren Wolfe

Brown: Levente Gulyas, Eniko Gulyas, Aaron Jin

Advanced Brown: Anna Carskaden, Jennifer Sala

Arnis Promotions

Yellow: Darren McGraw

Green: Gordon Peiker, Neel Sahay, Hanna Schwinn, Ashvin Sriram, Anthony Zhu

Brown: Christopher Clark

Happy Birthday!

Hailey Adams, Rory Ahrens, Ethan Aronowitz, Andrea Baker, Antoine Bisson-Pelland, Cassidy Boutcher, Niyathi Chakrapani, Michael Curley, Rijk de Jager, Devan Fleming, Griffin Glover, Leslie Haye, Patrick Hickman, John Hsia, Tricia Klopfenstine, Bharathram Kodungudi, Samantha Krahling, Isha Kshirsagar, Ali Mahmoud, Amogh Mantha, Ashwin Rao, Christopher Shappell, Surabhi Sonali, Ehmer Taj, Ethan Tan, McKenna Wolfe, Jackson Zariski

Welcome New Students

Charles Anderson, Melina Carino, Susheel Cheeti, Olivia Glover, Byron Jin, Akshay Khoslaa, Sameer Mahan, Catatina McKenna, Armit Puri, Arelio Somano, Laura Sotelo, Jennifer Sotelo, Alexis Sotelo, Katie Unwin

Training Anniversaries

Two Years: Avery Barley

Three Years: Declen Oberst, Anna Carskaden

Seven Years: Chad Graham

Nine Years: Niko Tokuno

Ten Years: Kyle Murphy

BLACK BELT INSPIRATION

A Black Belt isn't something you wear, it's an attitude.



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

By YDJN Deven Kent Dobias

A Black belt is not an ordinary student it is a desired Tae Kwon Do student because they are dedicated and willing. I wanted to be a black belt ever since I was a little white belt. I never thought about quitting Tae Kwon Do, I always want to keep doing it. I started at Discovery Elementary and I received my black belt 7 1/2 years later. At some times it was challenging but I kept pushing through it. Tae Kwon Do has been a huge part in my life because I go to class mostly every Monday and Wednesday.



For me it's not just going to class and advancing each day, I like going to class. I like my instructors. This is why I do not want to quit. Sometimes I miss other activities to go to Tae Kwon Do. I am proud of going to Tae Kwon Do. If someone at school asks me if I do Tae Kwon Do I say "yes and I am a black belt." If people at school know I am a black belt they treat me with a little more respect than normal.

One of my challenges that I am overcoming is that I am not that aggressive in sparring. I am currently still working at that. I want to be able to use my high kick and get points without backing away from a bigger opponent. Some opponents intimidated me so I had to learn to get in and get out to use my angles and to not be afraid of bigger opponents. When we do those kicking drills where we kick the person with light contact, I am afraid of being hit. Grappling also, it doesn't come as easy but I'm going to have to learn to be more aggressive and not afraid of people. All of these things I just talked about are things that I am improving as a black belt.

In school I also have to be a black belt as in doing all my homework on time and study for tests. So far, I have been doing all of that. I have to keep it up though because the school year gets harder and harder. I think I can do it though, if I keep on trying and working hard. In middle school I've made the honor roll 5 times. I also apply these ideals to scouting and I am now a First Class scout.

All in all, there are some things I am working on and there are some things I need to keep doing. I want to be a 1st degree black belt and I won't give up.

Deven is 15 years old. He earned his 1st degree black belt in April. He is an Assistant Instructor and has been training at TMA for almost 10 years.



Kick Out Hunger! Kick-a-thon and Food Drive Results

Proceeds Benefit Issaquah Food Bank

Food Drive

Congratulations to the Monday/Wednesday 7:30 Teen/Adult Black Belt Club class for bringing in the most food on behalf of Issaquah Food Bank and winning a class pizza party. As a school we brought in 43 crates of food in addition to 1 box of clothing. The food we brought in as a school was twice as much as we brought in last year!!!

Kick-a-thon Winners

Congratulations to everyone that participated. You did a very nice service for people in your community and also for those living in poverty abroad in South Africa. In total we collected **\$3,756.45!!!!**

Most donations collected:

1 st Place:	Tami Parker \$2332
2 nd Place (tie):	Eric Parker \$175
2 nd Place (tie):	Lisa Auerbach \$175
4 th Place:	Gage & Shayla Gutmann \$150
5 th Place:	Patrick & Travis Hickman \$120
6 th Place:	Robert Parker \$106
7 th Place:	Elliot, Connor, Hannah, and Holly Schwinn \$100
8 th Place:	Tricia Klopfenstine \$85
9 th Place:	David & Linda Yee \$65
10 th Place (tie):	Chip Mauzy \$60
10 th Place (tie):	Ryan Knutson \$60

Most roundhouse kicks for youth students (12 and under): Dominique Alvarado Holden 1060 (holding the bar)

Most roundhouse kicks for teen and adult students (13 and over): Tami Parker 254 (not holding the bar)

Autism Day

The 8th annual Autism Day put on by TMA Black belt, Lynne Banki and the rest of her family is coming on Saturday, August 9th from 11AM-3PM at Jubilee Farm in Carnation. The event is free of charge!

Autism Day is a free, fun-filled event designed for families touched by autism - a chance to relax in a beautiful setting surrounded by people who understand. Various individuals, companies, service providers and organizations wishing to reach out to the autism community provide free activities with our children in mind. The event is spread out with booths, an hour long slip-n-slide event and a catered picnic on the porch hosted by Sherm's BBQ on a donation per plate basis. Enjoy the hayrides, farm animals, beautiful flowers, open spaces and camaraderie. See you down on the farm!

If you are interested in attending, sponsoring, or volunteering, you can get more information at www.autismdaywa.com or e-mail Lynne Banki @ Lymba@comcast.net

Summer Policies at TMA

If you are taking a vacation out of town remember: Students should inform the school in advance if they will be absent from their training for a week or more. If it is necessary to be absent, inform the front desk in person, call (313-9680) or e-mail (truemart@truemartialarts.com). This helps to form the understanding of responsibility for students.

A quick reminder of our Leave of Absence/Time off Policies:

* Time off for periods of two to three weeks may be prorated, if we are informed in advance. Otherwise, any missed classes may be made up without time restriction. Students should inform the school in advance if they will be absent from their training for a week or more. For longer planned absences, see the "Leave of Absence" information.

Leave of Absence (*Excused Leave of Absence*) Fee: \$19 per student, for each month

- * For extended leave from TMA for 1 month or longer
- * An excused leave of absence can be used for circumstances such as out of town travel or injury.
- * For approval, inform the administrative staff of the school why you are leaving and how long.
- * Not to exceed 3 months within a 12-month period
- * Under extreme circumstances, periods longer than 3 months will be considered on a case by case basis by the Chief Instructor.

Health and Fitness News

Body Pump Class

Check out Body Pump, a fully body strength and conditioning cardiovascular workout on the first Wednesday of each month. The next class is Wednesday, August 6th from 7:30-8:30 PM. The class is taught by Health and Fitness Director, YDJN Leslie Haye, so you know it will be a great workout!

Black Fitness Bands Now in Stock

Black fitness bands are now available in the TMA Pro Shop. The bands cost \$10 each plus tax. They are compact and great for easy travel not only to and from your True Martial Arts Pilates and Core classes but also for a quick workout while on vacation.

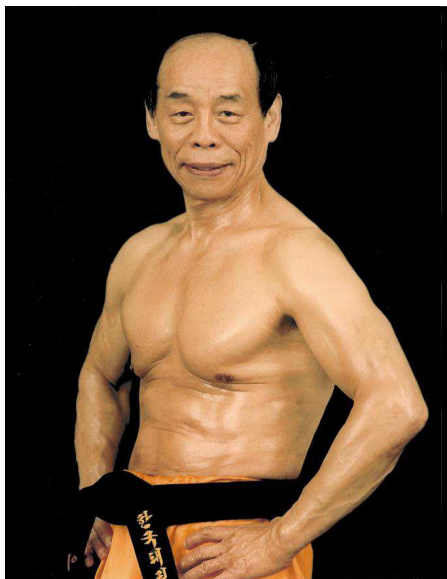
Masters of Martial Arts: Jhoon Rhee

From Wikipedia & Jhoonrhee.com

Grand Master Jhoon Rhee, is a 10th degree Black Belt and a Korean taekwondo master widely recognized as the 'Father of American Taekwondo' for his work in introducing this martial art to the United States of America since arriving in the 1950s.

Some of his accomplishments:

- ◇ In 2000, Rhee was the only Korean-American named amongst the 203 most recognized immigrants to the country by the National Immigrant Forum and the Immigration and Naturalization Services.
- ◇ Rhee was inducted into the Taekwondo Hall of Fame in 2007, and he is listed as both the "Pioneer of American Taekwondo" where he has 60 affiliated schools and the "Pioneer of Taekwondo in Russia" where he has over 65 affiliated schools.
- ◇ Appointed as Special Advisor to the President's Council on Physical Fitness & Sports by President George H. W. Bush
- ◇ Martial Arts instructor for Muhammad Ali, Jack Anderson, George Allen Sr., Bob Livingston, Tony Robbins, Jack Valenti and over 300 U. S. Senators and House Representatives
- ◇ Creator of The National Teacher Appreciation Day, January 28, 1986, which was signed by President Ronald Reagan on October 16, 1986



More recently, The 76-year-old Taekwondo expert returned home when he was appointed as chair professor of Younsan University in Busan, South Korea. At Younsan, Grand Master Rhee continues to offer special seminars on Taekwondo three or four times per year. Rhee is in charge of international exchanges regarding the university's plan for international Taekwondo business. He serves as a bridge between South Korean and Europe in promoting Taekwondo to the Continent. Jhoon Rhee is also heading a project to set up "World Taekwondo Park" in Busan.

TMA Summer Activities 2008

Summer Sleepover

August 9th Saturday 7:00 PM – 9:00 AM

Kids have fun and parents get a night off! There is training, movies, games, and dinner & breakfast provided. Fee is \$40. The sleepover is for TMA students only, of all ages.

Full Day Camp

August 11th-15th Monday through Friday from 9:00AM–3:30PM

Camp is highly beneficial in that it teaches teamwork, leadership, and good sportsmanship in a way that can't be duplicated in class. Students get an in-depth look into the history of True Martial Arts and a greater perspective on martial arts in general. The fee is \$180 for 32 1/2 hours and includes a camp patch and snack everyday. It's a great deal, check around and compare prices. CAMP IS FUN!

Half Day Camps

August 4th-8th Monday through Friday from 9:00AM–12:30PM

August 18th-22nd Monday through Friday from 9:00AM–12:30PM.

Attend every day of the week or on a daily drop-in basis. The cost is \$90 for the week or \$20 a day. A snack is provided. You are welcome to bring friends or siblings that don't train at TMA.

Mid-Morning Classes

Tuesday & Thursday 10-11AM. Ends August 28th.

An all ages, all ranks mixed class for the convenience of those with other activities in the afternoon or evening during the summer. Switch to this class for the summer or drop in any time.

Annual TMA Awards and School Picnic

September 13th Saturday 10:00 AM – 2:00 PM at Perrigo Park 9011 196 Ave NE Redmond

Recognition, fun, and fellowship! All TMA students and families welcome. Bring your picnic lunch.

Tiger Club Essays

By Bob Davis

A recipe for happy living: "Look up and not down; look out and not in; look forward and not back; and lend a hand."

There are many external things that can be difficult, but often we are our own worst critic. This thought helps remind us to stay encouraged while fighting our battles. Becoming self-critical can result from being a driven person — always striving for achievement. That is good, but we also need to see the progress we are making, and that by continuing to take small steps we are on the way toward bigger and better things.

The last part of the admonition of this thought of the week, to "look forward and not back, and lend a hand" will help in several ways:

By looking outward and thinking of others, we make better, less self-centered choices.

By looking forward and envisioning where we are going, we naturally refresh our determination and enthusiasm for reaching our goals.

By actually doing things for others, we see the results of what we are doing in them, and so all these effects.

Bob is a brown belt, adult student who has been training for almost 3 and 1/2 years.

By Ilana Zariski

"Win as if you were used to it, lose as if you enjoyed it for a change."

If you win you shouldn't say "ha ha ha ha you lose". You shouldn't gloat and make the other person feel bad. Just say "cool, I win."

If you lose, you should be happy for the other person. If you lose and are mad you lost, you should keep it inside of you. Be happy whether you win or lose!

Ilana is a blue belt. She has been training for 2 1/2 years.

By Jackson Zariski

"Rarely misses coming to class."

I think rarely misses coming to class is important because if you don't come to class you won't get better. People who miss class often won't learn, thus won't get better and advance in rank. It is okay to miss class as long as you make it up so you can get your week's worth of training. You should go to two or three classes every week to get better. Class gives you practice so at tests and tournaments you can do well and maybe win a trophy or achieve your next rank. You should also go to Arnis class to get better at Arnis. At green belt and higher you can't get your next rank unless you get your Arnis rank. So, overall you should always come to class two or three times a week and have fun!

Jackson is an Advanced Blue belt. He turns 10 years old this month and has been training for 4 years.

By Heidi Wolfe

"Ability to relax while going hard."

We all need to learn to relax even while we are trying to do our best. Being tense and expending energy, when there is no need to, will eventually exhaust you to the point of collapse. Pace yourself...You'll be able to keep going a lot farther and accomplish more than if you use all your energy all at once. So punch with power, but relax your punching arm afterwards to conserve energy and to build up energy for the next powerful punch.

Heidi is an Advanced Brown belt, adult student and also an Assistant Instructor. She has been training at TMA for 2 1/2 years.

By Lauren Wolfe

"Able to handle new or awkward situations."

This mental requirement, to me, means that you are ready for anything that comes your way. No matter what you have to do, you're ready. To adapt to the situations you work with it, think about it, then go for it. If you want to go towards the situation you have to be strong, mentally and physically, if you go for it then you're strong enough to face the situation.

Lauren is an Advanced blue belt. She is 11 years old and has been training for 3 years.

By Baylee Wolfe

"Indomitable Spirit"

This means that your attitude of something just keeps going. Nobody can stop you from doing what you want to do. No one can make you feel bad about yourself. It's about going for your goals in life even when things are hard and people get in your way.

Baylee is a blue belt. She is 8 years old and has been training for 3 years.

By Vikram Tirumalai

"Quality comes from taking pride in what you are doing."

If you care about how you are doing in Tae Kwon Do, then you will practice hard, listen to your instructor's and take their advice. You will then really improve your skills as this means something special to you. If you did not care about it, then you would not really be interested in getting better.

Vikram is a blue belt. He is 7 years old and has been training for 2 1/2 years.