

# Pine Lake TrueNews

February 2009

## 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.*

### **Seminars to celebrate Black Belt Club month:**

These seminars are for members of the Black Belt Club and they are free of charge:

#### **Practical Applications of Arnis**

Friday, February 6th from 5:30-7:00 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 for self defense? This seminar will focus on answering those questions and more.

#### **Advanced Arnis Weapons & Arnis Sparring**

Friday, February 13th 5:30 PM-7:00 PM

*Presented by YDJN Donna Curley*

Senior Instructor

This seminar will specialize in teaching techniques with the advanced weapons of Arnis such as long bo, short sword & dagger. You will also get to put on your sparring gear and practice Arnis sparring with our padded weapons.

#### **Form**

Friday, February 27th from 5:30-7:00 PM

*Presented by KBN Laurel Zoppi & YDJN Mike Shappell*

Senior Instructor and Program Director / Senior Instructor

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

**More Information about the Black Belt Club on Page 6**



## **February Events & Makeup Class Schedule**

### **Friday, February 6th**

*Black Belt Club Seminar*

*Practical Applications of Arnis  
5:30-7:00 PM*

*Youth/Adult makeup class 7 PM*

### **Saturday, February 7th**

*Arnis Seminar and Test*

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

*No Saturday Makeup Class*

### **Friday, February 13th**

*Black Belt Club Seminar*

*Advanced Arnis Weapons &  
Arnis Sparring  
5:30-7:00 PM*

*Teen/Adult makeup class 7 PM*

### **Saturday, February 14th**

*Youth Makeup Class 10 AM*

### **Monday, February 16th**

*Presidents Day: TMA OPEN*

*Mid-Winter Break Camp*

*9:00 AM-12:30 PM*

### **Tuesday, February 17th**

*Mid-Winter Break Camp*

*9:00 AM-12:30 PM*

### **Wednesday, February 18th**

*Mid-Winter Break Camp*

*9:00 AM-12:30 PM*

### **Friday, February 20th**

*Taekwondo Test 6:30 PM*

*No Friday Makeup Class*

### **Saturday, February 21st**

*Youth/Adult makeup class 10AM*

### **Friday, February 27th**

*Black Belt Club Seminar*

*Form*

*5:30-7:00 PM*

*Teen/Adult makeup class 7 PM*

### **Saturday, February 28th**

*Youth Makeup Class 10 AM*

## Student of the Month

**Name:** Ashwin Rao **Age:** 14 years old  
**TKD rank:** Advanced Brown **Arnis rank:** Brown  
**How long have you been training at TMA:** 6 years  
**Favorite Martial Arts move(s):** Jump reverse side kick  
**What is your favorite thing about Martial Arts?** Sparring  
**Favorite thing to do outside of Martial Arts?** Football

### **What is your Martial Arts goal?**

To become a 3rd degree black belt and a senior instructor

**How has Martial Arts helped you?** I have become more confident in my abilities and I have become more disciplined.

## Instructor of the Month

**Name:** YDJN John Gerlach **Age:** 17 years old  
**TKD rank:** 2nd Degree Black **Arnis rank:** 2nd Degree Black  
**How long training:** Almost 11 years **How long teaching:** 4 years  
**What classes do you teach?** 4PM Mondays, Youth Intermediate  
**Favorite martial arts move(s):** Front kick, Spinning reverse crescent kick  
**Favorite thing about martial arts?** I love bettering myself physically and mentally right along side some of my best friends.

**Favorite thing to do outside of martial arts:** Swim, swim, swim!

**What is your martial arts goal?** To be more flexible and have the splits by the end of the year. I also would like to train more and have a back flip by the end of the year.

**How has martial arts helped you?** Martial Arts has taught me discipline. I know it's a cliché but it really has taught me to be in control at all times. It has also kept me in shape all these years.

**What is your favorite thing about teaching martial arts?** I love seeing the delight on student's faces when they learn something new. I love seeing my students progress, and I love to teach the way I have always wished my teachers would at school, to truly facilitate learning.

## Half Price New Year's Teen & Adult Special

### **3 months, uniform, T-shirt, and registration fee for \$175**

- Offer valid only for teen/adults and new students
- Offer expires on March 31, 2009

## February Pro Shop Special

Sign up for Electronic Funds Transfer (EFT) for your tuition payment and receive \$20 off the School Championships for each student in your family.

### **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.

## 2009 Taekwondo Test Dates

\*Dates are subject to change, however it is unlikely

Friday, March 20th 6:30 PM	Friday, May 29th 6:30 PM
Friday, June 19th 6:30 PM	Friday, July 24th 6:30 PM
Friday, August 21st 6:30 PM	Friday, September 25th 6:30 PM
Friday, October 23rd 6:30 PM	Friday, December 18th 6:30 PM

### **Black Belt Testing Weekends (April & November)**

- For those testing for provisional black belt and higher: Friday, April 24th and Friday, November 20th at 7 PM
- For those testing for blue belt & lower: Saturday, April 25th and Saturday, November 21st at 4 PM
- For those testing for advanced blue belt and higher (including black belt testers): Saturday, April 25th and Saturday, November 21st at 6 PM

# NOTEWORTHY

## Taekwondo Promotions

**Advanced White:** Anthony Algaw, Charles Anderson, Trevor Kleinfelder, Leticia Monteiro, Siddharth Pyapali, Daniel Unger, Tyler Yee, Oliver Zhang

**Yellow:** Brooks Barton, Joe Cormier, Sam Cormier, Cameron Fleming, Maggie Lipinsky, Michael Padilla, Christopher Riccio

**Advanced Yellow:** Abel Fong, Shad Hussain, Alex Lok, Jordan Vaughan

**Green:** Amrit Puri

**Advanced Green:** Rijk de Jager, Zacharia Mseitif, Raghu Tirumala, Jessi Wanamaker, Shelli Wanamaker

**Blue:** Gordon Peiker

**Brown:** Marianna Steiner

**Advanced Brown:** Frank Jing, Kevin Liu

## Arnis Promotions

**Yellow:** Ryan Knutson, Patrick Martin

**Green:** Avery Barley, Max Coombs, Kevin Parker, Tejasvi Rao, Krishna Rao

**Blue:** Meghana Amruthur, Olivia Ding, Ranganath Machavaram

**Brown:** Max Fontana, Logan Reid, Carson Reid

## Happy Birthday!

Alex Ballata, Sammy Ballata, Sam Boelitz, Fiona Chism, Jack Dail, Shruti Karanth, Amogh Karanth, Akkshay Khoslaa, Mick Knappenberger, Ashwin Madhavan, Salma Mahmood, Josh McLaughlin, Erin Murphy, Derek Schreiber, Marianna Steiner, Lowell Troyer, Colin Vaughan, Heidi Wolfe, Addison Wong

## Welcome New Students

Gracie Dillon, Brendan Dillon, Alex Jones, Rishi Kavikondala, Nicholas Knutsen, Cameron MacKenzie, Avery Mulvey, Jacob Petersen, Marcus Sanches, Logan Saxe, Sean Wheeler

## Training Anniversaries

**One Year:** Anumita Chopra, Shad Hussain, Kelly McMaster

**Three Years:** Meghana Amruthur

**Four Years:** Jacob Davis

**Six Years:** Joe Watabe

## Congratulations

To the following TMA students who participated and placed in the Foothills League Wrestling Tournament:

### **Junior Varsity**

Parker Best– 3rd Place, Pine Lake M.S. 105 lbs  
Amrit Puri– 1st Place, Beaver Lake MS. 115 lbs.  
Jarrett Oseran– 1st Place, Pine Lake M.S 130lbs.  
Scott Miller– 1st Place, Pine Lake M.S. 135 lbs.

### **Varsity**

Max Fontana– 4th Place, Beaver Lake MS 78 lbs.

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

By YDJN Tricia Klopfenstine

I don't believe anyone can really say what black belt is, because it's different for everyone. One thing I think is true for everyone is that it's meaning is much more than being able to do martial arts well. Getting to black belt takes a lot of dedication. When I first started at True Martial Arts, I thought, 'I want to be a black belt'. In the back of my mind that has always been my goal. But that was long term. And as I learned as an advanced yellow belt I needed to 'Set short-term and long-term goals.' It's the mental requirements like that that really make a black belt. Going back and looking through all the mental requirements I've found that those are the qualities that really make up a black belt. It's not all about the physical techniques; the more important things that we learn are mental. They are tasks and attitudes. Respect, Indomitable Spirit, Self Confidence, Leadership. These words probably look familiar. These words are on the wall at the school, and I think that these 6 words really sum up what a black belt is.

Respect. You wouldn't be able to go anywhere without it. Without showing respect you can never learn. Everyone has something to teach you, no matter who they are. But in order to learn from them you have to show them the respect they deserve. And you'll never get respect if you don't give it. You have to show people you are worthy of their respect.



Indomitable Spirit. Meaning unconquerable. When trying to accomplish anything you're going to hit roadblocks. It's the roadblocks that really help you the most. You could just give up when it gets hard, but then you would get nowhere. But if you fight through, you become stronger than you would've if you just reached your goal easily. It's the struggle that makes you grow. If you just quit every time something got hard, you would go nowhere. And I know that if I quit my training when it got hard, I would not be where I am today, and I would not be a black belt.

Self Confidence. This has been a harder one for me to stick to, but it is very important. You have to believe in yourself in order to get anywhere. If you don't think you can do something, you're less likely to try it. If you don't try things, you can't succeed. Before every test, I've said to myself, "I can do this. I know all my requirements; I know what I'm doing. I can do this". I've always been nervous before tests, but once they start I'm fine, because I can do it and I do know what I'm doing. But without having the self confidence you wouldn't be able to make it through anything. Self confidence is closely tied with indomitable spirit because it's the confidence that keeps you from giving up.

Leadership. As a black belt this is a very important quality. It's us that everyone looks at and thinks 'I want to be like that'. You must display leadership qualities all the time, because you are constantly being looked at by younger or lower ranks and you want to portray what black is and what they need to be like to achieve that someday. Some qualities of leadership are, respect, indomitable spirit and self confidence. As a black belt you are a role model, you have to demonstrate these qualities constantly.

These four things are what black belt is. A black belt shows respect to everyone, has indomitable spirit, self confidence and demonstrates leadership. But the important thing is that a black belt doesn't do this just every now and then, but always. I can honestly say my journey to black has changed who I am. I am sure that if I never started Tae-Kwon-Do, I would be a completely different person.

*Tricia is an assistant instructor and has been training at TMA for 4 years.*

## 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 arrange! 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. Here's how you do it:

- 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.

# 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. Don not look at this as punishment, rather, as consequence for being late.

**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.

## Summer Full Day Camp Dates Announced

One of our most popular and anticipated activities here at True Martial Arts is our full day camps. Each year, parents start to ask us when we will be having summer camp so they can plan it into their schedules. Summer Full Day Camp is run in a team format. Each team acquires "points" throughout the week for completing different tasks and winning various competitions. It's fun, and there are outstanding prizes. Along the way, the valuable lessons of teamwork, leadership, and good sportsmanship are stressed. All TMA youth students are welcome. As they are a part of a team, participants are required to attend everyday. Here are the dates:

- Monday, June 22nd-Friday, June 26th  
(If Issaquah & Lake Washington School District ends before 22nd)
- Monday, July 6th-Friday, July 10th
- Monday, July 20th-Friday, July 24th
- Monday, August 10th-Friday, August 14th

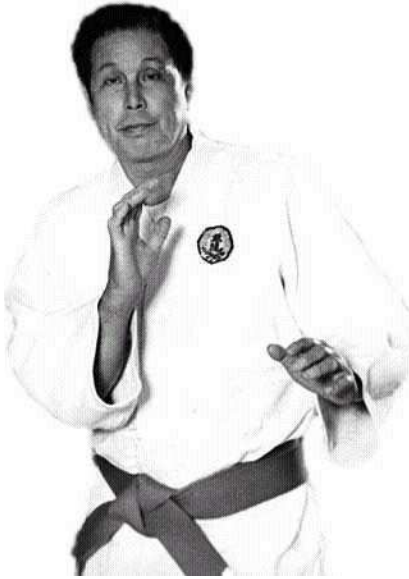
\* Camp is from 9 AM to 3:30 PM

\* Half Day camps will be announced at a later date



# Masters of Martial Arts: Wally Jay

From Danzan.com



Professor Wally Jay is the grandmaster of the Jujitsu America organization. He holds a 10th dan in Jujitsu and 6th dan in Judo. Through his varied martial art experience, he developed his own system called Small Circle Jujitsu. He has been twice inducted in the Black Belt magazine Hall of Fame.

Born in Honolulu, HI on June 15, 1917 of Chinese descent, Jay grew up a sheltered and frail child. At the age of 11, he entered a community boxing program in order to develop both his physical body as well as his confidence and sense of security. After taking a liking to boxing, Jay studied Danzan-Ryu Jujitsu.

During his Danzan-Ryu training, Jay also studied Judo under Ken Kawachi. Jay credits Kawachi with teaching how to effectively use "two-way" wrist action, a fundamental principle of Small Circle Jujitsu. During the early 1950's, Jay began to concentrate on coaching his Judo team on the mainland. After several embarrassing defeats, Jay went back to the drawing board and figured out how to decisively beat his team's opponents. Using his strategies, Jay's team went on to gain many championships.

In 1962, a young Bruce Lee sought out Wally Jay to learn how to add effective grappling techniques into the martial art he was developing. Lee and his friend James Yimm Lee spent many hours with Jay learning the Judo and Jujitsu methods he had perfected.

Over the years, Wally Jay has garnered many honors and awards. He remains very active teaching his Small Circle Jujitsu in seminars all around the world. He has authored two books and a video series on Small Circle Jujitsu. He was named "Judo Coach of the Year" in 1960, was Black Belt Hall of Fame's "Man of the Year" in 1960 and their Jujitsu Instructor of the Year in 1969, and was named by Inside Kung Fu magazine as "One of the Most Influential Martial Artists of All Times."

## Tiger Club Returns in March

The Tiger Club program provides incentive for students to achieve, explore the mental aspect of martial arts, attend class regularly, make progress in their training, and get involved in TMA events. Students will earn a reward for completing the different objectives outlined below. There is a \$10 Administrative fee to participate.

The Tiger Club is a 5 month program that starts March 1st and ends on July 31st.

### Objectives to Complete for Membership

1) Perfect attendance in your Taekwondo classes (46 classes total).

You can make up or do additional classes at anytime within the 5 month time period.

2) Submit a short essay about a thought of the week.

What does it mean to you? Email your essay to [info@truemartialarts.com](mailto:info@truemartialarts.com) or submit to the front desk.

3) Submit a short essay about a mental requirement.

What does it mean to you? Email your essay or submit to the front desk.

4) Attend the School Championships

We will record your participation and give you credit if you attend the School Championships

5) Any combination of 5 Arnis events: Seminars, Thursday Arnis classes, or Arnis Tournament

Bring your Tiger Club sheet to the Arnis seminar or Arnis class and ask an Instructor to initial each time you attend.

6) WILDCARD- Choose from any of the following: attend a full day camp in June/July, attend any seminar other than Arnis, attend 5 fitness classes, or attend 1 Private lesson.

Bring your Tiger Club sheet to the camp, seminar, class, or private lesson and ask an Instructor to initial each time you attend.

To enroll: Pick up a Tiger Club registration packet at the front desk., pay the \$10 registration fee, & get ready to start March 1st!

Earn a Tiger Club T-Shirt that you can proudly wear in class if you complete all 6 Tasks!



## FOCUS ON: Black Belt Club

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.

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 our an Advanced Black Belt Club Class (There might be a waiting list to join).
- 5) You are eligible to attend Black Belt Club workouts every Sunday from 11:30 AM - 1:00 PM. At these workouts you can practice with the group or work on whatever you want on your own.

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 True Martial Arts.*

## Coming Soon: Our Biggest Event of the Year!



### **20th Annual TMA School Championship on Saturday, March 21st**

Pacific Cascade Freshman Campus 24635 SE Issaquah Fall City Road, Issaquah

**\*\*Doors open for check-in at 9 AM**

**Form and Sparring Competition**

**\*\*Competition begins at 10 AM**

**Black Belt Demonstrations**

Once a year, True Martial Arts students, instructors, and supporters get together to celebrate our school and our art!

**We hope for 100% participation from all students regardless of age, or experience**