

Pine Lake TrueNews

March 2008

FOCUS ON: School Championships

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

Saturday, March 22nd

Pacific Cascade Freshman Campus

24635 SE Issaquah Fall City Road, Issaquah

Doors open for check-in at 9 AM, Competition begins at 10 AM

Form and Sparring Competition/Black Belt Demonstrations

Once a year, True Martial Arts students, instructors, and supporters get together to celebrate our school and our art! We hope everyone is very excited about TMA's biggest and best event of the year!

Our purpose for the School Championships is to provide a safe, friendly and positive environment for competition, promote good sportsmanship, and to further introduce and motivate students about their art and their school.

New students and/or parents of new students who've never been to a Martial Arts tournament sometimes aren't sure if they should participate. Many students will be competing for the first time and we are going to have several divisions for beginners. Being nervous and unsure is perfectly normal. This tournament is for EVERYBODY: people of all different levels of skill, age, and experience. We make sure to plan accordingly to make the experience as great as possible for ALL STUDENTS! Also, if you don't have sparring gear, extra gear will be available to borrow.

Concessions: There will be food and drink concessions. We will also have a few items on hand such as mouth guards and other sparring equipment should you forget to bring anything. In addition, YDJN Nicole Smelson, a licensed massage therapist will have her services available.

Trophies / Souvenirs: There will be over 200 trophies awarded at this year's event. In addition, every competitor will receive a souvenir from the tournament, so nobody will walk away empty-handed.

Uniforms & Equipment: Wear your formal white top for the forms competition. For sparring, wear your uniform top or wear your TMA T-shirt. Bring your sparring gear if you have it. Don't forget your mouth guards and groin cups for male competitors.

Tournament Rules: Will be posted on the bulletin boards, gone over in classes, and also at the event.

Judging/Questions/Appropriate Behavior: Our judges will be practicing in class for weeks leading up to the tournament. They, like the competitors, are trying to do the best job they can. Arguing with judges by parents or competitors and heckling will not be tolerated. Please keep in mind our goal to promote good sportsmanship and to provide a positive experience for everybody involved. If you have any questions there will be several arbitrators, tournament officials, and Black Belts on hand to direct them towards. Feel free to cheer and take pictures and videos!

How long will the tournament last. When will I compete?: Because it isn't possible to predict how long all the divisions, demonstrations, events, etc. will last, it is difficult to answer this question. If you are able to clear your calendar for most of the afternoon that would be the safest bet.

Do I have to go to the tournament?: As previously mentioned, the School Championships only happens once a year and it's the one event that we would love to have EVERY STUDENT at True Martial Arts attend and participate in. It's to your benefit to attend, and you'll be glad you did...so sign up soon and we'll see you there! Good luck, have fun, and enjoy the demonstrations and competition!



Upcoming Events

Saturday, March 1st

Arnis Seminar and Test at 10 AM & 1 PM

Friday, March 7th

Body Pump 6:30-7:30 PM

Saturday, March 8th

Girls Camp 10 AM-2 PM

The biggest loser begins; orientation meeting at 9 AM

Friday, March 14th

Taekwondo Test at 6:30 PM

Saturday, March 22nd

TMA School Championships

2008 Camps

Girls Camp

March 8th

Spring Break Half Day Camp

April 9th - 13th

Summer Full Day Camp

June 23rd - 27th

July 7th - 11th

July 28th - August 1st

August 11th - 15th



Student of the Month

Name: Robert Parker
Age: 12 years old
TKD rank: Brown belt
Arnis rank: Blue belt
How long have you been training at TMA:
7 years + Pee Wee Kickers
Favorite Martial Arts move:
Opposite Attack because it's a powerful move.
What is your favorite thing about Martial Arts?
It helps me to be strong
Favorite thing to do outside of Martial Arts:
Play video games
What is your Martial Arts goal?
To be a black belt
How has martial arts helped you?
It has helped me to get stronger and in shape

Instructor of the Month

Name: BJN Lowell Troyer
Age: 16 years old
TKD rank: Provisional Black Belt
Arnis rank: Black Belt
How long have you been training at TMA:
9 years
How long have you been teaching at TMA:
4 years
What classes do you teach?
4:15PM Tuesday & 5PM Tuesday and Thursday youth beginner classes
Favorite martial arts move(s):
Front roundhouse kick
What is your favorite thing about martial arts?
The calm it brings me in my hectic schedule and the physical benefits.
What is your favorite thing to do outside of martial arts:
Play video games with friends
What is your martial arts goal(s)?
To become a 1st degree black belt and a great instructor.
How has martial arts helped you?
Helped me control both my mind and my body better.
What is your favorite thing about teaching martial arts?
To see the students grow and develop over the years.

SAMMI Nomination

The SAMMI awards of distinction celebrates and honors those who make unselfish contributions, and inspire others to contribute to the quality of life in Sammamish. The awards ceremony is Saturday at 7 PM, March 8th at Skyline High School.

KBN Skyler and KBN Laurel are proud nominees in the business category as an owner or manager of a Sammamish enterprise who generously uses their business resources to help support community causes.

Here is the write-up from the SAMMI awards committee:

“Laurel Zoppi and son, Skyler are Sammamish residents that own True Martial Arts, a family-oriented martial arts school in Sammamish since 1995. Their mission is to inspire and motivate people through martial arts training.

The Zoppi's believe no person who wants to learn martial arts should be unable to because of financial difficulties. In 2007, they granted over \$4,000 in tuition waivers.

They take pride in providing jobs to 32 young adults in Sammamish. The Zoppi's mentor these young adults by teaching leadership skills that will make them better qualified and more prepared for future education and employment opportunities.

Laurel and Skyler teach free self defense and safety classes and perform exhibitions for numerous community events and groups. They organized fundraisers for the M.S Society and Hopelink raising over \$5,500 and collecting 20 crates of food last year. Instructors from True Martial Arts annually help to facilitate Autism Day activities for families touched by Autism. They volunteer services to be auctioned off for local organizations as fundraisers, in addition to financially supporting local and national charities.”

Pro Shop Special

This month Pro-style middleweight pants are 10% off. The waist area is an elastic back with a laced up front. The have a rear pocket. They come in sizes 3-6.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Sreeja Stanam
Yellow: Marc Horsfield, George Liu, Chip Mauzy, Zachary South, Chelsea Stone
Advanced Yellow: Connor Rooney
Green: Diego Batres, Alison Kremer
Advanced Green: Arghya Kannadaguli, Anton Viloktski
Blue: Dave Lee, Ehmer Taj, Catherine Weber
Advanced Blue: Jaron Jin, Scott Miller
Brown: Katherine Baker, Makaela Bielaski, Christopher Clark, Bob Davis, Frank Jing, Allen Kim, Kevin Liu, Robert Parker, Holly Raissipour, Menna Sethuraman

Arnis Promotions

Yellow: Avery Barley, Mackenzie Case, Ashvi Sriram, Karan Sunil, Raghu Tirumala
Green: Antoine Bisson-Pelland, Kelsey Lockard, Catherine Weber
Blue: Anton Bezruchkin, Luis Delgado
Brown: Eric Strasik

Happy Birthday!

Taylor Adams, Debbie Bredeweg, Max Fontana, Shayla Gutmann, Gage Gutmann, James Hollinworth, Arghya Kannadaguli, Jillian Kent-Dobias, Pedro Kuhn, Henry Meng, Gemma Morris, Logan Reid, Tanvi Soans, Sreeja Stanam, Raghu Tirumala, Andrei Trandafir, Emily Vu, Jessi Wanamaker, Shelli Wanamaker, Nathan Wong, Anthony Zhu

Welcome New Students

Anumita Chopra, Shadmaan Hussain, Kelly McMaster, Andrew McMaster, Katie Tantillo

Training Anniversaries

One Year: John Hsia, Henry Meng, Debbie Bredeweg, Gautam Narayan, Ethan Tan
Two Years: Heidi Wolfe
Three Years: David Kuhn & Bob Davis
Four Years: Trisha Ballata
Five Years: Jeremy Kaelin
Eight Years: Jarrett Oseran
Nine Years: Jackie Dulken & Jillian Backman
Ten Years: John Gerlach
Twelve Years: Andrew Roehrig
Twenty-Two Years: Leah Zoppi

BLACK BELT

“What It is & What it Takes”

By Amanda Jenkins

Becoming, exhibiting the qualities of, and living the life of a black belt has been an incredible and almost indescribable journey. Becoming a black belt requires a test of physical strength as well as the strength of character. Perhaps the most astonishing aspect about becoming a black belt is the metamorphosis people go through from white belt all the way up to their black belt promotion.

When I was little, my mother gave me a choice between going into gymnastics or martial arts, since the two schools were side by side. I initially had my mind set on gymnastics but I changed my mind at the last minute and decided to go into martial arts. Before I joined, I was a bratty, self-centered little kid. When I first began training, I was very fearful and gave up on any sign of physical activity. I was terrified of everything! Bigger kids scared me, Ki-hops scared me, punches and kicks scared me, and sparring scared me worst of all. The first time I'd ever gotten hit in the stomach while sparring, I cried, threw my hands down, and decided I never wanted to spar again. Now, every time I gaze at the sparring trophies sitting on my shelf I look back upon the memory and laugh to myself.

The path to Black Belt has also taught me the meaning of perseverance and indomitable spirit. Possessing indomitable spirit makes it possible for the human mind to achieve any aspiration no matter how strenuous or challenging that task may be. There have been many factors which can be discouraging along the journey to becoming a black belt. The toughest obstacle was overcoming the doubts I had about my own abilities and capability to become a martial artist. I used to be nervous, fearful, and lacked self-confidence. I always doubted myself and became discouraged any time I made a mistake. I didn't believe in myself and therefore was my own obstacle in the way of progression. I admit that I've considered quitting many times in the past but there was always a voice in my head that told me, “*Maybe everything will be better next time.*” I didn't start progressing until my attitude changed and I gained self confidence over time. In addition, respect is also an important factor to becoming a martial artist as well as a well-rounded and honorable person. In

order to gain respect from others, you must be able to give respect to others and maintain it. Respect for other people is a necessary factor for not only becoming a great martial artist, but a person who is also revered in society. It is an important part of martial arts, because such an activity is capable of damaging others if misused in an improper manner.

In addition to becoming a black belt there are qualities of responsibility and attributes of leadership that are learned. Though I haven't become an instructor yet, I still have a responsibility as a black belt to demonstrate maturity, integrity, and guidance. It is important to set a good example for younger children and lower ranks. They look up to the leaders who exhibit skillfulness, honor, respect, devotion, and most important of all self-fulfillment and pleasure in what they do. A leader must display a positive attitude even in the face of frustration and difficulty, and possess the ability to make decisions which will benefit his or her students. It takes a great deal of patience and understanding to become a leader. Most importantly, a leader must exhibit a spirit of altruism and watch out for the wellbeing of others over themselves.

I feel it is important to have a good mentor in any activity or sport. A good mentor can determine how enjoyable a sport or activity is, in order to keep people cheerful and satisfied. They encourage people to strive for excellence and help bring out the best in their students. I have been inspired by many of the instructors here at True Martial Arts and look forward to becoming an instructor soon.

Becoming a black belt has also opened up a door to achieving goals outside of martial arts. Since I've been in martial arts, I began setting both long and short term goals. Martial arts have helped me gain the confidence and the motivation necessary to achieving any goals I've set. It has implemented discipline in my daily life and in the way I deal with events and occurrences. I have begun setting goals in school and other activities that I may not have considered setting if I hadn't been motivated by martial arts. I used to quit and give up on many things before I took martial arts. Now I rarely find myself giving up on a daunting task or quitting on the path to pursuing an aspiration. Martial arts has also helped me deal with stress and the ever changing daily events of life. I find myself more patient and able to develop a higher level of discipline and

restraint when a frustrating or difficult situation occurs.

I believe the definition of a Black Belt is beyond the summarization of just possessing qualities of honor, courage, indomitable spirit, etc. It is not only a rank or position but it is also a philosophy. There is so much more to being a Black Belt that also cannot be truly characterized in words. A Black Belt must be able to not only possess these qualities but also be able to also apply them throughout different aspects in life inside and outside of martial arts. A Black Belt must have a love for endless learning, a love for work and effort, and a love for challenges and progress.

I think back to the memory I have of choosing Taekwondo or gymnastics. That one decision was, perhaps, the greatest decision I have ever made. I often wonder how I would have turned out as a person if I had not done through all the good times, bad times, tears, and sweat. Taekwondo has been an amazing and almost indescribable experience in my life. Without it, I could have never learned of the capabilities I possessed and most important of all, meet so many astonishing and remarkable people. Without a doubt, martial arts and all of the people participating in it have definitely shaped my life and have also brought so many benefits and amazing experiences I'll never forget.

Amanda is a seventeen-year-old 1st degree black belt. She has been training at TMA for 9 and 1/2 years

Gage Gutmann Tiger Club Essay's Thought of the Week

Integrity means you're going to do something and keep your word and do it. When you say you are going to do something for another person, they count on you to keep your word. You have to do this all the time. If you don't keep your word and never do it, people will be really disappointed in you and they won't want to hang out with you.

Mental Requirement

I like the mental requirement, reaches for black belt, because I want to reach my goal of getting my provisional black belt before I'm eleven. That means I have to work hard everyday and try my best.

Gage is an advanced brown belt at TMA. He turns 10 on March 8th. He has been training for 3 and 1/2 years.

Girls Camp

Saturday, March 8th
10 AM—2 PM
For girls of all ages!

You don't have to be a True Martial Arts student to attend. There will be safety training, girl fun, and a whole lot more.

Bring a lunch

Cost is \$30. \$20 for each additional family member.

TMA Birthday Parties

We Provide:

- * A beautiful facility ready to accommodate all your party guests
- * Great staff ready to make this a special day for your child and their friends
- * Staff supervision of children allowing parents to enjoy themselves
- * Exciting martial arts drills and games
- * Self defense lesson
- * Table for cake & gifts
- * Board breaking lesson and demonstration. Kids get to try breaking techniques on newspaper afterwards.
- * Registration and waiver forms

Cost:

\$100 an hour— Up to 15 children. More children may attend for an additional fee

15 minutes of setup and 15 minutes of cleanup will be added to the time of the party.

Safety Seminars

Do you know of a group of women that would be interested in a safety seminar? The seminar teaches safety practices and information on how to stay safe and self defense to escape from someone trying to grab you.

You can request a safety seminar at the front desk or by emailing us at info@truemartialarts.com.

- * Taught by Laurel Zoppi, Owner of True Martial Arts
- * Laurel has over 25 years of Martial Arts experience
- * Laurel has taught self defense to hundreds of women of all ages

Laurel will come give a seminar to your group or she will host your own private seminar at True Martial Arts. The group should have at least 10 people and the cost is \$20 each.

Fitness and Health News

SPRING INTO SHAPE

with

THE BIGGEST LOSER

MARCH 8TH-APRIL 19TH

A 6 week fitness challenge designed to help you in the following areas:

Body Fat Loss

Improved Strength & Conditioning

Improved Healthy Lifestyle

Orientation meeting on Saturday
March 8th at 9 AM

GREAT PRIZES AWARDED!!

\$40 REGISTRATION FEE

Make Your Workout A Habit

Dodge quitters' weight-gain by sticking to your fitness plan

From Men's Health

Super Bowl champion Justin Tuck of the New York Giants used consistent hard work to become a fixture on his team's dominant defense. He stopped by the Men's Health offices this week and explained his training philosophy—and the problem most people face when starting a new workout.

"Just be consistent. I think some people set unrealistic goals and when they don't reach them, it's an excuse to give up. Never waver. When you start something, finish it."

That attitude isn't just sports-psychology boilerplate. New research out of the University of California at Berkeley of more than 20,000 runners found that the people who quit on or took "breaks" from their fitness plans put on abnormal amounts of weight that they couldn't easily knock off.

Tuck says he'll only take 3 weeks off after winning the Super Bowl, and he'll train until the Giants' run at another championship is over next season. Even on his "break", Tuck says he'll still run every day.

YDJN Leslie Returns

YDJN Leslie returns from her extended vacation in Palm Springs, California during the first week of March! She will be teaching the March Body Pump class on Friday the 7th at 6:30 PM.

Pilates Special

Bring in a friend that signs up for a punch card and you'll get a free class!

Introductory punch card: 6 Classes-\$36. Shop around at other places that offer Pilates and see what a great deal this is!

Current students of Cardio Kickboxing can use the same punch-cards they use for Cardio Kickboxing.

Pilates Class: Tuesdays at 10 AM

What is Pilates?

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

What are the Benefits?

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

Korean Terminology

Chit-ee-yet	"Attention"
Kin-Yet	"Bow"
Moon-yung	"Clear your mind"
Bah-do	"Return"
Ho-hop	"Breathe and relax"(Bow first)
Hana	1
Dool	2
Set	3
Net	4
Dosset	5
Yosset	6
Eel-gup	7
Yah-dull	8
Ah-hope	9
Yull	10
Chun-bee	"Ready"
See-shot	"Begin"
Ki-hop	"Yell with spirit"
Kin-ah-see-o	"Class is over"
Kahm-sah-hom-nee-da	"Thank you"
Chah-mi-nay-o	"You're welcome"

Bo Ja Nim: Instructor, not yet a 1st Degree black belt

Yu Dan Jan Nim: Instructor, 1st or 2nd Degree black belt

Kyo Bum Nim: Instructor, 3rd Degree or higher

Sa Bum Nim: Instructor, 4th Degree or higher and Chief Instructor