

Pine Lake TrueNews

The TRUE way of the warrior is honor, strength, and love
December 2007

November Sparring Tournament Results

Taekwondo Sparring Results

Congratulations to everyone that participated in the November 17th Sparring Tournament!

Division 1	1 st) Patrick Hickman	2 nd) Travis Hickman	3 rd) Tom Milwith
Division 2	1 st) Omri Milstein	2 nd) Allison Kremer	3 rd) Illaria Wessling
Division 3	1 st) Matthew Tenczar	2 nd) Zavier Brown	3 rd) Hailey Adams
Division 4	1 st) Max Stewart Steele	2 nd) Vikram Tirumalai	3 rd) Sarah Raissipour
Division 5	1 st) Courtney Huston	2 nd) Fiona Chism	
Division 6	1 st) Chris Dragich	2 nd) John Pitts	3 rd) Chelsea Wessling
Division 7	1 st) Emily Pitts	2 nd) Christopher Clark	3 rd) Mikayla Bielaski
Division 8	1 st) Aaron Jin	2 nd) Jaron Jin	3 rd) Ryan Rodgers
Division 9	1 st) TJ Goan	2 nd) Cynthia Rogers	3 rd) Eric Strasik
Division 10	1 st) Sammy Ballata	2 nd) James Carskaden	3 rd) Allex Ballata
Division 11	1 st) Chad Graham	2 nd) Alisa Billig	3 rd) Zach Evans
Division 12	1 st) Amy Nibert	2 nd) Kirsten Smith	3 rd) Samantha Dart
Division 13	1 st) Paul Cullivan	2 nd) Andrew Roehrig	3 rd) Tom Kent Dobias

Arnis Sparring Results

Division 1	1 st) Heidi Wolfe	2 nd) Tricia Klopfenstine	3 rd) Chad Graham
Division 2	1 st) Ivan Verbowski	2 nd) Sammy Ballata	3 rd) Emily Pitts
Division 3	1 st) Max Verbowski	2 nd) Gage Guttman	3 rd) Alisa Billig
Division 4	1 st) Zach Barrett	2 nd) Caitlin McNeill	3 rd) Amy Nibert
Division 5	1 st) Owen Wessling	2 nd) Patrick Pitts	3 rd) Paul Cullivan



Kickboxing Korner

YDJN Leslie Haye

Fitness and Health Director

- **Super Kickboxing Class:** Saturday, December 1st from 8 AM-9:30 AM. The class will be one hour of Cardio Kickboxing and a half hour of yoga.
- **12 days of December:** Contest returns on Saturday, December 1st. Attend 12 Cardio Kickboxing classes before Christmas day and you will receive a free 6 punch card. The person that attends the most classes will receive a 24 punch card. No cost to enter! To avoid holiday weight gain, you should have a plan or strategy to handle the temptations and stress of the holidays. 12 Days can be your strategy!
- **Body Pump:** A full body strength and cardiovascular workout, is on the 1st Friday of every month. The next class is Friday, December 7th from 6:30-7:30 PM.
- **New Rates in 2008:** Stock up on your Cardio Kickboxing cards at the current rate before they go up in 2008. The new (still very reasonable) rates: 8 punches- \$72 (\$9 a class), 12 punches- \$96 (\$8 a class), 24 punches- \$168 (\$7 a class).
- **7th annual Turkey Trot:** A big congrats to all 35 participants! It was a great workout and fun time for all.
- **New Classes in 2008!:** Look for new fitness classes to be added to the program in 2008. Thanks for your support!

Happy Holidays!

Thank you to each and every student, parent, and instructor for your support, dedication, commitment, and contributions to our school. Thanks for making True Martial Arts a great place to learn, train hard, and have fun!

December Schedule Notes

TMA Closed:

Monday, December 24th Tuesday, December 25th
Monday, December 31st Tuesday, January 1st

Alternate Schedule:

Wednesday, December 26th Thurs, December 27th
Wednesday, January 2nd Thursday, January 3rd

Attend the class of your choice at 10 AM, 4 PM, or 6 PM. All classes will last 55 minutes.

Bad Weather Closures

- In the event that we have snow or power outages:
- TMA follows the public school schedule.
 - If school is canceled, TMA will be closed.
 - If we get snow or power outages later in the day, call TMA for the latest update.
 - If you are unclear about our policy or the school closures, call TMA for the latest update.

We want our students and instructors to be safe!

313-9680

Noteworthy

December Pro Shop Special

TMA Jackets are 10% off

TMA Pro Shop Holiday Sale

Looking for Gift Ideas?

Starts Saturday, December 1st

Ends Saturday, December 8th

Clearance Prices

Everything at least 10% off

ONE WEEK ONLY!!

Student of the Month

Name: Chris Brewer
Age: Adult
TKD rank: Blue belt
Arnis rank: Blue belt
How long have you been training at TMA: 2 ½ years
Favorite Martial Arts move(s): Jump kicks
What is your favorite thing about Martial Arts?
The discipline
Favorite thing to do outside of Martial Arts:
Be with my family
What is your Martial Arts goal?
To train for as long as I physically can do it. At least 1st degree Black belt.
How has martial arts helped you?
It has helped me stay physically fit and maintain balance.

Instructor of the Month

Name: YDJN Nicole Smelson
Age: 24 years old
TKD rank: 1st Degree Black Belt
Arnis rank: Black Belt
How long have you been training at TMA: 9 years
How long have you been teaching at TMA? 8 years
What classes do you teach? Wednesday 4 PM Youth Intermediate & Wednesday 4:45 PM Youth Black Belt Club
Favorite martial arts moves: Roundhouse kick & back fist
What is your favorite thing about martial arts?
No matter how good you become, there is always something more to improve on!
Favorite thing to do outside of martial arts:
Massage, yoga, movies, play with my dog (Danger) and cuddle with my 15 year old cat (Squirt).
What is your martial arts goal?
Continuing to improve on my neck injury (which has prevented me from training) & get back to where I was and have the ability to test for 2nd degree Black belt.
How has martial arts helped you?
When I 1st started, I was in school and it greatly helped my grades and my self esteem. It's also got me into exercise in general and a healthier way of living. It has been a great base for my career path of doing massage & being in tune with my body and other people's bodies. Plus I notice much more integrity, indomitable spirit, and respect in comparison to others not in martial arts.
What is your favorite thing about teaching?
Being able to see my students grow and become not only better at martial arts, but also better as a whole person.

New Black Belt Club Members

Charles Liu, Raguram Kodungudi, Bharath Kodungudi, Brittany Cinderella, Lauren Wolfe, Chris Brewer, Clara Brewer, Carson Reid, Logan Reid, Catherine Weber

Arnis Promotions

Yellow: Vita de Jager

Green: Vikram Tirumalai, Manisha Tirumalai

Blue: Christopher Chelgren, Levente Gulyas, Eniko Gulyas, Julian Lim, Christopher Morris

Brown: Alisa Billig, Rachel Graham, Heidi Wolfe

Black: Lowell Troyer, Vincent Wu

Taekwondo Promotions

Advanced White Belt: Rishi Biswas, Matthieu, Michael Garratt, Travis Hickman, Marc Horsfield, Amogh Kumar Karanth, Arman Khan, Ella Kuver, Madison McMaster, Vinicius Monteiro, Derek Schreiber, Brooke Shoemaker, Ashvi Sriram, Rithvik Tirumala

Advanced Yellow Belt: Matthew Johnson, Matthew Lockwood, Kabir Puri, Allen Tu, Jessi Wanamaker, Shelli Wanamaker

Green Belt: Antoine Bisson-Pelland, Vita de Jager, Sisir Gudipati, Neel Sahay

Advanced Green Belt: Zavier Brown

Advanced Blue Belt: Raguram Kodungudi

Brown: Anna Carskaden,

Advanced Brown: Christian Cinderella, Rachel Graham, Alex Morris, Addison Wong

December Training Anniversaries

One Year: Anton Vilkotski, Caroline Camp, Zacharia Mseitif

Two Years: Connor Driscoll, Logan Reid, Carson Reid, Jennifer Sala, Manisha Tirumalai, Vikram Tirumalai

Four Years: Christopher Morris

Six Years: Linda Yee

Nine Years: Elliot Roberts

Eleven Years: Michael Short



New Students

Kevin Do, Marie Dubray, Sylvie Dubray, Alex Franklin, Laura Guerra, Shruti Karanth, George Liu, Amogh Mantha, Chip Mauzy, Jack Terry, Martin Vega Velasco

Happy Birthday

Jillian Backman, Katherine Baker, Alisa Billig, Maizy Brewer, George Calvert, Max Coombs, Carlos Cortes, Kevin Do, Sam Firnhaber, Natasha Hopp, Jaron Jin, Michael Ko, Melody Lian, Kelsey Lockard, Nihar Mahajan, Chip Mauzy, Jacob Mohrhardt, Tami Parker, Alex Raissipour, David Shiroma, Chase Steiner, Michelle Szeto, Niko Tokuno, Madison Willis, Vincent Wu

If we left out your name or have the wrong information, please submit your correction to the front desk in written form.

BLACK BELT INSPIRATION

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



Black Belt Promotions

Results from the November 16th-17th Black Belt Test

Cho Dan Bo-Provisional Black Belt:

- Tricia Klopfenstine
- Torey Stewart Steele
- Deann Miller
- Callan Rasmusson

Cho Dan-

1st Degree Black Belt:

- Lynne Banki
- Jackie Dulken
- Jillian Backman
- Amanda Jenkins
- Erica Smith

I Dan-

2nd Degree Black Belt:

- David Yee

Dan: Korean word for level

Black Belt: What it is and What it Takes

Jackie Dulken is 13 years old. She has been training for 8 ½ years.

Being a black belt takes a lot. A lot of what? Well, that's what I'm going to explain. When I first got my black belt I didn't exactly know what to think. I knew it would take everything I had learned in past ranks and much more. I would have to be a leader, have perseverance, and work harder than I have ever before.

The first huge change I had to make was I had to learn to be a strong leader. This was also the hardest part for me. I was always very shy and didn't talk much. A leader has to be able to speak up and talk comfortably in front of many people. Soon after I received my black belt I had to start going to different classes in the fall because of my soccer schedule. This allowed me to make more friends and meet new people. This also helped me to be more comfortable with the classes, which helped me to be a better leader. I remember when everyone was young they wanted to be the highest rank in the class so they could be first in line. Over the summer I was highest rank a few times. At first I was really nervous, but then I realized that now since I was a black belt this was going to happen a lot more often. I eventually got to a point where I was comfortable being a leader. A big part of being a leader is setting a good example for those people that look up to you. I noticed this right away and started setting good examples.

Another attribute that comes with being a black belt, is perseverance. To persevere means to keep doing something no matter what. This is exactly what being a black belt is, do whatever it takes to achieve your goals. Also, to be a black belt you can never give up. So if you don't keep pushing yourself to do your next goal nothing will happen and you will be right back at square one. The second you lose perseverance and don't do anything to move forward, before you know it, you will be back at the beginning. As a black belt everyone should be able to follow through with goals and always try hard. Without perseverance anything can be impossible, but with it anyone can do just about anything.

The last thing anyone that wants to be a true black belt has to do is to work hard. Without this last quality everything else is just a waste because if you don't work hard, then you won't know the real way to be a black belt. People that don't put much effort into things usually don't succeed as easily as those that work as hard as possible. Those that don't work very hard aren't as good and don't have much passion for what they are doing. Every black belt should be passionate about Tae Kwon Do because they have stuck with it this long, so why not keep going. Those that aren't passionate don't do as well in everything they attempt. Passion is a huge part of working hard because if you aren't totally focused on what you are doing then you can't be working very hard. Anyone that wants to be a black belt one day has to try and work as hard as possible.

FOCUS ON: Stances

Long, low stances develops:

- Strong kicking legs
- Balance
- Increased flexibility

"Stances are the position from which all attacking and defensive moves begin. It combines balance, defense and readiness. A good basic stance is essential." (Boxing Skills 1997)

In the martial arts, **stances** are the distribution, foot orientation and body positions (particularly the legs and torso) adopted when attacking, defending, advancing or retreating.

Long and Low Rhymes with Taekwondo

A primary characteristic that distinguishes Taekwondo from other martial arts styles is long, low stances.

(Focus On: Stances continued on Page 4)

FOCUS ON: Stances

The **FOCUS ON:** program provides an area of emphasis to generate attention and excitement on a different aspect of martial arts training each month. The benefits of this program to students include providing awareness, appreciation, information, and hands-on activities for them to grow physically and mentally in each aspect.



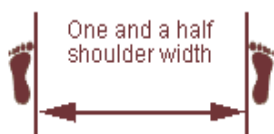
Activities and Awareness

- Increased emphasis on stances in October classes
- Facts and articles about stances in the weekly announcements, TrueNews & weekly emails
- Stance competitions in class



Parallel stance Safety stance

- Knees slightly bent
- Muscles are relaxed to promote fast movement speed from this position.
- For Safety stance: Hands up and arms extended



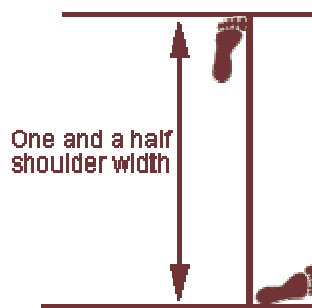
Horse stance (looking forward) Side stance (looking sideways over either shoulder)

- Generally used to practice punches or kicks.
- Feet are placed wide apart.
- Knees are deeply bent.
- Shins should be kept perpendicular to the floor.
- Knees outwards away from the body.
- In combat it is used when being grappled in order to have a wide stance and low center of gravity, giving stability. Short range punches can be used on the target who is holding one around the waist.
- This stance can also be used as a stretch. The object is typically to keep the back straight while lowering the buttocks down to the ground with the legs spread keeping shins perpendicular to the floor.
- The weight distribution of this stance is 50%-50%



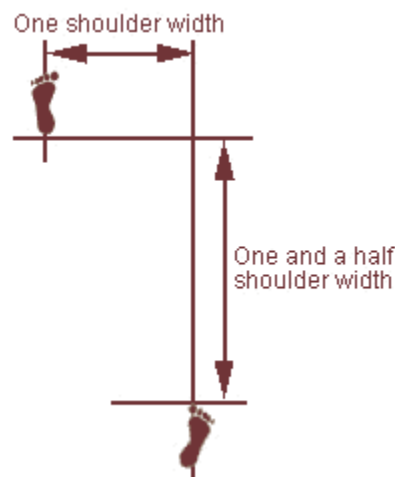
Short Back stance

- Weight distribution: 90% front leg-10% back leg



Back stance

- This stance is specifically focused on shifting weight to the back leg, as it offers much more control, and makes it easier to kick off the front leg.
- 40% weight front leg, 60% back leg



Front stance

- The weight should be distributed 50%-50% on your front and back leg.
- Front knee bent. Bend until you can't look forward and see your toes.
- Back leg straight

Fighting stance

- This stance varies with the martial art and practitioner
- Basic all-purpose stance used in sparring and combat.
- Common features across the arts include turning the body to the side to present a smaller target, slightly bent knees for balance and agility, feet about two shoulder widths apart, and hands up, protecting the head.
- In an art relying heavily on kicks, the body's mass is usually shifted slightly to the back leg, making the front leg easier to lift and increasing the speed of kicks.

Other stances used in American Chang Moo Kwon:

Front Leg stance

Inline stance