



Pine Lake TrueNews



December 2008

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.



Events to celebrate Sparring month:

Increased emphasis

We will be teaching and practicing Stances in November classes more than usual.

Black Belt Club Sparring Seminar

WHO: Members of the Black Belt Club **WHERE:** Pine Lake TMA **COST:** Free

WHEN: Friday, December 12th 5:30-7:00 PM

WHAT: Informative seminar on Stances taught by YDJN Amy Nibert

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 martial arts, **stances** are the distribution, foot orientation and body positions (particularly 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.

[See more information on stances on page 6](#)

Private Lessons to Benefit Issaquah Food Bank

Join us on Saturday, December 13th as TMA Instructors will be making themselves available to teach private lessons from 9 AM to 2 PM to raise money for Issaquah Food Bank. The recommended donation will be \$25 for a half hour lesson, or \$50 for a one hour lesson. All donations will go straight to our local food bank to help families in need this holiday season.

Check the front desk or email us at info@truemartialarts.com for availability. We will have a list of instructors that will be participating and what times they are available.

Private lessons are great for getting ready for tests, learning new requirements expediently after you get a new rank, catching up if you've been absent, and for students that want to supplement their group lessons.

Holiday Pro Shop Sale

Enjoy 10% off the regular price of all items offered in our Pro Shop for the rest of 2008

Happy Holidays!

Thank you to every student, parent, and instructor for your support, dedication, commitment, and contributions to our school. Thanks for making True Martial Arts an amazing place to learn, train hard, and have fun with friends and family.

True Martial Arts is a school and a community, but it is also a local business that provides jobs to over 30 young adults and provides a living for our family. We feel blessed beyond words for the opportunity. Happy Holidays!

- The Zoppi Family

December Events

Saturday, December 6th

Arnis Seminar and Test

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

No Saturday Makeup Class

Sunday, December 7th

Black Belt Club Workout

11:30 AM-1:00 PM

Wednesday, December 10th

The 12 Days of December

Fitness class contest begins

Friday, December 12th

Black Belt Club Seminar

Stances 5:30-7:00 PM

Saturday, December 13th

Private Lessons to Benefit

Local Food Bank 9AM-2PM

Sunday, December 14th

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, December 19th

Taekwondo Test 6:30 PM

No Friday Makeup Class

Monday, December 22nd

Tuesday, December 23rd

Half Day Winter Break Camp

9:00 AM-12:30 PM

Wednesday, December 24th

Kickboxing Class

8:00-9:00 AM instead of 6AM

TMA Closed Regular Classes

Thursday, December 25th

TMA Closed

Friday, December 26th

TMA Closed; No Kickboxing

Saturday, December 27th

No Saturday Makeup Class

Sunday, December 28th

No Black Belt Club Workout

Monday, December 29th

Tuesday, December 30th

Half Day Winter Break Camp

9:00 AM-12:30 PM

Wednesday, December 31st

Kickboxing Class 6-7:00 AM

TMA Closed Regular Classes

Student of the Month

Name: Jennifer Brewer **Age:** Adult
TKD rank: Brown **Arnis rank:** Brown

How long have you been training at TMA: 3 and 1/2 years

Favorite Martial Arts move(s): Jump roundhouse kick and forms

Favorite thing to do outside of Martial Arts:

Play with my family, nap, travel and explore, read, and be creative

What is your Martial Arts goal? Besides earning my black belt, I am continuing to strive for that combination of strength, agility and intensity while (here's the kicker for me) *breathing*. I imagine this is something I'll always be working on, and thank goodness I have wonderful people in my life here at the school and elsewhere to remind me to *relax!*

How has Martial Arts helped you? It's a wonderful activity to share with my family. I feel part of an amazing community at TMA. And I have gained back some confidence in my physical ability— something I had lost after a knee injury years ago. I can't wait 'til the thought of doing a flying reverse side kick no longer terrifies me!

Instructor of the Month

Name: YDJN Eric Parker **Age:** 16 years old
TKD rank: 2nd Degree Black belt **Arnis rank:** Black belt

How long training: 12 1/2 years **How long teaching:** 4 years

What classes do you teach? Thursday 6:30 PM Teen & adult beginner

Favorite martial arts move(s): Jump spinning roundhouse kick

Favorite thing about martial arts?

I love the community at TMA and the creativity that it allows me to express.

Favorite thing to do outside of martial arts: I love to lift weights and snowboard

What is your martial arts goal? To get my 3rd degree before I leave for college.

How has martial arts helped you? Martial Arts has made me everything I am today.

What is your favorite thing about teaching martial arts?

I love knowing that I am changing people's lives through teaching them martial arts.

2008 Sparring Tournament Results

Black Belt Men

1st Place- Tom Kent Dobias 2nd Place- Lowell Troyer 3rd Place- Callan Rasmussen

Black Belt Women

1st Place- Anh Vo 2nd Place- Amy Nibert 3rd Place- Catie Raissipour

Advanced Men

1st Place- Chris Brewer 2nd Place- Eric Strasik 3rd Place- John Pitts

Advanced Brown Belt Youth

1st Place- Chris Clark 2nd Place- Alex Ballata 3rd Place- Chase Steiner

Brown Belt Girls Youth

1st Place- Makaela Bielaski 2nd Place- Alisa Billig 3rd Place- Beatriz Sousa

Advanced Boys Youth

1st Place- Elliot Schwinn 2nd Place- Luis Delgado 3rd Place- Connor Schwinn

Advanced Youth

1st Place- Levente Gulyas 2nd Place- Marianna Steiner 3rd Place- Nihar Mahajan

Blue Belt Youth

1st Place- Steven Snyder 2nd Place- Meghana Amruther 3rd Place- Sam Sala

Intermediate Youth Group 1 and 2

1st Place- Omri Milstein 2nd Place- Peter Moe Lange 3rd Place- Ashvin Sriram

1st Place- Max Coombs 2nd Place- Trishan Amruther 3rd Place- Prateek Bhaumik

Green Belt Youth Group 1 and 2

1st Place- Patrick Hickman 2nd Place- Tom Milstein 3rd Place- Travis Hickman

1st Place- Nicholas Boyer 2nd Place- Noah Rosenberg 3rd Place- Chip Mauzy

Yellow Belt Youth Group 1 and 2

1st Place- Ella Kuver 2nd Place- Benson Wheeler 3rd Place- Sam Andrus

1st Place- Alex Lok 2nd Place- Abel Fong 3rd Place- Patrick Martin

Advanced White Youth Group 1 and 2

1st Place- Adian O'Neill 2nd Place- Sam Cormier 3rd Place- Joe Cormier

1st Place- Yogesh Banala 2nd Place- Melina Corino 3rd Place- Shayla Gutmann

Intermediate Teen/Adult

1st Place- John Pitts 2nd Place- Raghu Tirumala

NOTEWORTHY

Taekwondo Promotions

Advanced White: Brooks Barton, Raturaj Chaphekar, Cameron Fleming, Daniel Hong, Nisha Kent-Dobias, Ashwin Madhavan, Roshni Patel, Afrah Shaik

Yellow: Chase Barton, Melina Carino, Danny Martin, Joshua McLaughlin, Aidan O'Neill, Jordan Vaughn

Advanced Yellow: Samuel Andrus, Jake Brennan, Jake Hilliard

Green: Caroline Camp, Anumita Chopra

Advanced Green: Amogh Karanth, Kevin Parker, Chelsea Stone, Kiana Tavakoli

Blue: Trishan Amruthur, Carolina Delgado

Advanced Blue: Zavier Brown, Dan Zariski, Ilana Zariski

Brown: Jaron Jin

Advanced Brown: Katherine Baker, Jillian Kent Dobias

Arnis Promotions

Yellow: Sameer Mahan & Amrit Puri

Green: Peter Moe-Lange, Abhijeet Singh, Surabhi Sonali

Blue: Anton Vilkotski, Ilana Zariski, Dan Zariski

Brown: Frank Jing & Kevin Liu

Happy Birthday!

Giancarlo Agogliati, Jillian Backman, Katherine Baker, Parker Best, Alisa Billig, Jake Brennan, Maizy Brewer, Melina Carino, Max Coombs, Kevin Do, Sam Firnhaber, Samantha Fournier, Jake Hilliard, Shad Hussain, Jaron Jin, Trevor Kleinfelder, Ryan Knutson, Michael Ko, Melody Lian, Nihar Mahajan, Chip Mauzy, Peter Moe-Lange, Leticia Monteiro, Tami Parker, Alex Raissipour, Holly Ray, David Shiroma, Chase Steiner, Michelle Szeto, Niko Tokuno, Madison Willis, Vincent Wu, Katharine Zhang, Jayden Zhang

Welcome New Students

Aidan Alatorre, Michael Alatorre, Samantha Fournier, Preston Fournier, Nolan Hawkins, Daniel Hawkins, Polina Kritchko, Dennis Kritchko, Evan Riccio, David Shomakia, Vanessa Tang, Tyler Yee

Training Anniversaries

Two Years: Anton Vilkotski, Caroline Camp, Zacharia Mseitif

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

Five Years: Christopher Morris

Seven Years: BJN Linda Yee

Twelve Years: YDJN Michael Short

Black Belt Promotions

Results from the November 21-22 Black Belt Test

Cho Dan Bo-Provisional Black Belt:

- Andi Baker
- Rachel Graham
- Gage Gutmann
- Alex Morris
- Addison Wong

Cho Dan- 1st Degree Black Belt:

- Tricia Klopfenstine
- Erin Murphy
- Niko Tokuno
- Lowell Troyer
- Vincent Wu
- Linda Yee



BLACK BELT: “What It is & What it Takes”

By BJN Lowell Troyer

The abilities of an artist are not judged by the color of his paints nor the size of his brush. The ability of an artist is determined by how much work and effort he or she has placed into a specific painting. Thus, a master artist may have only painted one picture and yet they have put so much time into it that they are considered a master. The same goes for martial arts. A student is not defined by the type of art he practices or even the color of his belt but is judged by his willingness to learn and apply his art. Thus, even lower ranks can view themselves as a black belt even if they have not attained one.

Being a black belt is more than a rank it is a requirement to be at that level of mastery at all times. To, no matter what, try your hardest and achieve your loftiest goals. It is also your duty to show others how they themselves can reach the same level of achievement. I first began teaching at the age of 12 1/2. The minimum teaching age at TMA is 13 years old but I was determined to start early because it seemed like so much fun. Teaching has been the most rewarding part of my martial

arts experience. I have learned more in the last 3 years as a teacher than the first 5 years before I was teacher. As I taught and sculpted students into the martial artists they are today they have also changed me. I learned that even if they have given up, you need to be the one to help get them through it. The instructors that taught me and instructors I have taught with both have set a brilliant example of what a black belt should be. One who never gives in or gives up.

However, it is not always easy to continue against overwhelming odds. When I was an advanced blue belt I considered quitting martial arts. I hadn't tested in a while and I wasn't being looked at to test. I was eventually pre-tested and went to the test. While I was there, I did my form wrong. After that I got nervous. If I failed what would happen? Would I never be tested again, would I lose hope and quit? Over the course of the test I was called up 5 more times to do my form and each time I got it wrong. The end of the test was nearing and I wasn't being called up again so I was pretty sure I failed. But before the test got over KBN Laurel called me over to the judge's table. She told me I could have one more chance but only if I wanted to try again. My head was telling me not to try and give up, my body was telling me not to try and give up but my spirit said otherwise. If I gave up my last chance to pass the test I would never forgive myself so I took the chance. Sure enough, I did my form correctly and the entire room applauded and I felt wonderful. I pushed myself against the odds and succeeded. That day I used the mindset of a black belt to get through the test. You will never know if you have succeeded if you never try.

The only reason a person would never reach black belt is if they quit. If you have a black belt attitude, you will never quit. Through the years at TMA I have had many challenges and setbacks but I have also had many good times and successes. I have met people that share my passion of both martial arts and other things. Another aspect of being a black belt is taking pride in everything you do and when it's done-enjoy it. When I learn a new move I apply it to my real passion of martial arts sparring. I constantly try new things to better myself and other students. When I see a new fake or sweep I like, I apply it to my sparring and make it my own. If you take pride in your form it will change. The moves will still be there but you will have made the form your own. Being able to do that is the most important part of being a black belt. The ability to change. Change your attitude, change your outlook, and change others both physically and mentally for the better. If you can do this and always have a positive effect on those you encounter, you will be a black belt.

Lowell is 16 years old and is an Instructor at TMA. He has been training at TMA for 9 years.



Masters of Martial Arts: Chuck Norris

From Chuck Norris.com

Chuck Norris is a popular action movie and television star best known for his long-running CBS television series, "Walker, Texas Ranger."

But prior to that, Chuck was a martial arts star, winning many martial arts championships including being a six-time undefeated World Professional Middleweight Karate Champion. Chuck was also a renowned teacher in the martial arts.

From 1964 to 1968, Chuck won many State, National, and International amateur karate titles. In 1968, Chuck fought and won the World Professional Middleweight Karate championships by defeating the World's Top Fighters. He held that title until 1974 when he retired undefeated.

In 1968, Chuck was inducted into the Black Belt Hall of Fame as Fighter of the Year. In 1975, he was inducted as Instructor of the Year and in 1977, Chuck received the honor of Man of the Year.

Chuck is also founder and President of United Fighting Arts Federation with over 2,300 black belts all over the world.

In 1997, Chuck achieved another milestone in his life by being the first man ever in the Western Hemisphere to be awarded 8th degree Black Belt Grand Master recognition in the Tae Kwon Do system. This was a first in 4,500 years of tradition.

But Chuck thinks his most rewarding accomplishment was the creation of his Kick-Start Foundation. With the help of President George Bush, Chuck implemented a program teaching the martial arts to 150 high-risk children at M C Williams Middle School in Houston, Texas, as part of the school curriculum. The program was so successful in helping these kids raise their self-esteem and instilling discipline and respect, as well as getting them out of gangs, that the program is now in 30 schools with over 4,200 young boys and girls actively participating.

Tiger Club Essays

By Jacob Davis

"Does not need to justify mistakes."

A re-statement of this is "does not need to make excuses". Making excuses just gets you into more trouble. For example, if you don't do your homework and you tell your teacher your dog ate your homework, then your teacher might give that homework to you again along with the new homework. Then you just end up with more homework. And if someone finds out that you just didn't do your homework they may not trust you anymore. But if your dog did eat your homework, it was your fault, because you should have taken better care of it. Since it is your problem, and she can't do anything to make it better, you shouldn't make it her problem too, which is rude. That is why you should not make excuses. Making mistakes is fine— that means we are trying hard and learning something new. When we make a mistake, that moment is the chance we have to learn the most. When we are distracted making up reasons for a mistake, we are distracted from paying attention to learning from the mistake and moving on. It is actually fun to let go, do our best, and take the input without bothering about what others think about us.

Jacob is an 11-year-old advanced blue belt who has been training for almost 4 years.

By James Carskaden

"Tries to be above the standard"

This is an important mental requirement because if you strive for your best you are guaranteed improvement. For example, in school we have a standard and challenge list for spelling. For the standard list you only learn the standard words. For the challenge list, you have to learn the standard words plus the challenge words. You learn twice as much if you challenge yourself! I can see how this Mental Requirement applies to Taekwondo and life.

James is an advanced brown belt. He is 10 years old and has been at TMA for 5 years.

By Alex Raissipour

"Reaching for black belt."

My favorite mental requirement is "reaching for black belt" because that should be everyone's goal here at TMA. I believe that is something I am really working on to achieve. I have been training for almost 9 years, so this is one of my goals in life. I believe this is a great mental requirement and is something I know will happen sooner or later. Reaching for black belt should be everyone's dream at TMA.

Alex is an advanced brown belt. She turns 12 years old this month and has been at TMA for 9 years.

By Luke Sala

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

By having integrity and trying my best in what I do, the quality of my work will be high. My character is built by the quality of what I do.

Luke is an advanced blue belt. He is 9 years old and has been at TMA for 3 and 1/2 years.

Kickboxing Korner

The average person gains 7 pounds from Thanksgiving day to Christmas day!

Stay ahead of the curve this winter by working out with Leslie, Samantha, Tami, and Carla!!

Regular Fitness Class Schedule:

Cardio Kickboxing:	Monday/Wednesday Morning	6:00 AM
	Tuesday/Thursday Evening	7:15 PM
	Saturday Morning	8:00 AM
Pilates:	Tuesday Morning	10:00 AM
Core Strength:	Tuesday Evening	7:30 PM
Body Pump:	Wednesday Evening	7:30 PM
Pilates/Core/Yoga Mix:	Thursday Morning	10:00 AM
	Friday Morning	6:00 AM



12 Days of December Fitness Class Contest Is Back!

One of the most popular Fitness class contest is back, and it all starts on Wednesday, December 10th and runs through Christmas Eve, the 24th. Here's how it works:

- You are automatically entered if they attend any classes from Wednesday, December 10th-Wednesday, December 24th
- Each class you attend earns you a sticker, that we will put on a poster on the bulletin board in the big training room
- Get 12 stickers by your name and you win either a lovely embroidered TMA Kickboxing hand towel or a blue stretch band.
- Whoever earns the most stickers will win a 24 punch card worth \$168!
- We also hand out bonus stickers! Here's how you earn them:
 - Come to class and bring a sack of canned food and/or household goods on December 13th and December 20th and get 2 stickers that day.
 - Come to the hour and a half super class on the 13th and get 2 stickers for that as well! (You could earn 4 stickers on the 13th!)
 - Bring a friend who buys an Introductory punch card from December 20th through December 24th and earn a sticker. The person with the most stickers will get a 24 punch card!

Winter Break Fitness Class Schedule

Wednesday, December 24th	Cardio Kickboxing	8 AM
Thursday, December 25th	No Class	
Friday, December 26th	No Class	
Saturday, December 27th	Cardio Kickboxing	8 AM
Monday, December 29th	Cardio Kickboxing	6 AM
Tuesday, December 30th	Pilates	10 AM
	Cardio Kickboxing	7:15 PM
	Core Class	7:30 PM
Wednesday, December 31st	Cardio Kickboxing	6 AM
Thursday, January 1st	Pilates/Core Yoga Super Class	10-11:30 AM
Friday, January 2nd	All Classes Return to Regular Schedule	

Weight Loss Tip

To lose one pound of fat, you have to deplete or burn an additional 3200 calories. The healthiest way to do that is to work out more, longer, or both!

Most experts recommend cutting 500 calories a day from your average daily intake to lose one pound a week. Up your exercise to loose another pound.

By doing those two things, losing 2 pounds a week is a very safe and obtainable goal.

Annual Kickboxing Holiday Party

Location: Jen's House 169 241st Place SE, Sammamish, WA 98074 US

When: Saturday, December 13, 7:00PM

Phone: 425-427-9578

Who is invited: Fitness class participants

Put your workout clothes away and join in the Holiday Cheer!

Jen will be serving cocktails and hors d'oeuvres; please bring one of your favorite eats / treats as well. A gift exchange has been requested too, so bring a little something wrapped. This is always the highlight of the evening!

The Biggest Loser

Congratulations to the eight people that participated in our latest six-week fitness challenge designed to help in body fat loss, improved strength & conditioning, and increased awareness on living a healthy lifestyle.

Kristi Rasmusson was the winner by losing over 5% of her total body weight! KBN Skyler Zoppi lost the most total pounds by losing 13 pounds. All total, the group lost over 40 pounds!

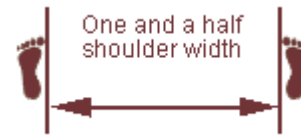
Look for the next Biggest Loser in Early 2009!

Stances Of American Chang Moo Kwon



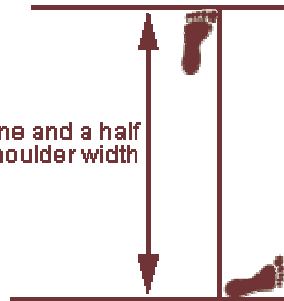
Parallel stance Safety stance

- 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)



Back stance

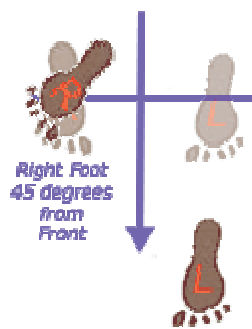
- This stance is specifically focused on shifting weight to the back leg, as it offers much more control, and makes it easier to kick off the front leg.
- 40% weight front leg, 60% back leg

- 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.

Short Back stance

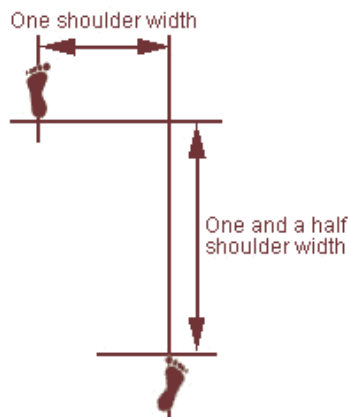


- Weight distribution: 90% front leg-10% back leg
- Front foot facing forward and back foot turned to the side, keep the feet close together.
- Shift most of your weight to your back foot, so the front foot is only for balance and you can kick from it with little body weight shifted.



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.



Front stance

- Your weight should be distributed evenly, 50%-50% on your front and back leg.
- The knee that is in front is bent. Bend until you can't look forward and see your toes.
- Back leg straight
- Back foot facing as forward as possible.

Other stances used in American Chang Moo Kwon: Front Leg stance

- 90 percent of your body weight is on your front leg (giving it the name "front leg stance")
- Front leg is slightly bent, back leg is drastically bent
- Arch your back foot so the ball of the foot is the only part of the foot resting on the floor.

Inline stance

- Similar to a backwards front stance but feet are more narrow than shoulder distance.
- Look forward, over your forward-most shoulder
- Feet are pointing backwards