

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.



20th Annual True Martial Arts School Championships

Saturday, March 21st

Pacific Cascade Freshman Campus

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
- Further introduce & 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.

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March Events & Makeup Class Schedule

Sunday, March 1st

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, March 6th

Youth/Adult makeup class 7 PM

Saturday, March 7th

Arnis Seminar and Test

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

No Saturday Makeup Class

Sunday, March 8th

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, March 13th

Teen/Adult makeup class 7 PM

Saturday, March 14th

Youth Makeup Class 10 AM

Instructors Meeting 11:15 AM

Sunday, March 15th

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, March 20th

Youth/Adult makeup class 7 PM

Saturday, March 21st

TMA School Championships

Check-In starts at 9 AM

Events start at 10 AM

Pacific Cascade F. Campus

No Saturday Makeup Class

Sunday, March 22nd

No Black Belt Club Workout

Friday, March 27th

Taekwondo Test 6:30 PM

No Friday makeup class

Saturday, March 28th

Youth/adult Makeup Class 10AM

Sunday, March 29th

Black Belt Club Workout

11:30 AM-1:00 PM

Monday, March 30th -

Friday, April 3rd

Spring Break Half Day Camp

9:00 AM-12:30 PM

Student of the Month

Name: BBN Heidi Wolfe **Age:** Adult
TKD rank: Advanced Brown belt **Arnis rank:** Brown belt
How long have you been training at TMA: 3 years come April
Favorite Martial Arts move(s): Jump reverse back heel kick because it challenges me. Also, anything with weapons.

What is your favorite thing about Martial Arts?

My favorite about martial arts is how it pushes me mentally and physically to my limits, it which point, I realize I can do more.

Favorite thing to do outside of Martial Arts?

Read, learn, anything music (sing, dance, play an instrument), learn, go out with family, learn, and travel.

What is your Martial Arts goal?

To earn my black belt and to learn other styles of martial arts.

How has Martial Arts helped you?

Martial arts keeps me in shape. I also like the knowledge that I can defend myself and my family if I need to. Most of all, I have made some good friends doing martial arts.

Instructor of the Month

Name: KBN Leah Zoppi **Age:** Adult
TKD rank: 3rd degree Black belt **Arnis rank:** Same
How long training: Infinity **How long teaching:** 12 years

What classes do you teach? Black Belt Club Teen/Adult & Arnis Seminars

Favorite martial arts move(s): Round house kick

Favorite thing about martial arts? Harnessing my inner strength and power and directing it toward a purpose- both physically and mentally.

Favorite thing to do outside of martial arts: Yoga

What is your martial arts goal?

To help other people find the rewards of progressing through the stages of martial arts from beginner to expert just as I have.

How has martial arts helped you?

It helped me find a part of myself- strong and determined—that I'm not sure I would have ever found if martial arts weren't a part of my life. I also like that it brings physical and mental balance to my life.

What is your favorite thing about teaching martial arts?

Connecting with my students through a shared love. Teaching always sends me home feeling happy no matter how rough my day was.

Half Price New Year's Teen & Adult Special

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

- Offer valid only for teen/adults and new students
- Last month! Offer expires on March 31, 2009

March Pro Shop Special

Sign up for Electronic Funds Transfer (EFT) for your tuition payment and receive \$20 off the School Championships for each student in your family.

Electronic Fund Transfer (EFT)

Electronic Fund Transfer is a payment that is automatically withdrawn from your credit or debit card at the beginning of each month.

If you decide to change or discontinue the EFT service, inform True Martial Arts, in writing, at least 14 days in advance of the next payment date.

April Taekwondo Test Schedule

Black Belt Testing Weekend

- For those testing for provisional black belt and higher: Friday, April 24th at 7 PM. This is a private test, no spectators allowed.
- For those testing for blue belt & lower: Saturday, April 25th at 4 PM
- For those testing for advanced blue belt and higher (including black belt testers): Saturday, April 25th at 6 PM. This is a public test.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Thales Correa, Yan Correa, Nolan Hawkins, Panka Homorodi, Rishi Kavikondala, Landon Kleinfelder, Hans Koduri, Tanush Korde, Polina Kritchko, Rasyad Rasyamond, Konstantin Velitchko, Ben Wiljanen

Yellow: Parker Best, Raturaj Chaphekarm, Susheel Cheeti, Matthew Guinasso, Daniel Hawkins, Daniel Hong, Alex Jones, Cameron MacKenzie, Ashwin Madhaven, Roshni Patel

Advanced Yellow: Chase Barton, Patrick Martin, Joshua McLaughlin, Aidan O'Neill, Colin Vaughan

Green: Keegan Case, Akkshay Khoslaa, Sreeja Stanam

Advanced Green: Mackenzie Case, Braynan Case, Kevin Do, Chip Mauzy, Ethan Tan

Blue: Annika Boelitz, Amanda Delgado, Arghya Kannadaguli, Madison Willis

Advanced Blue: Anton Vilkotski

Brown: Luke Sala

Arnis Promotions

Yellow: Chase Barton, Brooks Barton, Danny Martin, Josh McLaughlin, Michael Padilla, Noah Rosenberg, Rithvik Tirumala, Jordan Vaughan, Colin Vaughan

Green: Kevin Do, Griffin Glover, Arghya Kannadaguli, David Kuhn, Gautam Narayan, Amrit Puri, Kabir Puri, Raghu Tirumala

Blue: Neel Sahay

Brown: Niveda Ganesh, Allen Kim, Robert Parker, Meena Sethuraman

Black: Samantha Krahling, Callan Rasmusson, Addison Wong

Happy Birthday!

Anthony Algaw, Jack Brennan, Raturaj Chaphekar, Brendan Dillon, Max Fontana, Shayla Gutmann, Gage Gutmann, Andrew Hopkins, Arghya Kannadaguli, Jillian Kent-Dobias, Dennis Kritchro, Pedro Kuhn, Ian lam, Amber McGraw, Michael Padilla, Logan Reid, Pat Schreiber, Tanvi Soans, Sreeja Stanam, Raghu Tirumala, Shelli Wanamaker, Jessi Wanamaker, Nathan Wong

Welcome New Students

Nate Do, Ryan Garcia, & Arjun Rajpal

Training Anniversaries

One Year: Pat Schreiber, Ryan Knutson, Levente Homorodi

Two Years: Ethan Tan, Gautam Narayan

Three Years: McKenna Wolfe, BBN Heidi Wolfe

Four Years: Bob Davis, David Kuhn

Five Years: BBN Trisha Ballata

Six Years: Jeremy Kaelin

Nine Years: Jarrett Oseran

Ten Years: YDJN Jillian Backman

Eleven Years: YDJN John Gerlach

Thirteen Years: YDJN Andrew Roehrig

Twenty-Three Years: KBN Leah Zoppi

BLACK BELT: “What It is & What it Takes”

By Linda Yee

Many people start down the path towards a black belt. Some have great physical strength and flexibility. They learn quickly and look amazing. Others have limited flexibility, need much time to master the techniques and do not look as impressive. Yet many in the first group will not achieve black belt. Within the black belt ranks, both are represented. No, physical ability is not the key to the black belt. I believe that a black belt is testimony of a person’s mental discipline. A black belt has learned to control their negative thinking and to think positive thoughts instead. They will not give up and they strive to do their best.

There are three words which may not be spoken on the training floor at True Martial Arts. They are: “can’t”, “tired”, and “ouch”. For good reason, these little words are met with pushups whenever they slip out. They have the power to derail even the most promising martial arts career, and, uncontrolled, they eventually culminate in the word “quit.”

Some people have these words under control even as young children. I do battle with them almost every week! “Can’t” comes to mind when I am learning some of the form basics and kicks for every new rank. I hear it, but I have learned to push the thought to the side and practice as though mastery is inevitable. I have mastered many things that I thought were impossible through perseverance. Many days I feel too “tired” to go to class. I go to class anyway. Surprisingly, the exercise makes me feel better. The fear of “ouch” may be my biggest challenge of all. Yet, I know that everyone on the training floor has lived through pain and many have been injured. That is life. Last week, as I was paralyzed with fear over doing a flying kick to a stationary bag (Where do I land after the kick?), the assistant instructor gave me some good advice – “Get over it.” And I did and I will.

I see the black belt attitude every time I come to class. I see it in my instructors. I see it in my classmates. I even see it in some of the first graders! They take my breath away and they take away all of my excuses. I used to say, “I’m too old for this.” But I know several people my age who are black belts. I used to think, “My life is too hectic to fit this in.” But one of the finest instructors in the school does exactly what I do (and probably more) with two more children at home. I used to think, “I could never break a board with a front kick.” But I saw a determined, very slender preteen girl break her board with a front kick on the fourth or fifth try. Everything is possible with a black belt attitude.

For years I have done battle with my negative thoughts. I have not given in to them. Instead, I have focused on doing my best. And as I have done that, my belt has changed color many times. On Tuesday night, when I put on my uniform, I will reach up on the shelf for my belt – provisional black. There is a lot of work ahead of me and a lot of challenges, but as I meet those challenges head on and do what needs to be done, eventually I will reach up and there will be a real black belt on that shelf. How about you? What color is your belt? If I can get this far, you can bet that you can too. Don’t give up! There is a first degree black belt with your name on it waiting for you.

Linda has been training at TMA for 7 years.

Summer Full Day Camp Dates Announced

One of our most popular and anticipated activities here at True Martial Arts is our full day camps. Each year, parents start to ask us when we will be having summer camp so they can plan it into their schedules. Summer Full Day Camp is 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. All TMA youth students are welcome. As they are a part of a team, participants are required to attend everyday. Here are the dates:

- Monday, June 22nd-Friday, June 26th
(If Issaquah & Lake Washington School District ends before 22nd)
- Monday, July 6th-Friday, July 10th
- Monday, July 20th-Friday, July 24th
- Monday, August 10th-Friday, August 14th

- * Camp is from 9 AM to 3:30 PM
- * Snack is served; campers bring their own lunch
- * Half Day camps will be announced at a later date

Kickboxing Korner

YDJN Leslie returns from extended vacation this month! Her first day back teaching Cardio Kickboxing will be Saturday, March 7th at 8 AM.

Leslie is planning a special **sparring cardio kickboxing class** on Thursday, March 19th at 7:15 PM. If you don’t have your own sparring gear, we will have some to provide. Everyone will need their own mouthpiece. The sparring will be non-contact but you can never be too safe!

Masters of Martial Arts: Ed Parker

From Wikipedia.com



Edmund Parker (March 19, 1931–December 15, 1990) was an American martial artist, promoter, teacher, and author. Parker was born in Hawaii and began his training in the martial arts at the age of 12 in judo and later boxing. Some time in the 1940s, Ed Parker was first introduced to Kenpo by Frank Chow. Frank Chow introduced Ed Parker to William Chow, with whom Parker trained while serving in the Coast Guard and attending Brigham Young University. In 1953 he was promoted to the rank of black belt.

Parker opened the first commercial karate school in the western United States in Provo Utah in 1954. By 1956, Parker opened his Dojo in Pasadena, California. His organization was called International Kenpo Karate Association.

Parker was well known for his business creativity. He helped many martial artists to open their schools. He was also well known in Hollywood where he trained a great many stunt men and celebrities; most notable was Elvis Presley, to whom he awarded a black belt Kenpo. He also left behind a few grand masters who are know around the world to this day such as Frank Trejo who runs a school in California. He ahelped Bruce Lee gain national attention by introducing him at his International Karate Championships. He served as Elvis Presley's bodyguard during the singer's final years, did movie stuntwork and acting,. He is best known to Kenpoists as the founder of American Kenpo and is referred to fondly as the "Father of American Karate". He is formally referred to as Senior Grand Master of American Kenpo.

The 1991 martial arts film *The Perfect Weapon*, starring one of his students Jeff Speakman, contained a dedication to Parker before its closing credits.

Parker was portrayed by his son, Ed Parker Jr., in the 1993 Bruce Lee biography, *Dragon: The Bruce Lee Story*.

Tiger Club is starting! Get signed up by March 12th if you want to join!

The Tiger Club program provides incentive for students to:

- Make an achievement and aim for a goal
- Explore the mental aspect of martial arts
- Attend class regularly
- Make progress in training
- Get involved in TMA events

Earn a Tiger Club T-Shirt that you can proudly wear to class if you complete all 6 Tasks!

Students will earn a reward for completing the different objectives outlined below. There is a \$10 Administrative fee to participate. The Tiger Club is a 5 month program that starts March 1st and ends on July 31st.

Objectives to Complete for Membership

1) Perfect attendance in your Taekwondo classes (46 classes total).

You can make up or do additional classes at anytime within the 5 month time period.

2) Submit a short essay about a thought of the week.

3) Submit a short essay about a mental requirement.

4) Attend the School Championships

5) Any combination of 5 Arnis events: Seminars, Thursday Arnis classes, or Arnis Tournament

6) WILDCARD- Choose from any of the following: attend a full day camp in June/July, attend any seminar other than Arnis, attend 5 fitness classes, or attend 1 Private lesson.



To enroll: Pick up a Tiger Club registration packet at the front desk., pay the \$10 registration fee, & get ready to start March 1st!

...School Championships Continued

Concessions: There will be food and drink concessions. We will be serving lunch items as well as snack items. We will also have a few items on hand such as mouth guards and other sparring equipment should you forget to bring anything.

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 schedule 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!

Lessons From Winning and Losing

There are so many wonderful lessons to learn from winning and losing. Those lessons are one of the main purposes and focus of the TMA School Championships. Some examples of winning and losing lessons include:

- 1) **If you lose there is still tomorrow.** Sports teaches children that even if you lose there will be a next match, next game or next season. Everyone starts that next match with the same chance to win because the score is 0 to 0.
- 2) **Losing does not make you a loser.** Losing means you did not win this time. We each have our own blessings and skills that doesn't always translate to winning.. What we should avoid is having a "losing attitude". Keep your head up!
- 3) **Winning does not make everything all right.** Winning is a wonderful feeling. Winning at something you've spent a great deal of time and resources to accomplish is especially rewarding but it too shall pass, just like losing. This should teach us that winning should be treasured because it is fleeting and there will always be tomorrow and the next challenge or challenger. Eventually, someone else will win and life will go on.
- 4) **The real victory is in meeting the challenge of competition.** Often, we hear really successful people say that the journey is more important than the result. This means meeting all the challenges and adversities along the way is more rewarding than the actual result. This is why successful people are always looking for that next big challenge. Help children see their accomplishments and help them build on those accomplishments. Competition is a means to help children stretch themselves in ways they many not otherwise stretch. Even if they do not make the ultimate goal on that day, there is always tomorrow and the fact that they were still competing and making effort gives them the chance to win and become a better person.

Final Thought - Sports is the simplest way to exemplify the benefits of competition. The pitcher who holds the record for the most losses also happens to be the person who holds the record for the most wins. Sure he failed a bunch of times but he also won. You might have heard of him; his name is Cy Young. Baseball named the award for being the best pitcher in a season after him. Kids need to learn that in order to win they need to compete. Protecting them from competition only serves to protect them from the lessons and joys of winning... so I say go compete at the School Championships!

Tournament Message From KBN Skyler Zoppi

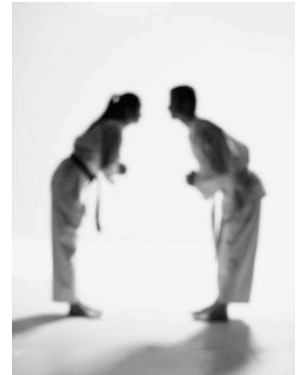
If you can react the same way to winning and losing, that's a big accomplishment. The quality of your effort and how you carry yourself in the ring is what is most important. If you try your best and be a good sport, you should be proud whether you walk out with a trophy or not.

The Benefits of Competition

Competition is a fact of life! With the right attitude, competition can be a positive, character-building experience. It provides one of the best opportunities for children as well as adults to come in contact with rules and social values. Competition plays a prime role in promoting values such as tolerance, fairness and responsibility. It is up to all of us: instructors, parents, and participants to make sure that the positives of competition are embraced and demonstrated.

Competitive sports help participants to:

- Learn to work in a group or as part of a team
- Learn to manage success and disappointment
- Learn patience and perseverance, particularly when pursuing goals
- Learn responsibility and time management: by balancing training and other activities
- Learn to manage stress
- Learn to interact and relate with a variety of other people in a variety of situations
- Learn to set and achieve goals
- Learn respect for others and good sportsmanship
- Gain physical fitness and develop body awareness
- Gain confidence in their abilities and improve their self esteem
- Learn about Resilience. Deal with disappointment and misfortune in a positive environment.



For all of these reasons, competition can be very positive. It is also possible for competition to be negative. Problems can arise when someone distorts competition by overemphasizing the values of winning and losing. We all have the responsibility to embrace the positive and discourage the negative.

Tournament Message From SBN Thomas Zoppi

To help celebrate our 20th annual School Championship, we look back at a message written to TMA students in 1994 by the tournaments original founder, the late Sa Bum Nim Thomas Zoppi.

You can't win them all; I'm here to tell you. I was going through some old stuff the other day and I found a paper that listed the first tournaments I attended and how I did.

The very first tournament I attended was in Stockton, California in 1972. I had just achieved yellow belt. I lost my first match by the score of three to two. In the next tournament, I again lost my first match. In my third tournament, I had the same result.

In my fourth tournament, I placed first and won a nice trophy. Then I lost in the first match of my next tournament, and the next, and the next! In my first seven tournaments, I lost in my first match six times.

That doesn't equate to a very good record, but the cool thing is that I remember those first tournaments, and I had fun at them. Recently, I have also enjoyed telling students about some of the crazy experiences I had at those tournaments. What's wild is that until I found that paper I hadn't remembered all of the defeats in my first tournaments. I guess the memories of the competition, the great martial artists I saw, and the people I met are brighter than the trophy count. Unfortunately, not everyone that attends our school championships will bring home a trophy, but I hope each of you goes home with many great memories. Believe me, the great memories last longer than the trophies and the losses.

Spring Break Camp in March and April

Issaquah and Lake Washington School Districts (where most of our students attend school) have different dates for Spring Break this year. Because of that, we will be offering two weeks of spring break camp to accommodate students from both school districts. The cost is \$85 to attend all five days or \$20 a day. You can drop-in any day(s), no need to pre-register.

Our half day camps are open for everyone to attend, so, feel free to invite siblings and/or friends. A snack is provided. Wear your school uniform and bring your Arnis weapons and sparring gear each day (if you have).

Week 1: Monday, March 30th- Friday, April 3rd 9:00 AM– 12:30 PM

Week 2: Monday, April 6th– Friday, April 10th 9:00 AM– 12:30 PM