

Pine Lake TrueNews

January 2010



January FOCUS ON: Martial Arts Masters

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

Welcome an Arnis Master to our School: Datu Kelly Worden

Welcome to our school, Datu Kelly Worden, proclaimed by the late Professor Remy Presas as the First American Datu and Senior Blademaster of Modern Arnis. He has over 35 years martial arts experience and the author of over 20 internationally acclaimed instructional videos. Datu Worden's curriculum covers single stick Modern Arnis, close-quarter Kali, double stick Escrima, Kuntao - trapping, Combat Knife, double knife, Staff - Sibat, Defensive Tactics, Renegade Jeet Kune Do, and much, much, more. As the former weapon's editor for *Full Contact* and *Fighting Knives* magazines, Datu Worden has been the author of numerous articles on reality based self-defense and weapons training.

Session 1 10AM-12PM Cost \$30 **Session 2** 1PM-3PM Cost \$35

Visit www.kellyworden.com to learn more about Datu Kelly Worden

Must be at least 11 years old to attend. No uniform required, wear something you can move in.

You don't have to be a student at True Martial Arts to attend, open to the public

Private Lessons to Benefit Master Instructor Dan Di Vito

Join us on Saturday, January 23rd as TMA Instructors will be making themselves available to teach private lessons from 9 AM to 1 PM to raise money for Dan Di Vito, who was the instructor of late TMA founder Tom Zoppi. The recommended donation will be \$25 for a half hour lesson, or \$50 for a one hour lesson. All donations will go straight towards Mr. Di Vito's cost of treatment for prostate cancer.

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, catching up if you've been absent, and for students that want to supplement their group lessons.

TMA January Calendar

Friday, January 1: **TMA Closed** All martial arts and fitness classes are cancelled

Saturday, January 2: **Holiday Schedule** No martial arts makeup class. Cardio Kickboxing 8 AM.

Saturday, January 9: **Arnis Seminar and Test** 10AM beginner-Arnis blue belt, 1PM brown and above.

Saturday, January 16: **Kelly Worden "Arnis Movement" Seminars** 10AM-12PM & 1PM-3PM

Friday, January 22: **Taekwondo test** Test starts at 6:30 PM, be there between 6:00-6:15 PM.

Friday, January 23: **Private Lesson Benefit** Donations go towards SBN Di Vito 9 AM-1 PM

Friday, January 29: **Board Breaking Seminar** 5:30 -7:30 PM

Saturday, January 30: **Bag Class** 9:15 -9:55 AM

January Pro Shop Special

Sign up for EFT automatic billing during the month of January and receive a \$20 Pro Shop gift certificate

Student of the Month

Name: Zaviar Brown **Age:** 12 years old

TKD rank: Brown Belt **Arnis rank:** Brown belt

How long have you been training at TMA: 3 years

Favorite Martial Arts move(s): Flying reverse side kick

Favorite thing about martial arts? Training

Favorite thing to do outside of Martial Arts?

Being with friends and family, play tenor saxophone, read.

What is your Martial Arts goal?

To get as high as I can in the black belts

How has Martial Arts helped you?

It has helped me concentrate better, for I have seen it in my school work. It has helped me have respect towards others and earn respect from others, for people now look up to me for help. It has helped me have more patience, for I can listen to other people talk without other thoughts in my mind.

Instructor of the Month

Name: BJN Alex Raissipour **Age:** 13 years old

TKD rank: Provisional Black Belt **Arnis rank:** Brown

How long training: 10 years **How long teaching:** 1 year

What classes do you teach?

Tuesdays at 4:15-4:55 and 5-5:45 for beginners

Favorite martial arts move(s): Roundhouse kick

Favorite thing about martial arts?

Friends you meet and confidence you earn.

Favorite thing to do outside of martial arts:

Hang out with friends and to go to the movies and mall.

What is your martial arts goal? 1st degree black belt at least.

How has martial arts helped you?

Martial arts has really helped me gain more confidence and gain some more respect for anyone and everyone.

Favorite thing about teaching martial arts?

Seeing the kids grow in their ways of Tae Kwon Do and seeing the smiles that instructors' help make on the kids faces.

New Women's Martial Arts Class!

We are excited to offer a new Women's Beginner Class. Come work out with other women and moms who want to get strong and fit while learning the martial arts. Have lots of fun getting fit together.

The class will be held Tuesdays from 10-30-11:30 AM and Fridays from 9:30-10:30 AM starting on Tuesday, January 5th.

If you're interested, talk to YDJN Anh and BJN Trisha, the teachers of the class or via email to info@truemartialarts.com.

TMA Adopt-a-Family

Thank you to everyone that generously helped contribute to the TMA Adopt-a-family for the holiday season. TMA staff and students fulfilled the wish list for a family of five.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Nicholas Allen, Owen Kinzer, Kinsey Kolar, Andrew Leinweber, Cameron Stuart, Erana Wang, Owen Wright, Mehal Ashwin, Jeffrey Cheng, Yusuf Shahpurwala

Yellow: John Apsley, Matthew Bowman, Preston Fournier, Sai Reddy, Benjamin Zhang

Advanced Yellow: Jonathan Chu

Green: Yogesh Banala, Siddarth Pyapali

Advanced Green: Jordan Vaughan

Blue: Anumita Chopra

Advanced Blue: Atul Madhugiri, Kelly McMaster, Madison McMaster, Ashvin Sriram

Brown: Olivia Ding, Bharathram Kodungudi, Darren McGraw, Pat Schreiber, Connor Schwinn

Advanced Brown: Niveda Ganesh, Christopher Morris, Elliot Schwinn

Arnis Promotions

Yellow: Lisa Carskaden, Sean Hickman, Adil Islam, Hanna Kennedy, Siddharth Pyapali, Sean Saxe, Logan Saxe, Yury Sudzilouski, Samantha Vidos

Green: Samuel Andrus, Ashish Manda, Noah Rosenberg, Raoul Soans, Rithvik Tirumala, Konstantin Velitchko

Blue: Sam Firnhaber, Shruti Karanth, Amogh Karanth, Matthew Lockwood, Peter Moe-Lange, Abhijeet Singh, Tanvi Soans, Surabhi Sonali

Happy Birthday!

Camille Adamson, Jillian Backman, Katherine Baker, Damian Banki, Carolina Barros, Alisa Billig, Megan Boss, Jake Brennan, Maizy Brewer, Melina Carino, Max Coombs, Kevin Do, Justin Drake, Sam Firnhaber, Shad Hussain, Jack Iudice, Jaron Jin, Ryan Knutson, Michael Ko, Nihar Mahajan, Ashish Manda, Chip Mauzy, Peter Moe-Lange, Tami Parker, Alex Raissipour, David Shiroma, Chase Steiner, Michelle Szeto, Madison Willis, Vincent Wu

Welcome New Students

Fareyza Daoed, Sasank Gopiseti, and Revanth Gopiseti

Training Anniversaries

One Year: Jacob Allen, Deven Bansal, Shreyas Jagalur, Luke Patterson, Kyle Sihon, Nic Guianasso, Marcus Sanches, Ryan Patterson, Deepthi Mohanraj, Kyle Heller, Alaka Rao, Alex Jones, Logan Saxe, Nicholas Knutsen, Sean Wheeler, Rishi Kavikondala, Liam Coltorti, Nishant Kothari

Two Years: Medha Ganjam, Sam Andrus, Noah Rosenberg

Three Years: Olivia Ding, Michael Driscoll, Rijk de Jager, Vita de Jager, Peter Moe-Lange, Kevin Parker

Four Years: BJN Chris Brewer, Neel Shay, Tarushi Verma, Riddhi Patel, Matthew Tenczar, Isha Kshirsagar, Arghya Kannadaguli

Five Years: Krishna Rao, Tejasvi Rao, Anton Bezruchkin, BJN Michelle Szeto, Allen Kim

Seven Years: Pedro Kuhn

Eight Years: BJN Ashwin Rao, YDJN Mike Shappell

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

Eleven years: YDJN Nicole Smelson

Twelve Years: YDJN Tami Parker

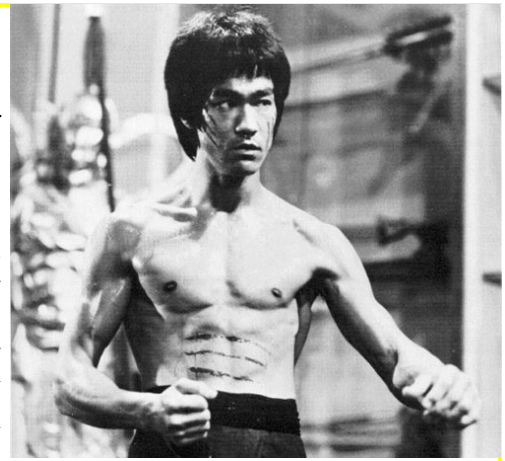
Eighteen Years: YDJN Leslie Haye

Ask Sa Bum Nim Skyler

Ask me questions by email at info@truemartialarts.com or hand write a question and leave it at the front desk.

"Who is your favorite famous martial arts person? Why?" Alex Ballata

My favorite is Bruce Lee. He is regarded by most experts as the most recognizable martial artist of all time. His movies brought the first major surge of interest in Asian martial arts to mainstream United States. He invented his own style of martial arts called Jeet Kune Do after mastering many other styles. Martial Arts wouldn't be the same today without Bruce Lee. I urge all people who study martial arts to learn more about Bruce Lee and watch his movies.



If I didn't answer your question, look for it in future editions of "Ask SBN Skyler"

Tips For Your Training

By KBN Skyler Zoppi

Happy 2010! Around this time, people make goals and resolutions for the new year. Sometimes people pledge to start good habits, which is why I came up with a list of things you can do to become a better martial artist:

- Most importantly: Attend class twice a week. If you must miss class, make your missed classes. Don't make other plans during your training time unless it's a special occasion that cannot be missed.
- Commit to training hard and giving your best effort in each class. What you put into class is what you will get out of class.
- Practice your current and previous requirements outside of class. If you don't have to spend time re-learning, 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. Ask Instructor's what you need to work on to achieve your next level.
- Always pay attention and focus in class. Martial Arts isn't the only thing in your life, but when you are training, it should be the only thing you are thinking about.
- 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.

Weather Related Closures

In the event that we have snow or power outages:

- TMA follows the Issaquah school district schedule. If school is canceled for weather conditions, TMA will be closed. If school has a late start, TMA will be open.
- If we get snow or power outages later in the day, call TMA for the latest information.
- If you are unclear about our policy or the school closures, call TMA or check our website for the latest information. 425-313-9680 and www.truemartialarts.com

We want our students and instructors to be safe!

New Year's Teen & Adult Special

In the New Year's spirit, many of us venture to try new things 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 \$201.0

* Offer valid only for teen/adults and new students * Save \$143



Fitness and Health News

12 Days of December Results

Another great “12 Days Of December” is in the books. Thank you to everyone that participated and congratulations to everyone who earned a Sigg Eco-Friendly water bottle for acquiring 12 points. The grand prize winner was Erika Gulyas, who acquired the most points and won a 12 punch fitness card worth \$108!

January Bag Class: Saturday, January 30th

We will be having bag class on January 30th from 9:15–9:55 AM. This class is all about punching, kicking, and other exercises with our Wavemaster bags and is taught by SBN Skyler Zoppi. Martial arts students who are 12 years and older and members of the black belt club can attend for free. Use your fitness punch card if you're not a martial arts student.

Taekwondo Testing

During class, a Senior Instructor or Chief Instructor watches over each student's development along with input from the instructors of the class. At different times the Senior instructor will call students over to the side and have them perform the various requirements needed to obtain the next 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 they know and have become proficient in these four areas, the student will receive stripes of red tape at the bottom of their belt. This red stripe indicates that the student knows their requirements and is ready to perform those requirements in front of a black belt panel at a Taekwondo 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.

Black Belt Promotions

Results from the November 20–21 Black Belt Test

Provisional Black Belt: Kathy Baker, Sammy Ballata, Alex Ballata, Aaron Jin, Vyshnav Kakivaya, Jillian Kent Dobias, Alex Raissipour, Chase Steiner, Ben Terry

1sr Degree Black Belt: Melanie Goddard, Samantha Krahling, Catie Raissipour, Addison Wong, Karthik Palaniappan

2nd Degree Black Belt: Christopher Shappell & Jaron Kent Dobias

Black Belt: What It Is and What It Takes

By Karthik Palaniappan

Black belt is more than just a belt or color. It is a hard earned achievement that takes dedication skill. It is an achievement that requires certain learned, but intrinsic, principles. I am a black belt who always strives to be the best I can. This is only a game of mind over matter, one versus oneself. One must mentally be prepared to jump the hurdles of life to physically do so. Average work does not cut it here.

One important black belt quality is leadership. A black belt must be able to lead others and be a role model. This is the quality that took me the longest to grasp. I have always loved giving speeches and engaging in debates, but this is only a small piece of fabric in the umbrella of leadership. My biggest challenge was standing up and actually looking like a role model. The first step for me was realization. I realized that even though I was approaching black belt, I was not the role model of the class to look up to. I felt the drive to train harder and better myself. This is a trait that is intrinsic, but needs to be provoked by an event or a realization. My next step was another realization when I started teaching. I knew that I had to be a great role model for my students to respect and learn from me. This is when I think I developed better understanding of what I was doing. My instructors always encouraged me to think of what each move was doing. As I explained this to other people, I became a better leader and got better at martial arts.

I think piggybacking with physical abilities of black belt come the mental aspects. Again after teaching, I have definitely used my physical training and turned it into mental focus. This helps mind over matter and perseverance, because it builds mental strength and allows one to keep going even when the going gets tough. This also helps you have physical control over your body, and you tell it when to quit, not the other way around. Mental focus also helps concentration and having self control over negative or unwanted thoughts. Relaxing while going hard has taken a while for me to get a full understanding of, and I can now better relax myself while still going hard.

It is human nature and something I have had from childhood to want to drop things I am not good at. As a three year old, I was scared of the swimming pool and for a while could not swim properly. Finally after perseverance and my parents encouraging me, I could swim. Perseverance does not mean do everything, it means trying to excel and push on reachable goals. Another idea that goes with this is self confidence. Basically, one must put faith with training to reach a goal. Stage fright is a natural quality, but one needs to overcome it and have faith that everything will go well. At black belt tests, we must break boards. I did not break the board on the first try. I had a bad attitude because I had thought, I've done it so many times so easily, so this isn't any different. Too much faith without a matching amount of training is also not good.

Integrity is also important in life. It is a quality that nobody can give up if they are to succeed. Only when one is true to oneself and does not evade the truth does one have integrity. Only when you are truthful can you change and better one. This is a trait that comes natural for me and has helped me admit my mistakes and correct them for the future.

The last aspect is being able to change. One should be able to change to new or awkward situations and also just to fix mistakes. It is sometimes hard for me to change, since I sometimes like to do things my way. I have been working on being open to new ideas and weighing them evenly with my own.

The last one is being able to look in retrospect and thank people. I would like to thank my parents for the generous support. I would like to thank my instructors, definitely my inspiration, for helping me in my training and indirectly, my whole life. I would like to thank everyone around me for the support. A lot of us don't think of this as much, but I would also like to thank my hindrances, which have helped me have a reason to want to excel. We don't normally like things that stand in our way, but in my opinion, they are the one step back that allows for two steps forward.

Black belt is more than a rank, it is a symbol of being able to combine and absorb all of the physical and mental aspects of training and show it. It takes a new understanding of the art and the world around us. It took me seven years to become a black belt and I think this is a new beginning for my training. Black belt is not the final roadblock, but rather a place to look back at what one has learned and apply it to future learning. Black belt is more than a rank.

2010 Tuition Policies & Information

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.
- Full and partial tuition waivers are available for those in need. Waivers are considered on a case-by-case basis.

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

- 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.

Holiday Makeup Classes

You're welcome to make up classes missed during the winter holidays. There's no deadline for completing makeup classes as long as you are an active student. 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: info@truemartialarts.com

January Weekend Makeup class schedule:

Date	Time	Type
Friday, January 8th	7:00-8:00 PM	All Ages
Friday, January 15th	7:00-8:00 PM	All Ages
Saturday, January 23rd	10:00-11:00 AM	All Ages
Friday, January 29th	7:00-8:00 PM	Teen and Adult
Saturday, January 30th	10:00-11:00 AM	Youth

2010 Taekwondo Test Dates

*Dates are subject to change, however it is unlikely

Friday, January 22nd 6:30 PM	Friday, February 19th 6:30 PM
Friday, March 26th 6:30 PM	Friday, May 21st 6:30 PM
Friday, June 18th 6:30 PM	Friday, July 23rd 6:30 PM
Friday, August 20th 6:30 PM	Friday, September 24th 6:30 PM
Friday, October 22nd 6:30 PM	Friday, December 17th 6:30 PM

Black Belt Testing Weekends (April & November)

- Advanced Brown Belt and higher: Friday, April 23rd and Friday, November 19th at 6:30 PM
- Advanced Green Belt & lower (red shirts): Saturday, April 24th and Saturday, November 20th at 4 PM
- Blue belt and higher (blue and black shirts): Saturday, April 24th and Saturday, November 20th at 6 PM