

Pine Lake TrueNews

June 2008

FOCUS ON: Kicks

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

Why Pull That KICK Back

Written by late True Martial Arts Founder, Sa Bum Nim Thomas Zoppi

Once upon a time ancient Taekwondo warriors taught themselves to kick so they could protect their farmlands and families from the outlaw barbarians. But then, the barbarians invented Judo. Judo became the superior fighting style because when the Taekwondo warrior threw out a kick, the Judo fighter would grab it and throw him to the ground. Well, the Taekwondo warriors contemplated this problem for a while and then invented the "pull-back". After that, whenever a Judo fighter would try to grab a kick, all they would grab was air. The Taekwondo warriors were victorious and their farmlands and families were saved!

So why should you pull back? The Judo story of pulling back so your technique won't be caught is one good reason, but there are at least three other compelling reasons too.

Pulling back, and I mean pulling back correctly, is not so easy. I remember when I realized that the pullback on my sidekick wasn't correct, and started working on getting it right. My kick out was strong, but doing the correct pullback motion felt weak and slow. It took a lot of work to get my side kick up to par, but as a Black Belt, I wanted a completely correct kick and I wasn't going to settle for anything less. So, to **improve the overall quality of your techniques**, you must work on the pullback.

Do you know that muscles contract? When you shoot a punch or kick out, you do so by contracting a muscle. There is also an opposite muscle that you contract to return the punch or kick to its original position. If there weren't, the thing would just stay there. So, if you spend a lot of time and effort working on sending a technique out, but don't spend an equal amount of time working on pulling the technique back, you are going to have **weak and unbalanced muscle groups**.

In the martial arts, the point at which one muscle stops contracting and the opposite muscle begins contracting is called the "focus" point. Students who are **able to stop a technique in an exact spot in space** have good control of both of the contracting muscles- out and back. Students who have bad control (i.e. those who kick other students too hard during sparring) don't have control of both contracting muscles. That's because they don't practice pullbacks enough.

Quick Tips on Kicks

By Kyo Bum Nim Skyler Zoppi, Chief Instructor

Look where you kick Your kicks will be more accurate if you look where you kick. This helps you to focus on where you want your kick to go. Sometimes students get in the habit of looking down, causing a lower kick. Try looking up and see if that kick rises!

Flex your foot Different parts of the foot can be used as weapons to deliver your kick such as edge of your heel, the back of your heel, the ball, the side (blade) of the foot, the instep (top), and even your toes! To properly use the weapon, you should flex and isolate that part of your foot. For instance, if you want to use your heel, you lead your kick with the heel and flex the top of your foot back. If you want to use the ball of your foot, you flex your toes back and lead with the ball of your foot so your toes don't get in the way. When you kick, keep in mind what weapon on your foot you are using. The best practice for this is to kick a heavy bag or mitt so you can get used to what it feels like to use the proper part of your foot.



Upcoming Events

Saturday, June 7th

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

Saturday, June 14th

Datu Kelly Worden Seminar
1st Session: 10 :00 AM
2nd Session: 12:30 PM

Wed/Thursday, June 18/19

Kick Out Hunger! Kick-a-thon

Friday, June 20th

Taekwondo Test 6:30 PM

Monday, June 23rd

Summer Full Day Camp Begins

Mon/Wed/Fri, June 23/25/27

Boot Camp 6:15-7:00 AM

2008 Camps

Summer Full Day Camp

- June 23rd - 27th
- July 7th - 11th
- July 28th - August 1st
- August 11th - 15th

All Camps are 9AM - 3:30 PM

We **HIGHLY** recommend that all TMA youth students attend and experience at least **ONE** full day summer camp. Camp is highly beneficial in that it teaches teamwork, leadership, and good sportsmanship in a way that can't be duplicated in regular class.

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

The camp fee is \$180 for 32 1/2 hours and includes the popular 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: Matt Rodgers
Age: 16 years old
TKD rank: Advanced Brown belt
Arnis rank: Brown belt
How long have you been training at TMA: 10 years
Favorite Martial Arts move: Roundhouse kick
Favorite thing to do outside of Martial Arts: Rock climbing and swimming. I love Halo as well.
What is your Martial Arts goal? At least 1st degree black belt. I don't want to advance a rank until I know the requirements completely.
How has martial arts helped you? It has taught me focus and determination. It has also served as a stress relief of sorts.

Pro Shop Special

TMA T-shirts are 10% off
Need an extra, or a new size?

Instructor of the Month

Name: YDJN Amy Nibert
Age: Adult
TKD rank: 2nd Dan Black Belt
Arnis rank: Black Belt
How long have you been training: 9 years
How long have you been teaching: 8 1/2 years
What classes do you teach? Youth Black Belt club and mixed youth/adult classes
Favorite martial arts move(s): Cescent, side and roundhouse kicks
What is your favorite thing about martial arts? Learning self-defense, confidence, and staying fit
What is your favorite thing to do outside of martial arts: Reading, writing, painting, drawing, hanging out with friends, playing the harp, walks, movies...
What is your martial arts goal(s)? Continue training through college
How has martial arts helped you? Confidence and discipline
What is your favorite thing about teaching martial arts? Seeing my students make black belt!

Tiger Club Essays

By Alex Raissipour

"There is no ceiling on effort."

If you heard the sky is the limit that is incorrect. There is absolutely no limit on effort. You should always put in 100 and 10 percent. Effort is something that you should never not do. You should always put all of the effort on anything you do unless it is bad. Effort, do it, and you will be happy!

Alex is an Advanced Brown belt at TMA. She is 11 years old and has been training for 8 years.

By Sam Sala

Why is it important to have a proper diet? It is important to eat good foods to stay healthy. Good food helps our body work and be strong.

Sam is an Advanced Green belt at TMA. He is 7 years old and has been training for 3 years.

By Catie Raissipour

"Practice doesn't make perfect, perfect practice makes perfect."

When you practice anything, whether it is reciting a poem, studying for a spelling test, or doing your form, it's important to do it correctly. You have something called "muscle memory" and your muscles will remember how you have previously done it. When you practice something incorrectly, it becomes a habit, but not necessarily a good one. It is very difficult to re-train your muscles, so is crucial to do it correctly. No matter how many times you practice, it still won't be perfect if you continue practicing it incorrectly. If we practice correctly, then that perfect practice will become perfect.

Catie is a Provisional Black belt at TMA and an Assistant Instructor. She is 13 years old and has been training for 8 years.

By Travis Hickman

"Does not talk or fool about in class."

It means you do not fool around in class. No talking. If you are talking, you are not listening and not learning anything new.

Travis is a yellow belt. He is 6 years old and has been training for almost 1 year.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Jake Brennan, Levente Homorodi, Shad Hussain, Noah Rosenberg

Yellow: Calvin Cantrell, Katie Tantillo

Advanced Yellow: Nick Biro, Patrick Hickman, Amogh Karanth, Chip Mauzy, Chelsea Stone, Raghu Tirumala, Meagan Wayne

Green: Tania Aronowitz, Max Coombs, Rijk de Jager, Shruti Karanth, Madison McMaster, Kabir Puri

Advanced Green: Prateek Bhaumik, Vita de Jager, Trevor Hsia, Riddhi Patel, Manya Puri

Blue: Hailey Adams, Meghana Amruthur, Devan Fleming, David Shiroma, Ilana Zariski

Advanced Brown: Heidi Wolfe

Arnis Promotions

Yellow: Nick Biro, Niyathi Chakrapani, Travis Hickman, Pat Schreiber, Ethan Tan, Madison Willis, Anthony Zhu

Green: Madison McMaster, Shelli Wanamaker, Ilana Zariski

Black: Melanie Goddard, Tricia Klopfenstine

Happy Birthday!

Ian Backman, Samantha Dart, Jessie dart, Medha Ganjam, Melanie Goddard, Jaron Kent-Dobias, Julian Lim, Caitlin Looney, Darren McGraw, Deann Miller, Karthik Palaniappan, Connor Pomeroy, Holly Raissipour, Krishna Rao, Carson Reid, Sam Sala, Raoul Soans, Ashvin Sriram, Matt Tenczar, Catherine Weber

Welcome New Students

Rory Ahrens, Jack Brennan, Shloak Dutta, Darren McGraw

Training Anniversaries

One Year: Shelli Wanamaker, Kiana Tavakoli, Antoine Bisson-Pelland, Jessi Wanamaker

Two Years: Jennifer Zhu

Three Years: Nicholas Boyer, Ian Boyer, Luke Sala, Sam Firnhaber, Devan Fleming, Carolina Delhado

Four Years: Alex Morris

Five years: Michael Ko, Addison Wong

Nine Years: Amy Nibert

Twelve Years: Eric Parker

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 Connor Pomeroy

What does it mean to be a Black Belt? It can mean a lot of different things for different people. To me, A Black Belt is someone who continually demonstrates perseverance, an indomitable spirit, and a fierce determination. Anyone can show these elements some of the time, but only a true Black Belt lives them out every single day. A Black Belt also has to be a leader. They have to be able to step up into a leadership position. I have done this through assistant instructing at Martial Arts. I realize that every action I make or say will be followed by my students. Every class I teach, I try to provide a quality example for my students. A Black belt has the ability to be persistent and stick with something through the challenging times. He/She must learn to stick it out no matter the cost. All the ranks below black are meant to weed out the quitters from the system. If I didn't have this skill, I would have quit martial arts long ago and would probably end up not accomplishing a lot in life. A Black Belt is honorable. They know that they must carry the title of Black Belt with honor and respect in order to honor the tradition of black. With one trait missing, the journey to Black Belt will never be complete. Each trait cannot be fully developed without having the other traits firmly ingrained into the mind.

Many people think that a Black Belt is only something you wear around your waist two or more times a week. To honestly call oneself a Black Belt, one must have the attitude and mindset of a Black Belt 24/7. To get this attitude, one must have determination. Determination is what drives us forward or propels us to do something in life. I show determination not only in perfecting forms or moves, but by completing everyday tasks such as laundry and homework. Remember the mental requirement, “Consistent at completing tasks?” By following this mental requirement, one will complete another step in the journey: Never quit. Imagine if you quit everything you tried to do in life. Pretty soon, you would run out of new things to try and you will be saying, “I'm no good at anything!” To get really good at something, one must be prepared to stay in it for the long run. I know that Black Belt will take awhile, so I am ready to stay with it. So far I haven't quit and I don't plan on it as long as my body can still move. Finally, one must have confidence. Confidence to succeed and confidence to say “I can do this!” This is especially important when I break boards because my mindset going into it will usually predict the outcome. If I say “I can't break this”, I won't. If I say “I can break this”, I will.

Self confidence is part of courage. When many people hear the word “courage” they think of a classic western movie where the good guy has courage to stand up to the bad guy in a western showdown. However, this is not what true courage is. True courage is when a person recognizes a fear and says, “I can beat this”. When one starts the event, they might be scared or nervous. One example of this in my training was my first test as a white belt. I remember I was so nervous that I practiced Ki Bon 1 in the shower five times! This led to me having higher self confidence about making it through the test. One of my favorite quotes that reminds me to confident in myself is “out of the entire world, you should be your biggest cheerleader” (Mahatma Gandhi). A true black belt lives this quote every day when faced with life's obstacles.

The last thing one needs is the ability to be humble. Black belt is a very powerful symbol in today's society. The wearer of a Black belt has enough experience to kill someone with their hands. However, the true test of a Black belt is not to show those moves off, but to judge the situation and use their skills only if necessary. I have had to learn to take the less exciting (but safer) way out and always try to get away first. I have also had to contain myself when I'm angry so I don't use my skills in the wrong way.

Just like Rome, a Black Belt cannot be broken down into set parts. It is going to be different for each person. However, I think that we all need to be respectful and honor the qualities other people say it takes to become a Black Belt.

Connor turns 16-years-old this month and is a 1st degree black belt. Connor just got promoted from Assistant Instructor to Instructor in May. He has been training at TMA for 10 years.

“In every passionate pursuit, the pursuit counts more than the object pursued.” -Bruce Lee

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

Proceeds Benefit Issaquah Food Bank

Wednesday, June 18 & Thursday, June 19

Participants will be doing as many roundhouse kicks as they can (without putting their foot down) in all Taekwondo and Kickboxing classes on Wednesday, June 18 & Thursday, June 19th.

Kick-a-thon

- Ask your family and friends to sponsor you and have them sign your pledge sheet
- Your Instructors keep track and record your kicks on your pledge sheets
- Bring back all money collected to the front desk by Friday, July 11th
- 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).
- If you don't get pledges, you can still participate in the kick contest, but you will not be eligible for prizes

Look for pledge sheets at the front desk. Available on Monday, June 2nd

Food Drive

- Bring in Non-perishable food items in the month of June
- Mark your class day and time on the bag(s) of food you bring in. The class that brings in the most food will win a pizza party!

Prizes

Most donations collected:

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

Masters of Martial Arts: Yip Man

From Wikipedia.com

Yip Man was the first martial arts master to teach the Chinese martial art of Wing Chun openly. He had several students who later became martial arts masters in their own right, including Bruce Lee. Yip Man was the last Wing Chun student of Chan Wah-shun when he was 70 years old. He was the second son of a very wealthy family in Foshan, and received an exceptional traditional Chinese education.

Yip Man was 13 years old when he started his martial arts training. After 3 years his teacher died, but one of his dying wishes was to ask Ng Chung-sok to continue with Yip's training. At age sixteen, Yip Man went to attend school in Hong Kong.

According to one story, one day one of his classmates challenged him to try his martial arts skill with an older man. The man beat him with a few strikes. It turned out that the old man was Leung Bik. After that encounter, Yip Man trained under Leung Bik. At age 24, Yip Man returned to Foshan. His Wing Chun skills had improved tremendously while he had been away. His fellow students believed he learned a different kind of martial art and treated him as a traitor to Wing Chun.

Back in Foshan, he became a police officer. Yip Man didn't formally run a Wing Chun school, but taught to several subordinates, his friends and relatives. During the Japanese occupation of China, At the end of 1949, he decided to escape to Hong Kong without his family, when the Communists had come to Foshan.

In Hong Kong, he opened a martial arts school. When he initially began the school, business was poor because his students typically stayed for only a couple of months before leaving. By that time some of his students were trained to a sufficiently high enough skill level that they were able to start their own schools. Some of Yip Man's students and descendants compared their skills with other martial artists in combat. Their victories over other martial artists helped to bolster Yip Man's reputation as a teacher. Bruce Lee, Yip Man's most famous pupil, studied under him from 1954 to 1957.

In 1972, Yip Man passed away from throat cancer. He established a training system for the martial arts of Wing Chun and Wing Tsun that eventually spread across the world.



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 at this new day is Wednesday, July 2nd. The time is the same, starting at 6:30 and ending at 7:30 PM. The class is taught by Health and Fitness Director, YDJN Leslie Haye, so you know it will be a great workout!

Whip Into Shape With Boot Camp

Kickboxing Boot Camp will whip you into shape! Led by YDJN Drill Sergeant, Leslie Haye. Bring your running shoes. The cost is \$15 a day or \$30 for all three days. Sorry, no punch cards accepted. Boot Camp last 3 mornings: Monday, Wednesday, and Friday on June 23rd, 25th, and 27th and is from 6:15—7:00 AM.

Summer at TMA

There is a lot to look forward to this summer at TMA! The class schedule remains the same during the summertime. Please consider keeping you or your child's consistency in martial arts training an important part of your summer. Anytime you're following a program or have a goal in mind, persistence is key.

One option if you are busy during the afternoon is to switch or drop into the Tuesday and Thursday morning class from 10:00-10:55 AM. The class is open to all ages and ranks and will be available in July and August.

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). 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.

Private Lesson Special

Buy 4 private lessons and get the 5th lesson for free. Lessons expire 12 months from purchase date.

Assistant Instructors/Instructors	1/2 hour lesson: \$20	1 hour lesson: \$30
Senior Instructors	1/2 hour lesson: \$25	1 hour lesson: \$40
KBN Leah & KBN Skyler	1/2 hour lesson: \$30	1 hour lesson: \$50

Great for getting ready for tests, learning new requirements expediently after you get a new rank, catching up if you've been absent, and for students that want to supplement their group lessons. To schedule with the instructor of your choice, contact that Instructor directly and work out a time for the lesson. To schedule with any instructor, inquire at the front desk.

Supporting Our Instructors

To thank our Instructors for supporting our business, we would like to tell you about their businesses. Thank you for everything Instructors and staff!!! - The Zoppi's



In Home Shopping Service.

Save time & money, hassle-free shopping online or off. Get the best, most exclusive products in Health, Beauty & Homecare delivered to your door with 100% satisfaction guaranteed! Healthy snacks, supplements, energy drinks, & **TASTY** protein products. Free online assessments for nutrition & shopping needs, customized to your lifestyle. Shopping incentives & free shipping/delivery available. Information: **Deann Miller 425-442-5584** dmiller@wwdb.org

Vital Kneads

Out Call Massage By: Nicole Smelson
425-458-8174

A customized blend of Swedish and circulatory, deep tissue, and trigger point work.

Also available is sports massage and Injury treatment!!

I come to your house and provide all the necessary supplies, you just provide the space!

Massage not only feels amazing, but will help prevent injuries, increase your martial arts performance and flexibility, decrease stress, help boost your immune system, and much more!! Any questions please call!!

Pilates with Tami

Come experience positive change for your body and mind

\$12 a class or use your Kickboxing punch card

Tuesdays at 10 AM

TMA SUMMER ACTIVITIES 2008

Datu Kelly Worden Seminar

Saturday, June 14th Session 1: 10:00 AM-11:30 AM Session 2: 12:30PM-2:30 PM

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 Modern Arnis, Close-quarter Kali, Combat Training, Defensive Tactics, Renegade Jeet Kune Do, and more.

Session 1 cost \$30 **Topics:** double stick, single stick, empty hand, disarm, locks, and takedowns

Session 2 cost \$35 **Topics:** advanced single stick, travel wrench, knife disarms, and more!

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

Full Day Camps

○ June 23rd-27th ○ July 7th-11th ○ July 28th-August 1st ○ August 11th-15th

Camps run Monday-Friday from 9:00 AM – 3:30 PM. Our popular full day camps are run in a team format. Each team acquires “points” throughout the week for completing different tasks and winning various competitions. It's fun and there are outstanding prizes. Along the way, the valuable lessons of teamwork, leadership, and good sportsmanship are stressed. A snack is provided each day . All TMA youth students are welcome. The cost of camp is \$180. Because the camps are run in a team format, it is important that each camper is able to attend all five days of camp.

Kickboxing Boot Camp “March to a Different Beat”

June 23rd, 25th, & 27th Monday, Wednesday, & Friday from 6:15-7:00 AM

Kickboxing Boot Camp will whip you into shape! Led by YDJN Drill Sergeant, Leslie Haye. Bring your running shoes. The cost is \$15 a day or \$30 for all three days. Sorry, no punch cards accepted.

Summer Sleepover

August 23rd 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 4th-8th Monday through Friday from 9:00AM–12:30PM

○ August 18th-22nd 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

Day and place to be determined.

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

Regular Monthly Events

○ Class schedule remains the same for the summer. For a complete class schedule visit www.truemartialarts.com and click on Class Schedule.

○ Arnis seminars and tests:

◇ Saturday, June 7th

◇ Saturday, July 12th (2nd Saturday of month because of Independence Day Weekend)

◇ Saturday, August 2nd

◇ Saturday, September 6th

○ Taekwondo promotion tests: ○ Friday, June 20th ○ Friday, July 25th ○ Friday, August 22nd

○ Private lessons are available all summer. Schedule with the Instructor of your choice.