

Pine Lake TrueNews

January 2008

Tips For Your Training

By Kyo Bum Nim Skyler Zoppi

Happy 2008! Every year around this time, people make goals and resolutions. Sometimes people pledge to start good habits, so I came up with a list of things that you can do to help you become a better martial artist:

- * Attend class twice a week and don't plan anything else during your that would interfere with your training. If you must miss class, make up all of your missed classes.
- * Practice your current and previous requirements outside of class. If you don't have to re-learn things you've already been taught, you can learn new things or work on perfecting what you already know.
- * Attend an Arnis class or seminar at least once a month. Consistent practice will help you retain drills you've learned and improve your technique.
- * Keep a binder with all of your current and previous Taekwondo and Arnis Requirement sheets and put it somewhere you can easily find it and look it over every once in a while.
- * Stay informed by reading or listening to the announcements and/or weekly email every week and the TrueNews every month.
- * Talk to your Instructor(s) before or after class if you have any questions or need to be shown anything.
- * Stay mentally sharp: Always pay attention and try your best in class. Don't let anything that is unrelated to your class distract you.
- * Pursue Martial Arts outside of class: Attend seminars, tournaments, camps, and other TMA functions. Watch movies and television shows, read books or magazines, search the internet for content featuring martial arts.
- * Teenage and adult students should work extra conditioning outside of class. Try Cardio Kickboxing, jogging, or just do sit-ups and pushups at home. World famous martial artist Grand Master Jhoon Ree does 500 sit-ups and 500 pushups everyday.
- * Set realistic and easy short-term goals. Once you've achieved your goal, give yourself a pat on the back for a job well done— then give yourself a new short-term goal to start working on. Set long-term goals. Don't be afraid to make your long-term goal something big that you'd really love to achieve some day.
- * Commit to training hard and giving your best effort in each class.
- * Make personal growth, improved knowledge & technique your primary focus in your training and achieving rank as a secondary focus.



What's New?

- * We now offer Birthday parties for students.
- * Tiger Club is coming— Check out page 4.

Upcoming Activities

January 4th	Body Pump
January 5th	Arnis Seminar
January 11th 5:30-7:30 PM	Breaking Seminar
January 19th 11:15AM- 12:30 PM	Instructors Meeting
January 25th 6:30 PM	TKD Test

Special 2008 Dates

Black Belt Test:

The next Black belt test is April 18-19th

School Championships:

Usually held in March. Exact date will be announced soon.

Camps:

Mid-Winter Break

February 18th-22nd

Spring Break

April 9th-13th

Summer

June 23rd-27th

July 7th-11th

July 28th-August 1st

August 11th-15th

TrueNews Fact of the Month

Pine Lake True Martial Arts currently has:

4	3rd Degree Black Belts
10	2nd Degree Black Belts
22	1st Degree Black Belts
23	Provisional Black Belts



BLACK BELT

“What It is & What it Takes”

By Lynne Banki

What is a black belt? Well, I haven't been one long enough to know. It's like asking a woman a few months after giving birth what it's like to be a mother. She can talk all she wants, but anyone further down the line knows that although she has indeed discovered her infinite capacity to love, in truth she's just beginning to learn what it is to be a mother. As I get older, I see that the evolution of parenting is the definition of dynamic. There will always be someone further down the road that can shake their head with a smile and think, “You ain't seen *nothin'* yet.”

To define what a black belt is, I need to look beyond my provisional black belt to all of the true black belts I know and I have known. What characteristics are intrinsic in them as a group? I see fervor and fortitude, diligence and dignity, camaraderie and candor.

These are people who genuinely like what they are doing and strive to perfect their art not based on the judgment of others, but for the sheer joy of getting it right. They are pursuing their passion as far as it will take them simply to see where it leads them next. Murmurs of, “Wouldn't it be cool if..., Maybe I should try..., An alternate reality might be...” mingle in the dojang. Such comments show that learning starts broad but turns infinitely inward like a Mandelbrot fractal. The same form could be studied indefinitely. Interpretations are as different as people.

The black belts I train with have respect for and pride in their achievements as well as the accomplishments of others. They are leaders of all ages. The very best of them never remind you how far you have to go, but enthusiastically celebrate with you every form completed, every rank accomplished, every obstacle overcome with the compassion to remember how much each little step means to

the person walking. As a new black belt, I strive to model their spirit.

I once read a quote stating that if you put a group of people into a room, the first thing you will notice is how different they are. The next thing you will notice is how similar they are. Our stories, our personal reasons for training are very different. Our motivations for wanting to take it to black belt vary. Our obstacles don't have the same name or shape, but our ability to persevere is based on the same principals: respect, indomitable spirit, leadership and courage. Sound familiar? I glance at those words every time I circle the room doing laps. I've had years to think about them and years to apply them. It is a work in progress, but I can tell you what I've learned so far.

It all starts with respect. What drove me to ask SBN Zoppi if I could try out a class was the knowledge that I had lost respect for myself. Memories of prior feelings of self-pride were distant echoes drowned by the static of what surrounded me. I couldn't change the noise around me, but I knew I could change what I chose to hear. To my embarrassment, SBN Zoppi had to special order a uniform for me because I was, well, pretty big. I knew I had to drop by to try it on, so I asked a friend of mine to pull in to the parking lot for me so I could run in. My friend saw one of Leslie's famous kickboxing sessions going on through the window (go, Leslie!) and asked if that was the class I was taking. I said it wasn't, to which my friend replied, “I didn't think so, 'cause you can't do *that!*”

With that thought reeking havoc in my head I proceeded to go in and try on my new uniform. Red-faced, I handed it back to SBN Zoppi. It was too small. I knew if I could walk back into the school for another class after that, I could get my black belt. I've held on to that thought since then. It was my first act of courage as a martial artist.

I do have more respect for myself now. I have a lot to learn, but I like it that way.

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NOTEWORTHY

Taekwondo Promotions

Advanced White: Sasin Gudipati, Alex Franklin, Shruti Karanth, George Liu, Anthony Zhu

Yellow: Brayan Case, Mackenzie Case, Niyathi Chakrapani, Fiona Chism, Sudir Rajeswari, Abhijeet Singh, Raghu Tirumala, Kush Verma, Meagan Wayne

Advanced Yellow: Peter Moe-Lange, Kevin Parker, Griffin Glover, Courtney Huston, Ethan Tan, Kiana Tavakoli

Green: George Calvert, Noelle Hsia, Manya Puri
Advanced Green: Atul Madhugiri, Jacob Mohrhardt, Krishna Rao, Tejasvi Rao, Zach Tan, Tarushi Verma, Jennifer Zhu

Blue: Bharathrham Kodungudi

Advanced Blue: Christopher Brewer, Christopher Chelgren, Aaron Jin, Michelle Szeto

Brown: Julian Lim, Jennifer Sala, Ben Terry

Arnis Promotions

Yellow: Rijk de Jager, Sam Boelitz, Annika Boelitz, Steven Ko, Kevin Parker

Green: Carolina Delgado, Amanda Delgado, Max Stewart Steele, Tarushi Verma, Cassidy Butcher, Vita de Jager, Olivia Ding, Bharathrham Kodungudi, Charles Liu, Matthew Tenczar, Nathan Wong, Cynthia Wong

Blue: Fedrico Rubiolo, Aaron Jin, Jaron Jin

Brown: James Carskaden, Jillian Kent-Dobias, Caitlin Looney

Happy Birthday!

Meghana Amruthur, Ian Boyer, Christopher Brewer, Ryan Butcher Weltman, Joseph Camp, Keegan Case, Vita de Jager, Luis Delgado, Olivia Ding, Michael Driscoll, Noelle Hsia, Ava Karami, Allen Kim, Rebeca Kuttemplon, Matthew Lockwood, Ranganath Machavaram, Eric Parker, Manya Puri, Catie Raissipour, Tejasvi Rao, Callan Rasmusson, Neel Sahay, Brooke Shoemaker, Jacob Stewart Steele, Ben Terry, Joe Watabe, Ilana Zariski, Ivan Zhao

Welcome New Student

Calvin Cantrell

New Black Belt Club Member

Ben Terry

Training Anniversaries

One Year: Olivia Ding, Peter Moe-Lange, Michael Driscoll, Annika Boelitz, Sam Boelitz, Ayden Rupp, Jack Dail, Rijk de Jager, Vita de Jager, Kevin Parker

Two Years: Isha Kshirsagar, Tarushi Verma, Gordon Peiker, Jacob Mohrhardt, Christopher Brewer, Neel Sahay, Andrei Trandafir, Andrew Tenczar, Ilana Zariski, Sisir Gudipati, Arghya Kannadaguli, Riddhi Patel, Matthew Tenczar

Three Years: Krishna Rao, Allen Kim, Simon Kuttemplon, Michelle Szeto, Hemanth Machavaram, Anton Bezruchkin

Five Years: Pedro Kuhn, Callan Rasmusson

Six Years: Ashwin Rao, Mike Shappell

Seven Years: Donna Curley, Tejasvi Rao, Erin Murphy, Lisa Auerbach, Karthik Palaniappan, Jacob Stewart Steele, Holly Raissipour, Matt Rodgers, Becky Kent Dobias, Torey Stewart Steele

Nine Years: Lynne Banki, Mark Smith

Ten Years: Tami Parker, Edward Yiong

Sixteen Years: Leslie Haye

“Black Belt: What it is and What it Takes”

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I am nowhere near where I want to be with my training, but I am proud of what I have done so far. I'm grateful I had enough respect for myself five years ago to start taking the time to take care of me. I have three children who depend on me. If I can't stand on my own two feet, how can I take care of them?

My first test was nerve-racking. I was less concerned about being judged by my instructors than I was about being judged by the other mothers whose children were testing with me. My forever-training-partner Nicole and I were the only tall people ki-hopping that day. As I turned right for my first few moves of form, I caught the eye of a woman whose son was in class with mine. I felt silly. Years later that woman told me how proud she had been of me and how much she had wished she were brave enough to be out there on the floor, too! I have since come to terms with what I accept judgment on and what I do not. By the time a classmate of mine who had started later than me mentioned that he had felt sorry for me at my advanced yellow belt test, I was able to laugh knowingly without offense. He said he hadn't realized how hard it was until he'd tried it himself.

Leadership came to light with the passing comment of a friend of mine who trained in an earlier class. She said I was her inspiration. Imagine that! I eyed her quizzically. She went on to explain that she had often watched the adult population at TMA with a pang of jealousy, wishing she could jump in and play. "But then I saw you do it, and you were just a regular person," she said. I know what she meant. I wasn't a lithe athlete who took up martial arts in the off season. I struggled. I've always believed that all people are role models to others, good or bad, at any given time in their lives. It is when they admit this to be true and accept the responsibility it entails that they become leaders. I became a leader that day. I am looking forward to learning from my leaders how to eventually take that to the next level and become a teacher.

Indomitable spirit is such a powerful principal. For me it means holding on to a

truth that is so simple, it cannot be shattered. I examined different thoughts I held to be true and found some to be disputable and therefore useless entities to lean on when I was questioning my own resolve. The one I finally settled on is this: I belong here. When I am eight months pregnant and I'm doing my pushups against the wall: I belong here. When a stranger drops in and spots me breathing heavily through an asthma attack in the back of class: I belong here. When someone who knows me outside of TMA drops by to inquire about the school for their child and appears shocked that I am wearing a uniform: I belong here. When I am at a test I am not sure I should have gotten to: I belong here. If it weren't for the people who welcomed me and encouraged me (I miss you, SBN Zoppi), who motivated me and taught me (thank you, KBN Leah), who guided me and believed in me (thank you, SBN Barrett), I would not have shaped this truth.

Respect, indomitable spirit, courage and leadership: these principals and their application on and off the training floor overlap, envelop and sustain each other. What brings them full circle for me is balance.

It took balance for me to get to black belt. No, not the graceful balance of a slow kick held high - I'm still working on that. But the balance needed to shift priorities without losing sight of my ultimate direction. Detours have their own stories to tell, true, but without balance, detours can wisp along a branch and fall off the tiniest twig like a raindrop forgetting what it ever had to do with the tree in the first place. Tae Kwon Do is a part of me. It is a core, motivating part of me. It is imperative that the martial arts always play a role in my life, but it is not always the most important thing in my life. There must be balance.

Family obligations, community commitments and a changing state of health all contribute to the ebb and flow of my practice on the training floor. But my devotion is unwavering. Is this because of some deep-rooted stubbornness on my part? Maybe. An application of indomitable spirit? Wouldn't that be nice! I feel the answer is much less complex. This school, this art and these

people have simply become a part of me. They are a part of the mix and without them, I have no balance.

What does it take to become a black belt? Baby steps. What is a black belt? Well, I'm still learning. While I'm still figuring it out, I encourage you to start your own road to self-discovery so that you may answer the same question first-hand. I look forward to reading *your* essay someday.

Fitness and Health News

Biggest Loser Update

Tom Kent Dobias was our biggest winner, losing 22 pounds in the 8 week program! We had 5 participants lose 10 or more pounds. In second place was Christian Daus, losing 13 pounds. Congratulations to all that participated and be on the lookout for a spring time biggest loser!

We'll Miss You YDJN Leslie

YDJN Leslie will be taking an extended vacation to California in January and February and will be returning in March. We wish her the best!

12 Days of December Update

17 participants earned free punch cards for attending 12 or more workouts in December. Ann Graham won the 24 punch card grand prize with 21 workouts!

New Pilates Class

Tuesdays at 10 AM

What is Pilates?

A mind-body exercise that targets muscles that support good posture, improves balance, strengthens the back and increases flexibility. The focus of Pilates is to develop a body that moves with ease and grace. No matter what your age or fitness level, this is for you!

What are the Benefits?

Pilates sessions help increase strength and flexibility, lengthen the body, and align the spine. In addition, because it helps to build a strong core in the abdominal area, it can relieve and prevent back pain.

What is the Cost?

Fitness use punch-cards. That way you can attend when it's convenient to your schedule. Introductory Punch Card Offer: 6 Classes for \$36 One Class Drop In: \$12. Current students of Cardio Kickboxing can use the same punch-cards they use for Cardio Kickboxing.

About the Teacher:

Tami Parker is a student and Instructor of Martial Arts with over 10 years of experience. She has passionately studied Pilates for the past 4 years.

Student of the Month

Name: Jillian Kent Dobias
Age: 9 years old
TKD rank: Brown belt
Arnis rank: Brown belt
How long have you been training at TMA:
5 ½ years

Favorite Martial Arts move:

Flying front kick

What is your favorite thing about Martial Arts?

Learn a lot about defending yourself

Favorite thing to do outside of Martial Arts:

Play

What is your Martial Arts goal?

To be a Black belt.
It helps me by making me fit and helps me get better at defending myself.

Instructor of the Month

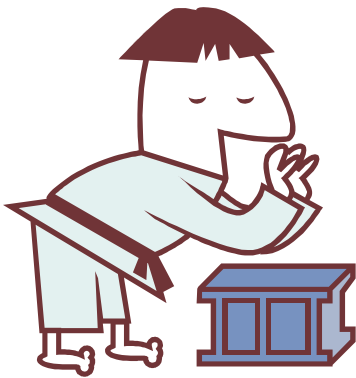
Name: YDJN Edward Yiong
Age: years old
TKD rank: 1st Degree Black Belt
Arnis rank: Black Belt
How long have you been training at TMA:
10 years

What classes do you teach?

Tuesday at 4 PM
Tuesday at 4:45 PM

FOCUS ON: Breaking

The **FOCUS ON:** program provides an area of emphasis to generate attention and excitement on a different aspect of martial arts training each month.



Notes provided by SBN David Barrett

Why break?

To bring together the physical, technical and mental aspects of your martial arts training.

What to break?

Wood. 1" x 12" #1 knotty pine cut to 12", 10", 8" or 6" widths.

Other materials: Baseball bats, Ice, glass, clay tile (roofing tile), clay bricks (no metal reinforcements), Patio blocks - 1

1/2" patio blocks (no metal reinforcements), plastic re-breakable boards, bottles, soda cans...

Types of breaks

- O Power breaks - Fully supported breaking material
- O Chi breaks - 1" punch, iron palm
- O Speed breaks - barely or unsupported breaking material
- O Combination breaks - multiple points of focus

How to break

Preparation

- O Visualize the break
- O Concentrate on the break
- O Intention without reservation
- O Positive attitude (not will try, will do!)
- O Warm up; be loose and ready
- O Practice the motion of the break

Setup

- O Crown toward holder
 - O Just enough board on the holder to support the board
- Environment; make sure you are comfortable with where you are in relation to where the break will be.

Technique

- O Good stance, relaxed.
- O 3rd Stage motion (hips and legs part of the motion)
- O Equal and opposite motion

Weapon.

- O Make sure the weapon you choose is appropriate for the type of break.
- O Make sure the hand or foot is tight

Power - Ki-hop - best way to get internal energy released

Speed- Speed=power.

Aim

- O Keep eyes open, see the correct weapon hitting center of target
- O Aim through target - the actual focus is through the board not to the board

The Break

- O Practice 3 times- don't over practice
 - O Bow - to let instructor and the holders know you are ready, the bow will be returned when it is time to go.
 - O Re-prepare weapon
- AIM - EYES OPEN

BREAK NOW!

Tiger Club

This 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 rewards for completing different objectives, attending TMA programs and events, and achieving perfect attendance in regular group classes.

\$10 Administrative fee to participate

6 month program:
Starts- February 1 Ends- July 31

Objectives to Complete for Membership

1) Perfect attendance in your Taekwondo classes (52 classes total).

You can make up or do additional classes at anytime within the 6 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 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 Arnis seminars or Thursday Arnis classes for a total of 6

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

6) Choose from any of the following:
Attend 5 days of any camp, any seminar other than Arnis, or 1 Private lesson.

Bring your Tiger Club sheet to the camp, seminar, 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 February 1st!

Great Tiger Club Prize for Completion of all 6 Tasks.