

Pine Lake TrueNews

February 2008

Training Culture

By Kyo Bum Nim Skyler Zoppi

We've established the following rules and traditions to promote a training culture consisting of positive attitude, respect, hard work ethic, and discipline. We want students to learn the proper training culture while still being able to enjoy class. Be assured, students will understand the proper training culture in time. Please don't be discouraged if you don't understand all of our rules and traditions or your child doesn't behave like a Black Belt right away.

Timeliness: Please do your best to arrive before your class starts. Being late is disruptive to the rest of the class and you miss out on part of your class. Students who are late to class will do pushups as a reminder of the importance of coming to class on time.

Addressing Instructors: Address instructors by their Korean title or simply by "Instructor." It is also acceptable to add the instructors first name, last name, or first and last name after the proper title.

Why Bow?: Bowing is a part of our culture that represents two different things. It is a way of showing respect. You show your respect to other students and instructors when you bow to them. You show respect to the art and the countries that represent each art when you bow to the flags upon entering the training floor. Bowing is also a greeting, similar to shaking hands or saying "hello" or "goodbye."

Distractions: Students shouldn't pay attention to anyone or anything not having to do with their class or their instructor while on the training floor. At the beginning of the class, we clear our minds. Anyone not participating in class is asked please not to do anything that would distract the class.

The Unsaid Words: Never say these words in class! If you slip, the whole class will do pushups as a reminder not to say "The unsaid words."

The "T" Word: *Tired* The "C" Word: *Can't* The "O" Word: *ow or ouch*

Pushups: It is important to note that when we give pushups, it is not as a punishment. Pushups are a reminder of an incorrect action.

Training Floor Etiquette: Lower ranks yield the right-of-way to higher ranks if you accidentally get in each other's way in class. Higher ranks... don't take advantage of this rule.

Never lean against the walls or the rails, and never lay on the floor. If sitting, sit up tall. If standing, stand up tall.

Don't go under the rails to get on the floor. Go around to the proper training floor entrance.

When you are asked to do something by an instructor, you should reply "Yes, Instructor!" This shows the instructor that you are paying attention and understand what you have been asked to do.

If you need to leave the training floor for any reason, please raise your hand and ask permission to leave the floor.



Upcoming Activities

February 1	Body Pump
February 2	Arnis Seminar
February 8 6:30-8 PM	Black Belt Club Seminar
February 15 6:30-8 PM	Black Belt Club Seminar
February 16 11:30A-1PM	Black Belt Club Seminar
February 17	Self Defense Seminar
February 18	President's Day: TMA Open
February 18-22 9:00 AM- 12:30 PM	Mid-Winter Break Camp
February 22 6:30 PM	TKD Test
February 29 6:30-8 PM	Black Belt Club Seminar

2008 Highlights

Black Belt Test:

April 18-19th

School Championships:

March 22nd

Pacific Cascade Freshman
Campus

24635 SE Issaquah Fall City
Issaquah, 98029

Check-In begins at 9 AM

Competition begins at 10 AM

Form & Sparring Competition

Black Belt Demonstrations

Camps:

Girls March 8th

Spring Break April 9th - 13th

Summer

June 23rd - 27th

July 7th - 11th

July 28th - August 1st

August 11th - 15th



BLACK BELT

“What It is & What it Takes”

By Jillian Backman

Many have reached black belt, and many have quit before their journey has gotten them there. I know that all those who really think about a black belt ask “What is a true black belt? How do you know for sure you are a true black belt?” The truth I had to conjure came from this main idea, question, if you will. I know that the world will think you are a black belt if you wear the belt; but how do you prove you are one? Well it is not the belt that makes you learn and do, it is yourself. Who blocks the punch in sparring, or shows off your form? You have to do this, not the belt. I truly believe that to become a black belt you have to have self confidence in whatever you do.

In my 7 years of training I have observed, listened, and learned. All that I have become are from these words. If I had not tried my hardest to observe, listen, and learn, I would not be a black belt. There are more words than these that have helped to lead me through my quest to a black belt. Self confidence, determination, leadership, and others are just as important as observing, listening, and learning. These motivations are a key to the lock. I would rather see my black belt as a point in my journey to continue than to have it be the end of my quest.

Many failures and successes are made in this journey to black belt, and more are yet to come. I have never, in my training, failed a test. To succeed you need pure self confidence and determination. I have seen much of my training filtered for mistakes by my teachers, and my, my, my there are a lot. I figure the only way to truly understand the move or technique is to have a mistake that is fixed so you can learn what the true technique is used for, and when it is used. One of my greatest learning abilities is when a teacher corrects a move or technique in my training. My failures are many, but my learning is just as much as my failures, or more! To get ready for any test my abilities need to see any failures and correct them so I can learn. My true success is learning from my failures.

To see all those ranks under black belt, reaching up to it, I realize that now I am here how important those years were when I looked up to a black belt. I realize my responsibility of leadership and helping others in their journey while I continue my own. The journey to a black belt matters just as much as being one. Some might think, “Why can’t we just skip the entire thing and be a black belt already?” Well if you were to start a black belt, where would your knowledge from your learning come from? I believe that if there were no journey or quest to get to our destination, there would be no end, victory, or pleasure. I also understand that who we have learned from impacts us. No teachers or guiders, no journey, and no finish. All I know is if we want something we have to work at it, and keep pushing until your goal is met. Then continue, and absolutely don’t give up or give in to your dream.

I have seen many students quit as soon as they reach provisional black belt; but what I see it as a reason to continue, a motivation for new goals. To keep going is hard work, but it shows how determined you are and how willing you are to continue to make and reach your goals, old or new. A black belt must show that everyone must keep trying to reach their goal. When a person reaches a goal they may see it as an end, when I finish a goal is see it as a whole new beginning. I see a black belt as a beginning to a new challenge, not an end to how far you have already come.

Fitness and Health News

Next Biggest Loser

“Spring into shape” is our next Biggest Loser fitness challenge and competition. The program will last six weeks. It begins on Saturday, March 8th and ends on Saturday, April 19th.

YDJN Leslie

YDJN Leslie is on extended vacation in Palm Springs, California. She will be returning in March!

Pilates Special

Bring in a friend that signs up for a punch card and you’ll get a free class!

Introductory punch card: 6 Classes-\$36

Current students of Cardio Kickboxing can use the same punch-cards they use for Cardio Kickboxing.

Pilates Class: Tuesdays at 10 AM

NOTEWORTHY

Taekwondo Promotions

Advanced White: Giancarlo Agogliati, Kevin Do, Chip Mauzy, Martin Vega

Yellow: Alex Franklin, Laura Guerra, Patrick Hickman, Shruti Karanth, Amogh Karanth, Madison McMaster, Ashvin Sriram, Karan Sunil, Anthonu Zhu

Advanced Yellow: Ayden Rupp, Surabhi Sonali, Madison Willis

Green: Debbie Bredeweg, John Hsia, Matthew Johnson, David Kuhn, Dylan Kuver, Holly Schwinn

Advanced Green: Antoine Bisson-Pelland, Michael Driscoll, Kelsey Lockard, Ranganath Machavaram, Gordon Peiker, Max Stewart Steele, Andrew Tenczar, Matthew Tenczar

Blue: Luis Delgado, Hemanth Machavaram, Sarah Raissipour

Advanced Blue: Christopher Morris, Federico Rubiolo

Brown: Ashwin Rao

Arnis Promotions

Yellow: Jack Dail, Matthew Lockwood, Meagan Wayne

Green: Trishan Amruthur, Ehmer Taj, Anton Vilkotski

Brown: Anna Carskaden

Happy Birthday!

Sammy Ballata, Alex Ballata, Sam Boelitz, Fiona Chism, Jack Dail, Jackie Dulken, Marc Horsfield, Amogh Karanth, Shruti Karanth, Salma Mahmoud, Erin Murphy, Elliot Roberts, Connor Rooney, Marianna Steiner, Lowell Troyer, Heidi Wolfe, Addison Wong

Welcome New Students

Blake Ballard, Zachary South, Chelsea Stone, Mark Zeid, Medha Ganjam

New Black Belt Club Member

Julian Lim

Training Anniversaries

Two Years: James Hollinworth, Meghana Amruthur

Three Years: Jacob Davis

Five Years: Joe Watabe

Student of the Month

Name: Rachel Graham
Age: 10 years old
TKD rank: Advanced Brown
Arnis rank: Arnis Brown
How long have you been training at TMA: 5 1/2 years

Favorite Martial Arts move:

Flying reverse side kick

What is your favorite thing about Martial Arts?

You get to break boards

Favorite thing to do outside of Martial Arts:

Play basketball

What is your Martial Arts goal?

To reach 3rd degree

How has martial arts helped you?

It's helped me be more confident in myself and it's also made me stronger.

Instructor of the Month

Name: Yu Dan Ja Nim David Yee

Age: Adult

TKD rank: 2nd Degree Black Belt

Arnis rank: 2nd Degree Black Belt

How long have you been training at TMA:

8 years

How long have you been teaching at TMA:

2 years

What classes do you teach?

Wednesday 6:30-7:30 PM family class

Favorite martial arts move(s):

Spinning back heel kick

What is your favorite thing about martial arts?

The more you know, the more you don't know. There is always something to learn.

Favorite thing to do outside of martial arts:

Fishing and vacations

What is your martial arts goal(s)?

Watch my wife, Linda, get to 2nd degree Black Belt and train for another 10 years

How has martial arts helped you?

Martial arts has given me drive, focus, and stamina to excel at work. I have accomplished an unbelievable amount of work, particularly this year.

What is your favorite thing about teaching martial arts?

I enjoy watching the students grow stronger physically and mentally

SAMMI Nomination

The SAMMI awards of distinction celebrates and honors those who make unselfish contributions, and inspire others to contribute to the quality of life in Sammamish.

KBN Skyler and KBN Laurel are proud nominees in the business category!

Private Lessons

Are you looking to get extra one-on-one help with your Taekwondo or Arnis training? Private lessons are available and easy to schedule!

- 1) Choose an Instructor you want to work with.
- 2) Arrange a lesson when space is available on the training floor. The Instructor you choose will help you determine when floor space is available.

KBN Skyler is available for private lessons every Wednesday after school (early release day) until 3:30 PM.

FOCUS ON: Black Belt Club

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 Black Belt Club is for students who have an outstanding attitude and good work habits. To be eligible to join the Black Belt Club you must be an Advanced Blue Belt (or higher) in Taekwondo and a Blue Belt in Arnis. Everyone who joins the Black Belt Club must first sign a pledge of Honor and Strength.

Each student promises to act like a leader and be a good example for other students in class.

Students promise to come to class on time and to have perfect attendance each week. These students also promise to practice at least 15 minutes a day, three days a week.

Black Belt Club students also promise to do their best outside of the martial arts school whether it is at work or school.

Joining the Black Belt Club is your personal commitment to become a Black Belt. Joining a club of like-minded students makes the process of earning your Black Belt more enjoyable and attainable.

Black Belt Club member benefits:

- 1) You receive a Black Belt Club patch for your uniform top.
- 2) You can attend free periodic seminars for Black Belt Club members only.
- 3) You are eligible to buy special Black Belt Club merchandise.
- 4) You are eligible to join an Advanced Black Belt Club Class.

5) You are eligible to attend Black Belt Club workouts every Sunday from 11:30 AM - 1:00 PM.

There is no charge to join the Black Belt club, just a commitment that will be taken seriously by the school and should be taken seriously by the student as well.

In ancient Korea, a school of warriors named the Hwarang-Do achieved legendary status. It was said that they were so strong and able that they could do triple what other martial artists could do.

Our goal is to make our Black Belt Club the Hwarang-Do of Pine Lake True Martial Arts.

Black Belt Club Seminars

To celebrate our Focus On: Black Belt Club this month we are offering a series of free seminars for Black Belt Club members only:

Reality: Making Technique Effective

Friday, February 8th from 6:30-8:00 PM

Presented by YDJN Mike Shappell

Senior Instructor

This seminar will focus on the different aspects of what makes a technique effective. It will get you thinking about the reality of what you are doing when you make martial arts movement.

Practical Applications of Arnis

Friday, February 15th from 6:30-8:00 PM

Presented by KBN Jon Cory

Senior Instructor and Arnis Director

Have you ever wondered why we practice certain Arnis moves? What does that move really do? When would you ever use it? This seminar will focus on answering those questions and more.

Dagger Sparring

Saturday, February 16th 11:30AM-1 PM

Presented by YDJN Michael Short

Instructor

Ready for some fun? Bring your dagger (you can purchase in the pro shop if you don't have one), a highlighting marker, and wear a white t-shirt that you don't mind getting a little colored on. You will learn how to attack and defend.

Getting Your Tournament Form Ready

Friday, February 29th from 6:30-8:00 PM

Presented by KBN Laurel Zoppi

Senior Instructor and Program Director

Learn what the tournament officials are looking for when they judge your form. Get pointers on the qualities that make a form stand out. Get feedback on your own technique.

New Tuition and Leave of Absence Policies

- * Tuition payments are due on the 1st of each month. A \$10 late fee will be charged for tuition payments received after the 10th of the month. The fee may be waived if an alternate payment date is arranged in advance.
- * Tuition payment for new students will be prorated to be due on the 1st of the month, after the initial sign-up payment.
- * 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.
- * No refunds on tuition or other services. Tuition and other prepaid services are non-transferable.
- * No student who wants to train should be unable to because of financial difficulties. Full and partial tuition waivers are available for those in need.

Electronic Fund Transfer (EFT)

Electronic Fund Transfer is a payment that is automatically withdrawn from your credit or debit card at the beginning of each month.

If you decide to change or discontinue the EFT service, inform True Martial Arts, in writing, of your request at least 14 days in advance of the next payment date.

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.

Unexcused Leave of Absence

Fee: \$38 per student, each month

- * An unexcused leave of absence applies to students that leave and don't inform the school in advance or students who want to "take a break" for any reason besides injury or travel.
- * After 3 months of unexcused absence the student's status will be considered ended. If the student wishes to return they will have to re-register as a new student and speak to the Chief Instructor. The student can return with their highest awarded rank.
- * Students can't return to training until the unexcused leave of absence fee is paid.

A message about taking a "Leave of Absence" from TMA Founder, Sa Bum Nim Thomas Zoppi:

The martial arts are many things to many people. But no matter which reason you got involved, there is something else that comes along with the package--something that every good martial art school has at its core... discipline.

Discipline is an interesting word. It can be something done to you; "The instructor *disciplined* the student for being late." Or it can be something done by you; "The student was very *disciplined* about practicing." Some people might have discipline as their reason for joining a school or why they enroll their children. They want themselves or their children to practice discipline in the martial arts so they can learn to be more disciplined in their lives; that could be anything from credit card spending, to eating, to doing homework, to sticking with a goal.

Discipline and the "leave of absence" issue are connected. Because we tolerate a "leave of absence" doesn't mean we think it's a good idea. Sometimes I just don't get the logic at all. For example, a student asked for a leave of absence because he was, "very busy and needed to take a month off." This can't be true, can it? In a week there are 168 hours. Martial arts classes take up 2-4 hours a week, including commute time. Maybe, instead of taking time off, coming to class and learning to be more disciplined about time management would be a better idea.

Students at TMA practice discipline in many ways. Everything from the line-up procedure, to the rules of conduct, to the class structure has discipline as its fiber. So, students learn discipline to achieve their martial arts goals or to become more disciplined in life... and then they don't come to class! Can you see the irony in that? Coming to class--twice a week, every week--is the number one way to practice discipline at our school.

Discipline is a wonderful thing in my opinion. There can be road blocks to your goals--discipline will break them down. There can be distractions in your life--discipline will keep you true. When you're in low times--discipline will bring you up. Discipline is a funny thing. If you practice it a lot, you only need a little. If you practice it a little, you will need a lot.

Pro Shop Special

The collectible pins that we have in the Pro Shop are normally \$5 each. This month they are 20% off. There are pins for each belt as well as pins that say "Black Belt Club" and "Taekwondo".



Girls Camp

Saturday, March 8th

10 AM—2 PM

For girls of all ages!

You don't have to be a True Martial Arts student to attend.

There will be safety training, girl fun, and a whole lot more.

Bring a lunch

Cost is \$30. \$20 for each additional family member.