

Pine Lake TrueNews

August 2009



FOCUS ON: Self Defense

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/Awareness to celebrate Self Defense Month:

- **Teen/Women's Self Defense Class**

- August 7th Friday 5:30 PM - 7:00 PM

Self defense, Safety and awareness training designed for women. Also appropriate for teens that are going into high school or about to leave for college. \$20 registration fee, \$10 for each additional family member. Open to the public.

- **Children's Safety Awareness Class**

- August 8th Saturday 11:30 AM - 12:30 PM

Safety and awareness training including stranger danger designed for children. \$7 registration fee. Open to the public.

- **Black Belt Club Seminar: Street Fighting**

- August 23rd Sunday 11:30 AM – 1:00 PM

Learn the theory and basics of “street fighting”, which is a combination of sticky hands, sparring, and ground fighting combined with other elements. This seminar is only for members of the Black Belt Club and it's free.

- **Increased emphasis on Self Defense in August classes**

- **Facts and tips about Self Defense in the weekly announcements & emails**

Awareness is the 1st line of Self Defense

Attackers are looking for easy victims that they can surprise.

To avoid this:

- Make eye contact.
- Know what going on all around you not just in front of you

Examples of not being aware: Headphones, hoodie over your head, eyes down.

Personal Space

- Don't let people into your personal space if you don't know them very well.
- Keep your distance.
- Anything within an arm's length is too close

The power of words

- Use energy with your voice- speak loud and clear
- Speaking loud and clear makes them understand what they are doing isn't OK
- It also gets the attention of people around you

People who are potential threats (even if you know them a little or seem nice!):

- Someone you don't know well
- Someone that is making you uncomfortable
- A grown-up asking a child for help
- Someone that tries to get you away from your friend or friends

Trust your instincts: If something doesn't seem right, it might not be. If you're uncomfortable, that's your body's way of telling you something isn't right.

The 3 Step method of Self Defense

- 1) Release from the grab or unwanted touching
- 2) Yell “No!” so they know it's unacceptable and it attracts attention
- 3) Run away to a safe person or place

A letter from YDJN Andrew

I wanted to thank you for helping my parents raise me into the self-confident and aspiring young man that I am today. I know that the martial arts training and disciplines that are painted on the wall have helped me through every situation and challenge that I have come across in the transition from child to adolescent, and I know that the lifelong self-discipline that True Martial Arts represents will help me overcome obstacles far and beyond what I would have thought myself capable to achieve. These past 13 years I have been lucky enough to have a “family” as great as everyone at TMA, and I will miss you all dearly. Of course, that doesn't mean I'll be gone for good! I will definitely stop by and update everyone on how college at Whitman is going for me, and hopefully train and teach on longer breaks.

The opportunities I have had to expose my leadership, commitment, and inner strength have been innumerable and unique. Once again, I want to thank you for everything I have mentioned and much, much more. I will always remember what True Martial Arts has done for me, and I hope one day I will be able to give back as much as I have been lucky enough to receive.

Love,

Andrew Roehrig

Student of the Month

Name: Eniko Gulyas **Age:** 11 years old
TKD rank: Advanced Brown Belt **Arnis rank:** Brown Belt

How long have you been training at TMA: 4 years

Favorite Martial Arts move(s): Roundhouse kick

Favorite thing to do outside of Martial Arts?

I love to hang out with my friends (some are from TMA).

What is your Martial Arts goal?

I want to reach 2nd degree black belt before I go away to college.

How has Martial Arts helped you?

Martial arts training has made me a lot stronger. I am braver to try new challenges.

Instructor of the Month

Name: YDJN Kirsten Smith **Age:** Adult
TKD rank: 2nd degree black belt **Arnis rank:** 2nd degree black belt

How long training: 8.5 years **How long teaching:** Over 7 years

What classes do you teach?

Teen/adult beginners and intermediate youth

Favorite martial arts move(s):

Almost every kick but front roundhouse kick is my favorite

Favorite thing about martial arts?

The community that has come together from a group of individuals who are strong, dedicated, courageous, and who constantly strive to be their best.

Favorite thing to do outside of martial arts:

Spending time with friends and BBQ's on the back porch in summer.

What is your martial arts goal?

Right now it's to be the best teacher and leader I can be for others and to keep my body healthy to continue my training.

How has martial arts helped you?

I've made our mental requirements a part of who I am and how I behave. Martial Arts has made me a better person.

What is your favorite thing about teaching martial arts?

Watching my students progress and become great instructors and leaders in the school.

August Pro Shop Special

All Uniform tops and pants are 10% off

Remaining 2009 Tournament dates

Form Tournament: Saturday, September 26th

Tournament starts at 10:00 AM

Location: TMA Overlake 15123 NE 24th St. Redmond 98052

Competition in individual Taekwondo form & synchronized Taekwondo form

Sparring Tournament: Saturday, November 14th

2009 Taekwondo Test Dates

***Dates are subject to change (not likely)**

This Month: **August 21st** 6:30 PM

September 25th 6:30 PM

October 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 18th 6:30 PM

NOTEWORTHY

Taekwondo Promotions

Advanced White: Lillie Adamson, Camille Adamson, Alisha Joseph, Rishu Khare

Yellow: Liam Coltorti, Josh Poznanski, Oliver Zhang

Advanced Yellow: Adam Hussein, Yusef Hussein, Nishant Kothari, Logan Saxe

Green: Matthew Guinasso, Shad Hussain, Alex Jones, Sameer Mahan, Danny Martin, Patrick Martin

Advanced Green: Noah Rosenberg

Blue: Damian Banki

Advanced Blue: Neel Sahay, Ehmer Taj, Madison Willis

Brown: Rebeca Kuttemplon, Jackson Zariski

Advanced Brown: Michelle Szeto

Arnis Promotions

Yellow: Polina Kritchko, Maggie Lipinsky, Christopher Riccio, Alex Barnickel, Luigi Coltorti, Max Pickering, Cole Pickering

Green: Alex Jones

Blue: Madison Willis

Brown: Makaela Bielaski, Michelle Szeto

Black: Rachel Graham

Happy Birthday!

BJN Andi Baker, Cassidy Boucher, Jonathan Chu, Rijk de Jager, Devan Fleming, Ryan Garcia, Griffin Glover, YDJN Leslie Haye, Patrick Hickman, Ryan Huang, Adil Islam, Omkar Joshi, Rishu Khare, Bharathram Kodungudi, BJJ Samantha Krahling, Isha Kshirsagar, Ali Mahmoud, Amogh Mantha, Cole Pickering, Josh Poznanski, BJJ Ashwin Rao, YDJN Christopher Shappell, Surabhi Sonali, Greg Sparks, Ehmer Taj, Ethan Tan, Konstantin Velitchko, Mckenna Wolfe, Tyler Yee, Jackson Zariski

Welcome New Students

Sanya Cheeti, Aarya Gupta, Ryan Huang, Adhya Kona, Gary Maheshwari

Training Anniversaries

One Year: Maggie Lipinsky, Christopher Riccio, Nisha Kent-Dobias, Daniel Unger, Kason Lau

Three Years: Avery Barley

Four Years: Declen Oberst, Anna Carskaden

Eight Years: YDJN Chad Graham

Nine Years: YDJN Kyle Murphy

Congratulations...

... to **Michelle Szeto** for joining the Black Belt Club!

... to **Lauren Wolfe** and **Andi Baker** who recently began their internships as Assistant Instructors.

July Summer Full Day Camp Results

July 6th-10th

Team Captains: YDJN Jillian Backman, Ben Terry, Sammy & Alex Ballata

The Winning Team was YDJN Jillian's team: Eniko Gilyas, David Shiroma, Jackson Zariski, Nick Biro, Diego Batres, Josh Poznanski

Some other highlights from the week:

- ◇ The teams raised \$349 towards "Teen Feed" a project that feeds 60-80 homeless teenagers in the University District. TMA matched the total and \$700 was donated.
- ◇ Trophy Winners: Rebeca Kuttemplon and YDJN Jillian Backman
- ◇ Alex Jones, Josh Poznanski, Rebeca Kuttemplon, and Jackson Zariski got red-striped to test! Many other campers got some requirements marked off towards red-striping.
- ◇ Great demonstration from the team leaders; they created their own long sword form

Some activities the campers participated in: relay races, contests in form, went to Pine Lake Park, and made new friends!

July 20th-24th

Team Captains: YDJN Jaron Kent Dobias, BJJ Samantha Krahling, BJJ Andi Baker, BJJ Ashwin Rao, and BJJ Chase Steiner

The Winning Team was BJJ Chase's team: "The Kicking Crusaders" which consisted of Eniko Gulyas, David Shiroma, Chris Morris, Noah Rosenberg, and Alex Jones

Some other highlights from the week:

- ◇ The teams raised \$284 towards King County Humane Society in addition to collecting donations of cat food, dog food, and kitty litter.
- ◇ Trophy Winners: Mackenzie Case for sparring and BJJ Andi Baker for form
- ◇ 4 students were red-striped to test! Many other campers got some requirements marked off towards red-striping.
- ◇ 5 students earned "Academic Achievement" patches
- ◇ Great demonstration from the team leaders and each team created their own team form.

Leadership Opportunity at TMA

Students looking to improve their own understanding of the martial arts, further develop their leadership skills, and make a difference by teaching others are invited to enter our Assistant Instructor Internship Program.

Qualifications:

- Advanced Green Belt or higher
- Minimum of 13 years old
- Desire to improve leadership skills
- Self Motivated--has the desire to learn to become a martial arts teacher
- Study the TMA Instructors manual

The Assistant Instructor Internship Program consists of leading class warm-ups, helping with martial arts practice drills, and eventually learning all aspects of teaching a martial arts class.

You will receive feedback from other instructors. The internship usually lasts 6-12 months, depending on performance. After a teaching internship is completed, you are promoted to Assistant Instructor and receive an hourly wage. Eventually, Assistant Instructors who excel get promoted to Instructor, and get to lead a class of their own!

Job Training for Teenagers

Kyo Bum Nim Skyler Zoppi & Kyo Bum Nim Laurel Zoppi take great pride and responsibility in providing employment opportunities for young people in our community. For many teens, being an assistant martial arts instructor is their first job. Besides becoming a great martial arts instructor, our goal is to teach each youth instructor skills that will make them better qualified and more prepared for future employment opportunities. It's also beneficial for college applications!

If you are interested in teaching, talk to us at the front desk.

Fitness and Health News

Summer Kickboxing Party

All participants in Fitness/Cardio Kickboxing classes are welcome to attend a Summer Kickboxing Party at Leslie Haye's house on Saturday, August 8th at 4 PM. Directions will be available at the front desk.

Boot Camp

Boot Camp is returning on Monday, Wednesday, and Friday August 10, 12, & 14th from 6:15—7:00 AM. Mark your calendars and get ready to improve your conditioning in get in great shape!

The Biggest Loser Will Return In September

If you want to join in on this lifestyle changing program our next starting date will be Saturday, September 12th.



Masters of Martial Arts: Fedor Emelianenko

From Wikipedia.com

Fedor Emelianenko, is a Russian heavyweight mixed martial arts fighter. He is the current World Alliance of Mixed Martial Arts Heavyweight Champion and the last holder of the Pride Heavyweight Championship. He has won numerous tournaments and accolades in multiple sports, most notably the Pride 2004 Grand Prix and the World Combat Sambo championship on four occasions, as well as medaling in the Russian national Judo championship.

Emelianenko has been universally considered the best heavyweight fighter in the world for the last six years by major publications, including ESPN, Sherdog, Full Contact Fighter, and MMA Weekly. Several mixed martial arts publications currently rank Emelianenko as the #1 pound-for-pound fighter in the world. Many analysts, as well as former and current fighters consider Emelianenko to be the greatest mixed martial artist of all time.

Emelianenko's enthusiasm for fighting began with Sambo and Judo. His coach remembers that ten-year-old Emelianenko was relatively weak physically and did not have an innate grappling talent; instead, his biggest strength was his perseverance and strong will.

Emelianenko received the official certification of a "Master of Sports" in Sambo and Judo in 1997, and he became part of the Russian national team. After earning a bronze medal in 1998 in the Russian Judo Championship, he started competing in combat sambo and mixed martial arts in 2000 at the age of 25, because he "didn't have any money".

Emelianenko trains two or three times per day to maintain and improve his skills. He uses basic training methods like running, ropes, and weightlifting. Emelianenko used to weight train extensively, but in 1997 he almost completely substituted his weight exercises with sport-specific training in grappling, boxing, and kickboxing. His strength training consists of daily pull-ups, dips, and crunches. Emelianenko also runs twice daily for a combined distance of 12–15 kilometers (7.5–9.3 miles) and is a proponent of high altitude training, travelling to Kislovodsk, Russia with his team once or twice a year to train in high altitude.

Mid-Morning Classes Available through end of August

Join us every Monday & Thursday in August from 10:00-11:00 AM. The Mid-Morning class is for all ages and all ranks. We have it for the convenience of those with other activities in the afternoon or evening during the summer. You are welcome to switch to this class from your normal class for August or drop in any time for a makeup class or an extra class.

Annual School Picnic in September

The Annual TMA Awards and Picnic is all set to return on Saturday, September 13th. Please join us at Perrigo Community Park located at 9011 196th AVE NE, in Redmond. The rough schedule includes lunch and free time from 11 AM to 12:30 PM. Awards for Student of the Year, Instructor of the Years, Perfect Attendance, Special recognition, and SBN Zoppi lifetime achievement will be presented around 12:30 PM. Drop in any time. Bring your picnic lunch and your family, to join us for a day of fun and friends at the park!!!! Details and directions to the park will be available are at the front desk.

1st Annual Perfect Attendance Party

As many of you might know, we keep track of the number of classes that all students attend starting on August 1st of each year and ending the following year on July 31st. Throughout the year, we update the "standings" of those that have perfect attendance, which is those that train at least two times each week. Additional attendance is given for extra activities such as camps, tournaments, Arnis seminars, Arnis classes, breaking seminars, etc.

All students who attended at least 104 classes from August 1st, 2008 through July 31st, 2009 will be eligible for our first annual Perfect Attendance party. This will be a new tradition at our school. If you had perfect attendance, you will receive an invitation to the party for you and 1 guest.

This years party will take place in the TMA parking lot on Saturday, August 29th from 11:30 AM-1:30 PM. There will be food, drinks, and entertainment. The theme for this year's party is "Backyard BBQ". Once you receive your invitation please RSVP so we know how many people will be attending for planning purposes. If you didn't make it to 104 classes this year, we hope that all students will make it their goal to be eligible for next year's party. Remember, if you miss class, you can always make it up! Complete results of this years attendance standings will be posted on the bulletin board soon!

AWESOME AUGUST ACTIVITIES

Check out our schedule...We are hosting more events in August than any other month this year. We hope to see you at some of these great events!

August 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1 *Arnis Seminar
2	3 *Arnis Camp	4 *Arnis Camp	5 *Arnis Camp	6	7 *Teen/Women Self Defense	8 *Photo Day *Child Safety *Fitness Party
9	10 *Boot Camp *Full Day Camp	11 *Full Day Camp	12 *Boot Camp *Full Day Camp	13 *Full Day Camp	14 *Boot Camp *Full Day Camp	15
16	17 *Half Day Camp	18 *Half Day Camp	19 *Half Day Camp	20 *Half Day Camp	21 *Taekwondo Test *Half Day Camp	22 *Sleepover
23 *Black Belt Club Seminar: Street Fighting	24 *Friends & Family Free Trial Week	25 *Friends & Family Free Trial Week	26 *Breaking Seminar *Friends & Family Free Trial Week	27 *Friends & Family Free Trial Week	28 *Friends & Family Free Trial Week	29 *Perfect Attendance Party
30	31					

ACTIVITY DESCRIPTIONS

Arnis Seminars & Tests

- August 1st Saturday 10:00 AM-11:30 AM for those working on Arnis yellow, green, & blue belts
- August 1st Saturday 1:00 PM-2:30 PM for those working on Arnis brown and above

The cost is \$20. Each seminar runs for 1 ½ hours and focuses on teaching all of the requirements for your appropriate Arnis rank. Tests immediately follow each seminar for those who are ready.

Arnis Mini-Camp

- August 3rd-5th Monday-Wednesday 10:30 AM-12:30 PM

The cost is \$20 a day or \$50 for all 3 days. The camp will focus on requirements for achieving the next Arnis rank as well as reviewing requirements from previous ranks, Arnis sparring, and games.

Teen/Women's Self Defense Class

- August 7th Friday 5:30 PM - 7:00 PM

Self defense, Safety and awareness training designed for women. Also appropriate for teens that are going into high school or about to leave for college. \$20 registration fee, \$10 for each additional family member. Open to the public.

More Activity Descriptions on Page 6

AWESOME AUGUST ACTIVITIES

ACTIVITY DESCRIPTION (Continued from page 5)

Children's Safety Awareness Class

- August 8th Saturday 11:30 AM - 12:30 PM

Safety and awareness training including stranger danger designed for children. \$7 registration fee. Open to the public.

TMA Photo day

- August 8th Saturday 9:00 AM - 5:30 PM

Reserve your time slot at the front desk. Professional photography by Fotlica.com. Individual and Group sessions available.

Fitness Party

- August 8th Saturday 4:00 PM - 7:30 PM

All participants in Fitness/Cardio Kickboxing classes are welcome this potluck party at Leslie Haye's house. Directions will be available at the front desk.

Full Day Camp

- August 10th-14th Monday-Friday from 9AM-3:30PM.

Camps is run in team format. Each team acquires points throughout the week by completing tasks and winning competitions. You must be a TMA youth student to participate. The cost of camp is \$180. Because camps are run in team format, it's important to attend all five days of camp.

Boot Camp

- August 10th, 12th, & 14th Monday, Wednesday, & Friday from 6:15-7:00 AM

Drill Sergeant Haye will whip you into shape! Bring running shoes. Cost is \$15/day or \$30/3 days. No punch cards.

Half Day Camp

- August 17th-21st Monday through Friday

Attend every day of the week or on a daily drop-in basis from 9:00AM-12:30PM. 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.

Summer Sleepover

- August 22nd Saturday 7:00 PM – 9:00 AM

Kids have fun and parents get a without kids! There is training, movies, games, and dinner & breakfast provided. Cost is \$40. You must be a TMA student to participate. Hosted by KBN Skyler Zoppi & YDJN Casey Aydel.

Black Belt Club Seminar: Street Fighting

- August 23rd Sunday 11:30 AM – 1:00 PM

Learn the theory and basics of "street fighting", which is a combination of sticky hands, sparring, and ground fighting combined with other elements. This seminar is only for members of the Black Belt Club and it's free.

Friends & Family Free Trial Week

- August 24th—August 29th Monday-Saturday

Friends and family members are welcome to attend all TMA classes for free during this week (except Black Belt Club classes, please). Parents are welcome to join youth classes as well as youth can join in with their parents. If you have any questions regarding Friends & Family Free Trial Week you can ask at the front desk or email info@truemartialarts.com.

Summer Board Breaking Seminar

- August 26th Wednesday 10:30 AM – 12:00 PM

Board breaking is a way to bring together the physical, technical, and mental aspects of your martial arts training. If under the age of 18, please get both parent and instructor permission. Not appropriate for some smaller-bodied youth.