

Pine Lake TrueNews

January 2009

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.

Events to celebrate Breaking month:

Instructor Demonstrations

We will be demonstrating breaks to students in class

Breaking Seminar

Friday, January 30th from 5:30-7:30 PM. Students under 18 must get parent and instructor permission. Note: Some smaller-bodied students might not be allowed to participate. For more details, ask KBN Skyler or KBN Laurel

More Information about Breaking is on Page 6

Families/Instructors Donate To Issaquah Food Bank

TMA Instructors made themselves available to teach private lessons on Saturday, December 13th to raise money for the Issaquah Food Bank. Students and families donated **\$840** in addition to the Kickboxers bringing in **17** bags of food and other non-perishable items to donate to help families in need this holiday season.

A special thank you goes to all the people that made financial and food donations and the Instructors that participated by donating their time: BJN **Holly Raissipour**, YDJN **Edward Yiong**, YDJN **Tami Parker**, YDJN **Lowell Troyer**, YDJN **Donna Curley**, YDJN **Lisa Auerbach**, YDJN **Michael Short**, KBN **Jon Cory**, KBN **Laurel Zoppi**, and KBN **Skyler Zoppi**.

Tips For Your Training

By KBN Skyler Zoppi

Happy 2009! 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:

- Most importantly: Attend class twice a week. If you must miss class, make your missed classes. Commit to training hard and giving your best effort in each class.
- Practice your current and previous requirements outside of class. If you don't have to re-learn, you can learn new things or work on perfecting what you already know.
- Attend at least one Arnis class or seminar 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 Requirement sheets and put it somewhere you can easily find it and look it over every once in a while.
- Ask Instructor's if you have questions or need to be shown anything.
- Stay mentally sharp: Always pay attention and try your best in class. Don't let classmates or anything that is unrelated to learning distract you.
- Pursue Martial Arts outside of class: Attend seminars, tournaments, camps, and other TMA functions. Watch movies, 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, do sit-ups and pushups at home.
- Set goals. Once you've achieved your goal, give yourself a pat on the back for a job well done— then give yourself a new goal to start working on.
- Make improved conditioning, knowledge & technique your primary focus in your training and achieving rank as a secondary focus.



January Events

Thursday, January 1st
Kickboxing Class 6-7:00 AM

TMA Closed Regular Classes

Friday, January 2nd
No Friday Makeup Class

Saturday, January 3rd
Arnis Seminar and Test
10:00 AM Beginner-Arnis Blue
1 PM Arnis Brown and higher
No Saturday Makeup Class

Sunday, January 4th
Black Belt Club Workout
11:30 AM-1:00 PM

Friday, January 9th
Teen/Adult makeup class 7 PM

Saturday, January 10th
Youth Makeup Class 10 AM
Instructors Meeting 11:30-1:00

Sunday, January 11th
Black Belt Club Workout
11:30 AM-1:00 PM

Friday, January 16th
Teen/Adult makeup class 7 PM

Saturday, January 17th
Youth Makeup Class 10 AM

Sunday, January 18th
Black Belt Club Workout
11:30 AM-1:00 PM

Friday, January 23rd
Taekwondo Test 6:30 PM
No Friday Makeup Class

Saturday, January 24th
Youth Makeup Class 10 AM

Sunday, January 25th
Black Belt Club Workout
11:30 AM-1:00 PM

Friday, January 30th
Breaking Seminar 5:30 PM
Teen/Adult makeup class 7 PM

Saturday, January 31st
Youth Makeup Class 10 AM

Student of the Month

Name: James Carskaden **Age:** 10 years old
TKD rank: Advanced brown belt **Arnis rank:** Brown
How long have you been training at TMA: 5 years
Favorite Martial Arts move(s): Penetrating the fortress attack
Favorite thing to do outside of Martial Arts: Reading
What is your Martial Arts goal?
To become a black belt and not quitting after
How has Martial Arts helped you?
It has helped me to be more patient with younger kids

Instructor of the Month

Name: BJN Samantha Shappell **Age:** 13 years old
TKD rank: Provisional Black Belt **Arnis rank:** Black
How long training: 8 years **How long teaching:** About a year
What classes do you teach? The Monday & Wednesday class at 5:30 PM
Favorite martial arts move(s): Roundhouse kick
Favorite thing about martial arts?
My favorite thing about martial arts is watching my students self-confidence grow and learn to lead.
Favorite thing to do outside of martial arts:
My favorite thing to do outside of martial arts is make claymation movies.
What is your martial arts goal?
My martial arts goal is same as it has been since I was six; to achieve 1st degree black belt.
How has martial arts helped you?
Martial arts has helped me become a leader both inside and outside the school.
What is your favorite thing about teaching martial arts?
My favorite thing about teaching martial arts is watching the students I teach grasp something they have been struggling with.

New Year's Teen & Adult Special

In the New Year's spirit, many of us venture to try new things and/or vow to get in better shape. If you are a parent or an older sibling who has been sitting on the sidelines thinking you would like to someday try martial arts- now is the time!! To give you some incentive we are offering our best deal yet:

HALF PRICE NEW YEAR'S SPECIAL:

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

* Offer valid only for teen/adults and new students

January Pro Shop Special

****NEW** True Martial Arts License Plate Holder **NEW****
On Sale for \$2 plus tax this month

2009 Taekwondo Test Dates

*Dates are subject to change, however it is unlikely

Friday, January 23rd 6:30 PM	Friday, February 20th 6:30 PM
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: Suraj Buddhavarapu, Supraj Buddhavarapu, Luigi Coltoti, Riley Dehmer, Matthew Guinasso, Rayan Krishnan, Andrew Ngyuyen, Mukil Shanmugam, Harshini Terala, Liz Waymire, Sophie Ye, Yogesh Banala, Emily Mauch

Yellow: Shayla Gutmann, Afrah Shaik, Colin Vaughn

Advanced Yellow: Ryan Knutson

Green: Amber McGraw

Advanced Green: Darren McGraw, Pat Schreiber, Abhijeet Singh

Arnis Promotions

Yellow: Aidan O'Neill,

Green: Fiona Chism, Matthew Lockwood, Chip Mauzy, Darren McGraw, Will Richardson

Blue: Oscar Marczynski, Oliver Marczynski, Mihir Vadlamani

Brown: Bob Davis, Elliot Schwinn

Happy Birthday!

Meghana Amruthur, Ian Boyer, Chris Brewer, Ryan Butcher Weltman, Joseph Camp, Keegan Case, Vita de Jager, Luis Delgado, Olivia Ding, Michael Driscoll, Abel Fong, Pamka Homorodi, Noelle Hsia, Ava Karami, Allen Kim, Rebeca Kuttemplon, Matthew Lockwood, Ranganath Machavaram, Eric Parker, Manya Puri, Catie Raissipour, tejasvi Rao, Callan Rasmusson, Neel Sahay, David Shomakia, Ben Terry, Daniel Unger, Joe Watabe, Ilana Zariski, Ivan Zhao

Welcome New Students

Andrew Hopkins, Yusef Hussein, Adam Hussein, Siddharth Pyapali, Konstantin Velitchko

Training Anniversaries

One Year: Medha Ganjam, Sam Andrus, Jake Hilliard, Noah Rosenberg, Chelsea Stone

Two Years: Olivia Ding, Michael Driscoll, Annika Boelitz, Sam Boelitz, Rijk de Jager, Vita de Jager, Peter Moe-Lange, Kevin Parker, Jack Dail

Three Years: Ilana Zariski, Chris Brewer, Neel Shay, Tarushi Verma, Riddhi Patel, Matthew Tenczar, Isha Kshirsagar, Arghya Kannadaguli, Gordon Peiker, Andrei Trandafir

Four Years: Krishna Rao, Anton Bezruchkin, Michelle Szeto, Hemanth Machavaram, Allen Kim, Tejasvi Rao

Six Years: Pedro Kuhn, BJN Callan Rasmusson

Seven Years: Ashwin Rao, YDJN Mike Shappell

Eight Years: BJN Holly Raissipour, Erin Murphy, YDJN Lisa Auerbach, YDJN Donna Curley, Becky Kent-Dobias, BJN Karthik Palaniappan

Ten years: YDJN Nicole Smelson, YDJN Mark Smith

Eleven Years: YDJN Edward Yiong, YDJN Tami Parker

Seventeen Years: YDJN Leslie Haye

BLACK BELT: "What It is & What it Takes"

By Vincent Wu

Friends and relatives often ask me, "What do I do after school?" Well, I answer with the simple response of "Martial arts." Then, they probably will ask, "What rank are you?" And "Was it hard to get that belt?" My answer to that is "Black Belt," but the process and determination needed for Black Belt is all up to you.

What exactly is a black belt?? A piece of cloth dyed black is not the correct answer in this case. Instead, it is a symbol of honor and achievement. Anyone who wears it should be proud and respected. The ability to reach Black Belt is incredible and is not found in a lot of people. The next paragraphs would explain what black belt needs.

Everyone now that is a provisional or higher will remember their time as a white belt learning the basics. White belt to Black Belt may look easy but it is not. Indeed, many qualities and mind have to be involved in this rank. I personally think the most important is effort. Effort is what drives people to their goals. Constant amounts of energy and driving force will win you an absolute path to the Black Belt. Pure focus and basically effort separates true fighters/warriors from weak and gullible people.

Just slightly lower than effort is the skill. Skill is the knowledge and controls to use the moves, instructors teach you, in a real life situation or simply a class. Stances, power, technique, and feeling to do it are involved in this noticeable characteristic. Listen to your instructors!!! The essentials will help you later in the sweat breaking test and/or in other classes such as seminars. Many people have said this famous quote "Knowledge is power not money." I would bet that is very very true.

Passion can be the power to change your life in martial arts. A black belt will have great amounts of passion to keep going and achieve the gateway to the highest ranks of martial arts. Love for what you do will not hinder you but it will help immensely. The more you do Tae Kwon Do., the greater your passion is towards it. I enjoy martial arts a lot because it gives me exercise plus the knowledge that could maybe save my life.

I and many other people have made a commitment to True Martial Arts and by signing the Black Belt Club form. We, as in the Black Belt Club, have promised to practice 15 minutes out of class. If you do 15 minutes out of class, major improvements could be made. A simple quarter of an hour could make a big difference as every single second counts.

Black Belt is no easy to get and keep as a rank. Certain traits like effort, skill, passion, and commitment is required in you. If you do have those qualities, portraying them is another thing. Do both things and you will rise and shine high in the world of martial arts. Believe in yourself!!!!!!!

Vincent is 14 years old and is an assistant instructor. He has been training at TMA for 8 and 1/2 years.

Taekwondo Testing

During class, the senior instructor watches over each student's development along with input from the instructors of the class. At different times the senior instructors will call students over to the side and ask them to perform the various requirements needed to obtain the next belt rank. This is called a *Pre-test*.

During the Pre-test, the Senior Instructor makes notes of what requirements need work and what requirements are performed proficiently. That information is stored in a database and updated after each class.

Students are tested in four different areas: mental requirements, kicks, form, and self defense. When the student has demonstrated to the senior instructor that she knows and has become proficient in these four areas, the student will receive stripes of red tape at the bottom of her belt. This red stripe indicates that the student knows her requirements and is ready to perform those requirements in front of a black belt panel at a public test.

IMPORTANT ETIQUETTE: If you are curious about your progress or wondering when you will test, the polite thing to do is ask your instructor what you need to work on or what requirements you have marked off (judged as proficient). Never ask to test. Don't be discouraged if you don't test. Your instructors have nothing but your best interest in mind and you should trust their experience and judgment to put you in the best possible position to succeed at True Martial Arts.

During the week leading up to a test, pre-testing is suspended, and instead the instructors focus on final preparations for students getting ready to test.

Tests are held once a month. When a student is red-stripped he is required to be at the next scheduled test. If you are unable to attend the test, please tell the front desk **AND** your instructor before the test date.

At the test, students must be in full uniform: pants, white top with TMA patch on left side of jacket, and belt. A white t-shirt or school t-shirt must be worn under the top. Please hem the pants (no roll up or staples). If you are testing for green belt or higher, you will need to bring your own sparring gear.

Please arrive to the test at least 15 minutes early to check in, get your supporters seated, warm up, and prepare. The tests get started right on time.

There is a different test fee for each rank. It is listed on your requirement sheet. Please pay the test fee at least a day before the test, as this helps speed up the check-in process the night of the test.

2009 Taekwondo/Arnis Tuition Policies & Information

Enrollment Fee

Individual	\$59
Family of 2	\$79
Family of 3 or More	\$99

New Student Special: (One time only) With paid enrollment fee and two months tuition, new students will receive a welcome pack that includes:

- Uniform: Pants, top, patch, and belt (T-shirt optional and not included)
- Student Guide

Monthly Rates

Pee Wee Kickers	\$40 (No enrollment fee)
40 Minute Classes	\$85
55 Minute Classes	\$90
90 Minute Classes	\$100

Family Discount (For 2x a week classes): \$10 off for each additional family member

Pre-Paid Tuition Discounts

3 Months	5% off monthly rate
6 Months	10% off monthly rate
12 Months	15% off monthly rate

No extensions on pre-paid tuition unless pre-arranged with the front desk.

Tuition and Vacation Policies

- Tuition payment is due on the 1st of each month. A \$10 late fee will be charged for payment 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.
- 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 automatically withdrawn from your credit/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.

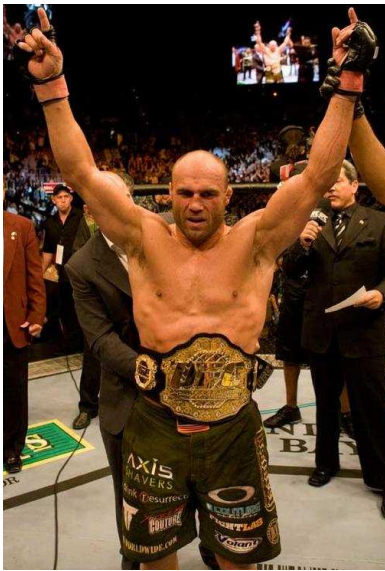
Leave of Absence

Excused Leave of Absence

- Fee: \$19 per student, for each month
- Can be used for circumstances such as out of town travel or injury.
- For extended leave from TMA for 1 month or longer
- For approval, fill out a leave of absence form at the front desk.
- 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
- 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. The student can return with their highest awarded rank.
- Students can't return to training until the unexcused leave of absence fee is paid.



Masters of Martial Arts: Randy Couture

From Wikipedia.com

Randy Couture, also known as "The Natural" is an American actor and mixed martial artist, Greco-Roman wrestler, and former collegiate wrestler, and the former heavyweight champion of the Ultimate Fighting Championship. He was born in Lynnwood, WA.

Couture is one of only two UFC fighters to have held a championship title in two different divisions (heavyweight and light heavyweight) while in the Ultimate Fighting Championship, as well as the only five-time champion in UFC history. Randy is a member of the UFC Hall of Fame, and many consider him to be the most popular fighter in MMA history. Couture is widely credited for bringing mixed martial arts into the mainstream of American Pop Culture and sports.

Couture is a 3-time NCAA All-American wrestler and was an alternate for the US Olympic team. He lived in Corvallis, Oregon throughout much of his career where he served as an assistant wrestling coach and a strength and conditioning coach for Oregon State University. He established Team Quest with Matt Lindland and Dan Henderson, a training camp for fighters, based out of Gresham, Oregon. In 2005 Couture moved to Las Vegas where he opened his own chain of gyms under the name Xtreme Couture, with an additional location in Vancouver, Washington.

Tiger Club Essays Tiger Club will return in March!

By Anna Carskaden

“Likes coming to class.”

If you enjoy showing up for Taekwondo, school, or any other activity then you will do very well in them. Having a good, positive attitude about school or physical activities can lead to success.

At school I notice there aren't many kids who like going to class. Their grades fall because maybe they aren't trying. The kids that love attending school get pretty decent grades because they put all their effort into each of the assignments given.

This mental requirement means a lot to me since I first got it as a yellow belt and it still means a lot to me, now that I'm a brown belt.

Anna is a 12-year-old advanced brown belt who has been training for 3 1/2 years. She is in the black belt club.

By Jennifer Sala

“Most people have the will to win, few have the will to prepare to win.”

Most people think of winning as coming in first. I recently ran in a road race with over 1000 other runners. The morning started out at 6 AM getting my kids out of bed, dressed for cold weather and fed. On the way to the start of the race, my boys asked me if I was going to win the race? My reply was NO I will not win the race. They inquire some more; then why are you doing it? Well that got me thinking. Why do I do this? I signed up for this race back in January when the weather was cold, wet, and dark for those early morning runs. I set up a training schedule, which at times conflicted with the family schedule. All my training runs are done alone and can be a real mental challenge to keep running. When no one else is around and I want to walk up that hill in front of me, I have to keep running because walking will not help me reach my goal. The mind is weak compared to what the body can do.

I had the goal of a certain time I wanted to achieve and this race was my chance to see if all the training would pay off. Well, I was a minute off my goal time, so I will sign up for another race and go through the routine again, reaching for that goal. It is the goals I set that make me prepare for the races, because coming in first will never happen. Actually, I did “win”, I put forth my best effort in preparation. That is what I wanted my boys to understand about why their mom was doing this race.

Jennifer in an advanced brown belt. She is the mother of Luke and Sam, 2 youth students. Jennifer has been at TMA for 3 years.

Snow Day/Holiday Makeup Classes

You're welcome to make up classes missed during snow days and winter holidays. There are no deadlines for completing your makeup classes. If weekend makeup classes are inconvenient, weekday classes are an option. Email, call, or ask at the front desk if you need help determining the best makeup class for you. 425-313-9680 Email: tmainfo@truemartialarts.com

January Weekend Makeup class schedule:

Date	Time	Type
Friday, January 9th	7:00-8:00 PM	Teen and Adult
Saturday, January 10th	10:00-11:00 AM	Youth
Friday, January 16th	7:00-8:00 PM	Teen and Adult
Saturday, January 17th	10:00-11:00 AM	Youth
Saturday, January 24th	10:00-11:00 AM	Youth and Adult
Friday, January 30th	7:00-8:00 PM	Teen and Adult
Saturday, January 31st	10:00-11:00 AM	Youth

FOCUS ON: Breaking

*****NOTE: Breaking should always be done under the supervision of an Instructor*****

Notes from SBN Thomas Zoppi, SBN David Barrett and KBN Skyler Zoppi

Why break?

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

- Physical aspects- Power & Speed
- Technical aspects- Aim & using correct technique and weapon on your body
- Mental aspects- Self-confidence, Intention without reservation, & visualization

What to break?

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

When to break?

- To demonstrate your ability during a test.
- Part of a public demonstration or tournament
- To practice and perfect skills during seminars or class.

****Keep in mind you want to experiment and try new breaks at seminars or class/practice with an instructor. It's best not to experiment in public demonstrations or especially NOT AT TESTS.**

Types of breaks

- Power breaks – Breaking material is fully supported.
- Speed breaks - barely supported or unsupported breaking material that require quickness in addition to power.
- Chi breaks - 1" punch or iron palm techniques, where you power through the breaking material in a short burst.
- Combination breaks - multiple points of focus with techniques to multiple boards

How to practice for a break- Ways to prepare

- Practice the basic techniques- repetition
- Accuracy drills - work especially on hitting center intended target (focus pad)
- Pay attention to hand or foot position. Make sure you are using the correct weapon.
- Visualize your break. Decide what technique you will use to break well ahead of time and visualize what your successful break would look like over and over.

Setup

- Crown of the board towards the holder
- 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. You have enough room; there are no people around or distractions.

How to Break

Preparation (things to do before you break)

- Visualize the break
- Positive attitude: Believe in yourself and your ability
- Warm up; be loose and ready to explode
- Practice the motion of the break

Technique

- Comfortable, relaxed stance
- Use your hips and legs. Generate power through your whole body (3rd Stage motion)
- Equal and opposite motion

Weapon.

- Make sure the weapon you choose is appropriate for the type of break.
- Make sure the weapon is tight

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

Speed – Speed equals power

Aim

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

The Break

- Practice three times. Don't over practice, it will lead to doubt.
- Bow to let instructor and holders know you are ready, the bow will be returned to let you know when it is time to go.
- Re-prepare weapon
- AIM - EYES OPEN- **BREAK NOW!**

