

# Pine Lake TrueNews

July 2008

## FOCUS ON: TMA History

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

### Brief History of Pine Lake True Martial Arts

True Martial Arts was founded by Thomas Zoppi. Mr. Zoppi started his Martial Arts training in the winter of 1972 while living in Reno, Nevada. He trained there for 2 years and eventually moved to Las Vegas where he trained at a few other schools and eventually started his own school that met for class in a park. His wife Laurel Zoppi, started training with him in Las Vegas.

In 1976, the Zoppi's moved to Los Angeles, primarily motivated by the opportunity to train with Mr. Dan Di Vito. In 1981, Grand Master Remy Presas, the founder of Modern Arnis, came to the Los Angeles area. Mr. Zoppi and Mr. Di Vito attended his seminar and they began their weapons training under his tutelage.

In January of 1982 the Zoppi's moved to Bellevue, Washington. They had friends in the area and three young children and wanted to find a nice place to raise their family.

A short time afterwards in October of 1982, Mr. Zoppi taught his son, Skyler Zoppi, in his garage on his 5th birthday. A month later, he got his first paying student. It was a friend of Laurel's that had been attacked. Soon, a few others joined and Laurel also decided that she was ready to continue her training.

On December 20, 1982, True Martial Arts moved from the garage to its first rented location. It was an empty space behind a doctors office on Bellevue-Redmond Road in Bellevue. There was access to the site three nights a week.

Laurel Zoppi and David Barrett were the first two students to achieve their Black Belts at True Martial Arts. They received their Black Belts on January 13, 1988.

On April 1<sup>st</sup>, 1995 True Martial Arts opened a second school on the Sammamish Plateau. The new school was located a few doors down from its current location. The school was financially supported for the 1<sup>st</sup> few years by the Overlake location and the Zoppi's personal income from their day jobs.

True Martial Arts was named as one of the top 200 martial arts schools in North America in 1996 and 1997. This honor was announced by *Martial Arts Business Magazine*.

TMA Pine Lake moved into its current location, a few doors down to a neighboring space on January 1, 1999. This location provided the opportunity to have two training floors, with two classes running concurrently.

Sa Bum Nim Zoppi was certified as a 6th Degree Black Belt in Taekwondo in March of 2001. Four months later, he passed away on July 12, 2001. After Mr. Zoppi's passing, it was his expressed desire that David Barrett be installed as Chief Instructor of True Martial Arts. The American Chang Moo Kwan and Modern Arnis weapons training systems continued to evolve and be refined under Mr. Barrett's leadership.

As our schools continued to grow, the leadership of Pine Lake TMA and Overlake TMA was separated. Kyo Bum Nim Skyler Zoppi was installed as Chief Instructor of Pine Lake True Martial Arts in February of 2007. Sa Bum Nim David Barrett continued in his role as Chief Instructor at Overlake TMA.

A few months later, in May of 2007, SBN David Barrett and his wife Carla purchased Overlake True Martial Arts from KBN Laurel. The two schools continue to associate together as True Martial Artist's. To this day, 75 students have achieved 1<sup>st</sup> degree Black Belt at Pine Lake TMA.

*For a more complete history, visit [www.truemartialarts.com](http://www.truemartialarts.com) Click on "About TMA"*



## Upcoming Events

**Wednesday, July 2nd**

*Body Pump 6:30 PM*

**Monday, July 7th-11th**

*Summer Camp 9 AM-3:30 PM*

**Friday, July 11th**

*Kick-a-thon Pledge sheets due*

**Saturday, July 12th**

*Arnis Seminar and Test*

*10:00 AM Beginner-Arnis Blue*

*1 PM Arnis Brown and higher*

**Saturday, July 19th**

*KBN Skyler & Angie's wedding*

**Friday, July 25th**

*Taekwondo Test 6:30 PM*

**Monday, July 28th-Aug 1st**

*Summer Camp 9 AM-3:30 PM*

**Saturday, August 2nd**

*Arnis Seminar and Test*

*10:00 AM Beginner-Arnis Blue*

*1 PM Arnis Brown and higher*

**Monday, August 4th-8th**

*Half Day Camp 9AM-12:30PM*

## 2008 Camps

### Summer Full Day Camp

- July 7th - 11th
- July 28th - August 1st
- August 11th - 15th  
*9AM - 3:30 PM*

Camp is highly beneficial in that it teaches teamwork, leadership, and good sportsmanship in a way that can't be duplicated in class.

Students get an in-depth look into the history of True Martial Arts and a greater perspective on martial arts in general.

The fee is \$180 for 32 1/2 hours and includes a camp patch and snack everyday. It's a great deal, check around town and compare prices. Last but not least, CAMP IS FUN!

## Student of the Month

**Name:** YDJN Deven Kent Dobias

**Age:** 15 years old

**TKD rank:** 1st degree Black belt

**Arnis rank:** Black belt

**How long have you been training at TMA:**

8 years

**Favorite Martial Arts move:**

Flying side kick

**Favorite thing about Martial Arts**

It keeps me active when I'm not doing cross-country or track

**Favorite thing to do outside of Martial Arts:**

Hang out with friends, play x-box, listen to music

**What is your Martial Arts goal?**

My martial arts goal is to reach 2nd degree black belt before I graduate high school.

**How has Martial Arts helped you?**

It keeps me healthy when I'm not running. I've also made great friends.

## Pro Shop Special

Weapons Bags are 10% off

## Instructor of the Month

**Name:** BJN Tricia Klopfenstine

**Age:** Adult

**TKD rank:** Provisional Black belt

**Arnis rank:** Black Belt

**How long have you been training:**

3 years and 8 months

**How long have you been teaching:**

Over a year

**What classes do you teach?**

Monday and Wednesday 6:30 PM Mixed youth and adult intermediate

**Favorite martial arts move(s):**

Roundhouse and crescent kicks

**Favorite thing about martial arts?**

Always being able to learn something new and forms

**What is your favorite thing to do outside of martial arts:**

Reading and hanging out with friends

**What are your martial arts goal(s)?**

1st degree Black Belt

**How has martial arts helped you?**

More confidence and discipline

**What is your favorite thing about teaching martial arts?**

Being able to help people learn new things

## June Camp Results

**Team Captains:** Deven Kent Dobias, Niko Tokuno, Lowell Trpyer, Tricia Klopfenstine, and Joe Watabe

**Winning Team:** Tricia Klopfenstine, Eric Strasik, Simon Kuttemplon, Max Coombs, Fiona Chism, Giancarlo Agogliati, Jake Brennan

◇ Joe Watabe's team brought in the most food items to donate to the Issaquah Food Bank with 98 items. Camp total: 387 items

◇ Form trophies: Jake Brennan, Ali Mahmoud, Danny Martin

◇ Form medals: Fiona Chism, David Shiroma, Ragu Kodungudi

Some of the activities the campers participated in: Jumping contests, Crab soccer, relay races, chalk drawing in parking lot, Arnis and lunches at Pine Lake park, Arnis sparring, Team leader/Assistant team leader demonstrations, board breaking, karate facts bee, created forms

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Ryan Knutson, Patrick Martin, Amber McGraw, Michael Padilla

**Yellow:** Samuel Andrus, Alva Bandy, Anumita Chopra, Jake Hilliard, Darren McGraw

**Advanced Yellow:** Nishu Chakarapani, Niyathi Chakrapani, Kevin Do, Travis Hickman, George Liu, Kelly McMaster, Andrew McMaster, Pat Schreiber, Martin Vega, Kush Verma

**Green:** Courtney Huston, Peter Moe-Lange, Kevin Parker, Abhijeet Singh, Ashvin Sriram, Ethan Tan, Madison Willis, Anthony Zhu

**Advanced Green:** Sam Firnhaber, John Hsia, Salma Mahmoud, Will Richardson, Hanna Schwinn

**Blue:** Manisha Tirumalai, Vikram Tirumalai, Andrei Trandafir, Mihir Vadlamani, Tarushi Verma

**Advanced Blue:** Clara Brewer, Zachary Evans, Pedro Kuhn, Jackson Zariski

**Brown:** Maizy Brewer, Jennifer Brewer, Christopher Brewer, Elliot Schwinn

**Advanced Brown:** James Carskaden, Vyshnav Kakivaya

### Arnis Promotions

**Yellow:** Fiona Chism, Derek Schreiber

**Green:** Michael Driscoll, Sam Firnhaber

**Blue:** Clara Brewer, Ryan Butcher Weltman, Sophie Clemmons, Zachary Evans, Sarah Raissipour, Jackson Zariski

**Black:** Catie Raissipour

### Happy Birthday!

Lisa Auerbach, Avery Barley, Nick Biro, Anna Carskaden, Chris Clark, Donna Curley, Jacob Davis, Zach Evans, Niveda Ganesh, Trevor Hsia, Meelad Karami, Steven Ko, Simon Kuttemplon, Hemanth Machavaram, Oscar Marczynski, Alex Morris, Chris Morris, Kyle Murphy, Sarah Raissipour, Mike Shappell, Samantha Shappell, Eric Strasik, Kiana Tavakoli, Daniel Venkitachalam, Tarushi Verma, Megan Wayne, David Yee

### New Black Belt Club Member

Holly Ray

### Welcome New Students

Panka Homorodi, Isaac Pefaur, Benson Wheeler

### Training Anniversaries

**One Year:** Abhijeet Singh, Surabhi Sonali, Matthew Lockwood, Kush Verma, Nick Biro

**Two Years:** Daniel Venkitachalam, Tanvi Soans, Raoul Soans, Steven Ko, Cortney Huston, Griffin Glover, Kabir Puri, Trishan Amruthur, Manya Puri

**Three Years:** Ava Karami, Meelad Karami

**Four Years:** Ryan Butcher Weltman, Gage Gutmann, Deann Miller, Caitlin Looney

**Five years:** Jack Sansing, James Carskaden, Ivan Zhao

**Six Years:** Dominique Alvarado-Holden, Anh Vo, Chase Steiner, Marianna Steiner, Jillian Kent Dobias

**Seven Years:** Sarah Raissipour, Kathy Baker

**Eight Years:** Vincent Wu

**Thirteen Years:** Ian Backman

# BLACK BELT INSPIRATION

*A Black Belt isn't something you wear, it's an attitude.*



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



**By YDJN Mark Smith**

To achieve black belt means so much to me. It means leadership, self-motivation, hard work, devotion, respect, and courage. Ever since I started Taekwondo, I have always looked up to all the other black belts saying, "wow that must be so much fun to be one of them!" You would get to teach, you would get to learn many amazing moves and you get to have other people look up at you saying "wow how cool is that!" Now that I am a provisional black belt I get to do all these fun things, but to get to this point took a lot of hard work.

First, leadership and self-motivation are important aspects. I had to be able to think on my own two feet, and not have

somebody tell me what to do every step of the way. To get to provisional black belt I had to develop my leadership skills by going to class, working hard, and being a good example to all the other students. I just started teaching a class and I am an assistant instructor. This has showed me a completely new side of leadership. It showed me that I not only have to think for myself, but I need to think for others too.

Next, hard work is a huge quality I strive to have in my everyday life. Sometimes I have hard days at school or home and just did not want to come to class because I was tired and did not feel good. I would have to push myself to come because it was the right thing to do. Another example is during football season when some days I would come home from school, go to Taekwondo, then go straight to football practice this was hard to do, but I did it anyway because it was the right thing to do.

To acquire my provisional black belt took a lot of devotion. I did not just show up one day and get a provisional black belt. I had been training at Taekwondo for eight and a half long, hard, but fun years before I was able to test for my provisional black belt. There were a few times in Taekwondo that I was about to quit but I did not. I just stopped for a few weeks but then I would come back. The coming back part was hard and took a lot of devotion because I was always thinking "Do I want to go back? I'll be so far behind." And every time I did come back because I was committed to keep going and reach my next belt.

Another extremely important thing that I developed on my way to provisional black belt was respect. During Taekwondo, I have learned a lot about respect. This has helped me with so many things, friends, family, and school. Respect was enforced to me from the first day I came to Taekwondo and it is part of our mental requirements for each rank. By learning the value of respect, it has helped me become a better person. Overall! This is a huge life lesson that some adults don't know and I do.

Courage is a huge part of Taekwondo. It has taught me not to be scared of everything and to stand up to what I think is right. It has taught me that if my friends are doing the wrong things to have the courage to get up and walk away from them. It has taught me to be a leader and not follow what everybody else does.

Getting to provisional black belt has taught me many things. First, I learned self defense, second I learned a lot about leadership, respect, courage, hard work devotion. These are all great things that will help me in life.

*Mark is 13 years old. He earned his 1st degree black belt in April. He is an Assistant Instructor and has been training at TMA for 9 1/2 years.*

# Supporting our Community Far and Near

## Kick Out Hunger! Kick-a-thon and Food Drive

### Proceeds Benefit Issaquah Food Bank

Congratulations and thank you to all that participated. We'll announce our winners in the August edition of TrueNews.

#### Kick-a-thon

- Ask your family and friends to sponsor you and have them sign your pledge sheet. Tell them how many kicks you did.
- Please bring back all money collected to the front desk by Friday, July 11<sup>th</sup>
- Prizes awarded to:
  - ◇ participants with the top ten donations collected
  - ◇ one participant with the most roundhouse kicks for youth students (12 and under)
  - ◇ one participant with the most roundhouse kicks for teen and adult students (13 and over).

#### Food Drive

Congratulations to the Monday/Wednesday 7:30 Teen/Adult Black Belt Club class for bringing in the most food on behalf of Issaquah Food Bank and winning a class pizza party. We will update you on the final standings in the August edition of TrueNews.

#### Prizes

Most donations collected:

- 1<sup>st</sup> Place: \$100 Credit towards any TMA service or merchandise
- 2<sup>nd</sup> Place: \$75 Credit towards any TMA service or merchandise
- 3<sup>rd</sup> Place: \$50 Credit towards any TMA service or merchandise
- 4<sup>th</sup> Place: 1 Hour Private Lesson or 8 punch kickboxing card & \$10 TMA Pro Shop gift certificate
- 5<sup>th</sup> Place: 1 Hour Private Lesson or 6 punch kickboxing card
- 6<sup>th</sup> Place: ½ Hour Private Lesson or 6 punch kickboxing card & \$10 TMA Pro Shop gift certificate
- 7<sup>th</sup> Place: ½ Hour Private Lesson or 6 punch kickboxing card
- 8<sup>th</sup> Place: \$20 TMA Pro Shop gift certificate
- 9<sup>th</sup> Place: \$15 TMA Pro Shop gift certificate
- 10<sup>th</sup> Place: \$10 TMA Pro Shop gift certificate

- Most roundhouse kicks for youth students (12 and under): \$25 TMA Pro Shop gift certificate
- Most roundhouse kicks for teen and adult students (13 and over): \$25 TMA Pro Shop gift certificate

## Autism Day

The 8th annual Autism Day put on by TMA Black belt, Lynne Banki and the rest of her family is coming on Saturday, August 9th from 11AM-3PM at Jubilee Farm in Carnation. The event is free of charge!

Autism Day is a free, fun-filled event designed for families touched by autism - a chance to relax in a beautiful setting surrounded by people who understand. Various individuals, companies, service providers and organizations wishing to reach out to the autism community provide free activities with our children in mind. The event is spread out with booths, an hour long slip-n-slide event and a catered picnic on the porch hosted by Sherm's BBQ on a donation per plate basis. Enjoy the hayrides, farm animals, beautiful flowers, open spaces and camaraderie. See you down on the farm!

If you are interested in attending, sponsoring, or volunteering, you can get more information at [www.autismdaywa.com](http://www.autismdaywa.com) or e-mail Lynne Banki @ [Lymba@comcast.net](mailto:Lymba@comcast.net)

## Butterfly House in South Africa

YDJN Tami Parker and her sons YDJN Eric Parker and Robert Parker approached me about donating their kick-a-thon money to a great cause. I wanted to share with you that the Parker family raised \$2,613 to send to Monte Christo Ministries to help build Butterfly House in Paarl, South Africa.

Monte Christo Ministries (MCM) has many exciting projects that include the Butterfly House which is a support facility that gives parents inflicted with HIV/AIDS relief and helps care for their children. In addition, they have community center programs for youth and adults, a new soup and bread manufacturing operation, a farm-based youth camp, a growing sports ministry and many more projects. One of the unique qualities of MCM is that everything is being done to eventually be fully self-sustained in South Africa. The key to this is a fully functioning farm operation that includes 19 acres of table grapes, cattle, water bottling and other income generating activities. All income then goes to sustain the ministry operations. For more information on MCM, please visit their website at: [www.montechristoministries.com](http://www.montechristoministries.com).

## Health and Fitness News

### ***Body Pump Returns on a new night!!***

Check out Body Pump, a fully body strength and conditioning cardiovascular workout on the first Wednesday of each month starting in July. The first class is Wednesday, July 2nd from 6:30-7:30 PM. The class is taught by Health and Fitness Director, YDJN Leslie Haye, so you know it will be a great workout! Starting in August, the class will be from 7:30-8:30 PM.

## Summer Policies at TMA

If you are taking a vacation out of town remember: Students should inform the school in advance if they will be absent from their training for a week or more. If it is necessary to be absent, inform the front desk in person, call (313-9680) or e-mail ([truemart@truemartialarts.com](mailto:truemart@truemartialarts.com)). This helps to form the understanding of responsibility for students.

A quick reminder of our Leave of Absence/Time off Policies:

\* 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.

**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.

## Masters of Martial Arts: Jackie Chan

From Jackiechan.com

Jackie Chan, is a Chinese actor, action choreographer, film director, martial artist, screenwriter, and stunt performer. Chan is one of the best-known names in kung fu and action films worldwide, known for his acrobatic fighting style, comic timing, use of improvised weapons and innovative stunts. He has acted since the 1970s, appearing in over 100 films.

Jackie Chan was born in Hong Kong on April 7th, 1954. When Jackie was young, his father would wake him early in the morning and together they would practice kung fu.

When Jackie was seven years old he was enrolled in the China Drama Academy where he would live for the next 10 years of his life. During Jackie's time at the school, he learned martial arts, acrobatics, singing, and acting. The school was meant to prepare boys for a life in the Peking Opera. Chinese opera included singing, tumbling, and acrobatics as well as martial arts skills and acting. Students at the school were severely disciplined and were beaten if they disobeyed or made mistakes. It was a very harsh and difficult life but Jackie had nowhere else to go, so he stayed.

While at the China Academy, Jackie made his acting debut at age eight in the Cantonese movie "Seven Little Valiant Fighters: Big and Little Wong Tin Bar." As Jackie got older he worked as a stuntman and an extra in the Hong Kong film industry. When Jackie was 17, he graduated from the China Drama Academy. Unfortunately the Chinese opera was no longer very popular, so Jackie and his classmates had to find other work. This was difficult because at the school they were never taught how to read or write. The only work available to them was unskilled labor or stunt work. Each year many movies were made in Hong Kong and there was always a need for young, strong stuntmen. Jackie was extraordinarily athletic and inventive, and soon gained a reputation for being fearless; Jackie Chan would try anything. Soon he was in demand.

Over the next few years, Jackie worked as a stuntman, but when the Hong Kong movie industry began to fail, he was forced to go to Australia to live with his parents. Jackie was very unhappy in Australia. The construction work was difficult and boring. His salvation came in the form of a telegram from a man named Willie Chan. Willie Chan worked in the Hong Kong movie industry and was looking for someone to star in a new movie being made by Lo Wei, a famous Hong Kong producer/director. Willie had seen Jackie at work as a stuntman and had been impressed. Soon Jackie was on his way back to Hong Kong to star in "New Fist of Fury." It was 1976 and Jackie Chan was 21 years old.

Jackie became a huge success in Asia. Unfortunately, it would be many years before the same could be said of his popularity in America. After a series of lukewarm receptions in the U.S., Jackie left the States and focused his attention on making movies in Hong Kong. It would be 10 years before he returned to make Rumble in the Bronx, the movie that introduced Jackie to American audiences and secured him a place in their hearts. Rumble was followed by the Rush Hour and Shanghai Noon series which put Jackie on the Hollywood A List.

Jackie continues to do stunt work and action sequences in his films. In recent years, Jackie's focus has shifted and he is trying new genres of film – fantasy, drama, romance – and is spending more and more time on his charity work. He takes his work as Ambassador for UNICEF/UNAIDS very seriously and spends all his spare time working tirelessly for children, the elderly, and those in need.



# TMA Summer Activities 2008

## Summer Sleepover

August 23<sup>rd</sup> Saturday 7:00 PM – 9:00 AM

Kids have fun and parents get a night off! There is training, movies, games, and dinner & breakfast provided. Cost is \$40. The sleepover is for TMA students only, of all ages.

## Half Day Camps

- August 4<sup>th</sup>-8<sup>th</sup> Monday through Friday from 9:00AM–12:30PM
- August 18<sup>th</sup>-22<sup>nd</sup> Monday through Friday from 9:00AM–12:30PM.

Attend every day of the week or on a daily drop-in basis. The cost is \$90 for the week or \$20 a day. A snack is provided. You are welcome to bring friends or siblings that don't train at TMA.

## Mid- Morning Classes

Tuesday & Thursday 10-11AM. Available in July and August.

An all ages, all ranks mixed class for the convenience of those with other activities in the afternoon or evening during the summer. Switch to this class for the summer or drop in any time.

## Annual TMA Awards and School Picnic

September 13<sup>th</sup> Saturday 10:00 AM – 2:00 PM at Perrigo Park 9011 196 Ave NE Redmond

Recognition, fun, and fellowship! All TMA students and families welcome. Bring your picnic lunch.

## Tiger Club Essays

### **By Sarah Raissipour**

*"Practice doesn't make perfect. Perfect practice makes perfect."*

It is great if you practice. Then you will get it perfect unless you practice it wrong. All you have to do is make practices perfect and you will get it right all the time (usually)! If you practice RIGHT, you will be able to get your next rank faster (which is great)!

*Sarah is a blue belt. She turns 9 years old this month and has been training for almost 7 years.*

### **By Anh Vo**

*"Ability to expand beyond one major achievement"*

It's important to move beyond one major achievement because it shows that you are always growing. For example, graduating from High School is a major accomplishment, and I would want students to expand beyond this accomplishment to graduate college. If you don't expand beyond the one accomplishment then you are not growing personally and challenging yourself. It's important to set goals and once accomplished, celebrate your accomplishment and look to the future of how you can expand or use your recent accomplishment as a platform to setting and achieving new goals. It's also great fodder for conversations, no one wants to hear the same story over and over again. You have to have something new to talk about.

*Anh is a 1st degree black belt, an instructor, and director of the Pee Wee Kickers program. She has been training for 6 years.*

### **By Marianna Steiner**

*"Works hard without being told to"*

If the teacher say to work on something outside of class and you don't do it, you'll never learn. It has helped me by making me work hard without being told to so I get better at stuff way quicker than other people who don't work hard outside of class. I think everyone should do it because it has really improved my martial arts way quickly.

*Marianna is a Blue belt. She is 8 years old and has been training for 6 years.*

### **By Chase Steiner**

*"There's no ceiling on effort!"*

I like this thought of the week because it really shows that you may think "oh my gosh I am doing my hardest" but actually you can go harder. There is never a place where you are at the top – perfect, and giving more effort can improve your martial arts and the thought of what you think you can standardly achieve. If you push harder, you can do more things than you thought. It's helped me by realizing that I may think that I am going as hard as I can go, but I can do more. This has helped to keep up in class and achieve the rank that I am.

*Chase is an Advanced Brown belt. He is 10 1/2 years old and has been training for 6 years.*

### **By Alex Morris**

*"Ability to relax while going hard."*

This mental requirement is a very good tip that could help you or me become a great fighter. If you are a person that works hard while going hard you will soon tire yourself out. An example is like a cheetah they run hard and fast but they can't keep that up for long. So if you relax while going hard you will be able to do something stronger for a longer period of time. Making a great tip for a fighter because you want to last longer then your opponent and win the fight.

*Alex is an Advanced brown belt and an assistant instructor. She is 14 years old and has been training for 4 years.*