

Pine Lake TrueNews

May 2008

FOCUS ON: Arnis

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

My Arnis

By Jon R. Cory, KBN

I was in class one night, many years ago, and my instructor (SBN Tom Zoppi) was having us get up one at a time, and do free form with a stick. Like most adults, I really didn't care much for free form, but when we got to do it with sticks, I didn't mind so much. In fact, I kind of enjoyed it. I hadn't been training at True Martial Arts for all that long, but I was really starting to warm up to this "Arnis" thing that was part of our training.

It got to be my turn to get up do my free form, so I went up and did my thing. I really didn't think much about it. The music came on, I twirled, threw a kick in here and there, did stick motions all over the place, got crazy for about a minute. The music stopped, I saluted, and SBN Zoppi said "Wow, if anyone ever gives you a hard time, just get out your sticks and do that. They wont bother you again."

From that moment I was hooked. I already liked Arnis to begin with, but when he paid me that compliment, it became something really special to me. I used to love hearing him say "get your sticks" when we where in class. In those days, that was the only Arnis weapons we where using. Sword and dagger came latter, and bo and long sword came along a long time after that.

The next event that made Arnis even more special to me was when Professor Remy Presas came to our school for a seminar. I was blown away! I couldn't believe how this guy would take the biggest guy in our school, get him in joint locks, and have total control over him, and how he would move from one technique to another. He was so smooth, it was so amazing. It made me see how practical Arnis is. How if you understand the motion, how easy it is to apply.

Those are two of the reasons that I love Arnis as much as I do. There are others. It is a soft style, and I do appreciate it for that. I strongly believe that if you can have influences of both hard and soft styles in your art, you are much better off. Like anything in life, you need the Yin and Yang that provides a balance. Without that balance, you have something that is less than what it should be. Arnis adds the soft style to the Tae Kwon Do hard style. I will say this to underscore how important I think this is. Every piece of martial arts equipment that I have is marked with the Yin and Yang symbol.

So please, keep working your Arnis. Work it until you not only understand it, but make it your own. Make it flow, make it make sense. Understand it so that it doesn't matter which weapon you have, the motion is all the same. Understand it so that you can apply the motion to any situation. Let me know if you there is anything I can do to help you with this. I will do whatever I can to help you.

So, thanks a lot, and happy "Focus on Arnis" month! See you at the tournament!

Top Arnis Practitioner Returns to TMA

Grandmaster Kelly Worden, proclaimed by the late Grandmaster Remy Presas as the First American Datu and Senior Blademaster of Modern Arnis will return to our school on Saturday, June 14th for a series of seminars after a very well received visit last year.

Mr. Worden's schedule is filled with seminars and camps all around the world, including his role as instructor for the US special forces. We are lucky to have him at our school!



Upcoming Events

Friday, May 2nd

Body Pump 6:30-7:30 PM

Saturday, May 3rd

Arnis Seminar and Test

10 AM Beginner-Arnis Blue
1 PM Arnis Brown and higher

Friday, May 16th

Taekwondo Test 6:30 PM

Saturday, May 17th

Biggest Loser Orientation 9AM

Sunday, May 18th

Pilates Sunday Class 10:30 AM

Monday, May 26th

TMA Closed for Memorial Day

Saturday, May 31st

Arnis Tournament

10 AM at Overlake TMA

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. Quite a deal if you check around town! Last but not least, **CAMP IS FUN!**



Student of the Month

Name: Vincent Wu
Age: 13 years old
TKD rank: Provisional Black Belt
Arnis rank: Black Belt
How long have you been training at TMA: 8 years
Favorite Martial Arts move: Crescent kick

What is your favorite thing about Martial Arts?

I enjoy that martial arts helps me learn about self defense

Favorite thing to do outside of Martial Arts: I enjoy playing the violin

What is your Martial Arts goal?

I would like to achieve my First Degree Black Belt

How has martial arts helped you?

Martial arts has helped me build character and strength

Teens & Adults Students?

Attention all teens and adults...If you've ever wanted to try martial arts by training at TMA we want to give you that extra incentive to give it a try!

Here is the offer: For \$149, you get:

- * 2 months of training
- * Registration fee waived
- * 15 minute private lesson during your 1st class (with paid tuition)
- * Uniform Top
- * Uniform Pants
- * Belt

This is over \$100 in Savings!!

If you still aren't sure, we invite you to try a free class to get a sample of what martial arts training is.

Teen/Adult Class Schedule:

Tuesday & Thursday 6:30 to 7:25 PM

Or try a mixed youth and adult class with your child:

Mixed All Ages Class Schedule

Monday & Wednesday 6:30 to 7:25 PM

Pro Shop Special

This month all Arnis weapons are 10% off. That includes Arnis sticks, long bo's, daggers, nunchucks, and all wooden swords.

Instructor of the Month

Name: YDJN Lisa Auerbach
Age: Adult
TKD rank: 1st Dan Black Belt
Arnis rank: Black Belt
How long have you been training: 7 years
How long have you been teaching: 5 and 1/2 years
What classes do you teach? Thursday 5 PM beginners ages 4-7 & 5:45 PM beginners ages 7-12

Favorite martial arts move(s): Roundhouse kick & palm heel strike

What is your favorite thing about martial arts?

My favorite thing is this school and the people I train with. In addition, I love the sense of accomplishment I get from achieving higher ranks and teaching.

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

Paint and make jewelry

What is your martial arts goal(s)?

To be the best I can be at whatever rank I am and to develop an expertise.

How has martial arts helped you?

It has helped me to stay focused and in shape. It has given me a sense of value outside of being a mom.

What is your favorite thing about teaching martial arts?

Seeing the kids "get it" and watching them graduate to the next rank.

Tiger Club Essay

By Connor Pomeroy

Respect for yourself, your family, the school, and all the students and all other people.

This mental requirement is important because without respect, the world would be in constant violence. I would never have a moment of peace if I did not respect my family or my school. I really like the addition of all other people because it reminds me to respect everyone, whether I know them from Taekwondo or not. All people deserve some amount of respect. If you do not respect yourself, then respect for other people is not possible. You have to be in peace with yourself before you respect others.

Connor is a 1st degree black belt at TMA. He is 15 years old. He has been training for 9 1/2 years and he is an Assistant Instructor.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Anumita Chopra, Medha Ganjam, Shayla Gutmann, Amogh Mantha

Yellow: Kevin Do, Kelly McMaster, Pat Schreiber

Advanced Yellow: Caroline Camp, Brayan Case, Keegan Case, Ashvin Sriram, Anthony Zhu

Green: Matthew Lockwood, Raoul Soans, Surabhi Sonali, Allen Tu

Advanced Green: Noelle Hsia, Tanvi Soans, Daniel Venkitachalam

Blue: Zaviar Brown, Rebeca Kuttemplon, Nathan Wong

Advanced Blue: Jacob Davis, Holly Ray

Brown: Max Fontana, Simon Kuttemplon, Carson Reid, Logan Reid

Advanced Brown: Andrea Baker, Alex Raissipour, Eric Strasik, Ivan Zhao

Arnis Promotions

Yellow: Amogh Karanth, Shruti Karanth, Madison McMaster, Kelly McMaster, Andrew McMaster, Peter Moe-Lange, Abhijeet Singh, Surabhi Sonali, Kush Verma

Green: Prateek Bhaumik

Blue: Lauren Wolfe

Brown: Andrea Baker, Katherine Baker, Sammy Ballata, Alex Ballata, Ben Terry, Ivan Zhao

Happy Birthday!

Dominique Alvarado-Holden, Trishan Amruthur, Lynne Banki, Brayan Case, Steven Chelgren, Carolina Delgado, Travis Hickman, Courtney Huston, Deven Kent-Dobias, Raguram Kodungudi, Dave Lee, Danny Martin, Patrick Martin, Andrew McMaster, Amy Nibert, Will Richardson, Jack Sansing, Vikram Tirumalai, Manisha Tirumalai, Lauren Wolfe, Cynthia Wong

Welcome New Students

Jake Brennan, Abel Fong, Alex Lok, Danny Martin, Patrick Martin, Amber McGraw, Michael Padilla, Medha Rawar, Prabhav Rawat

Training Anniversaries

One Year: Josh Banerjee

Two Years: Allen Tu, Charles Liu

Three Years: Christopher Clark

Four Years: Max Fontana

Six years: Connor Schwinn, Hanna Schwinn, Christopher Chelgren

Eight Years: Samantha Kraehling

BLACK BELT INSPIRATION

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



Black Belt Promotions

Results from the April 18th-19th Black Belt Test

Cho Dan Bo-Provisional Black Belt:

- Samantha Krahling
- Melanie Goddard
- Joe Watabe

Cho Dan- 1st Degree Black Belt:

- Jessie Dart
- Victor Evans
- Chad Graham
- Deven Kent Dobias
- Tom Kent Dobias
- Connor Pomeroy
- Mark Smith

I Dan- 2nd Degree Black Belt:

- Andrew Roehrig
- Kirsten Smith
- Samantha Smith

Sam Dan- 3rd Degree Black Belt:

- Brandon Marino

Dan: Korean word for level

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

By Tom Kent Dobias

Becoming a black belt is very much like something else I enjoy; mountain climbing. Many see the mountain and dream of what it would be like to stand on the top. Some venture to the skirts of the mountain and gaze to the summit in awe, but never leave the paved trails and comforts of a latte and blueberry muffin. Others will climb the snow field thinking that the top lies just beyond the next ridge and eventually they stumble back to the warmth of the lodge. Some will strengthen their technique and train physically, for they know that the heart, lungs and legs must be strong to reach the top; however, when the slope is steep, the visibility poor and technique more important than ever– the mind gives up, and a retreat is made down the mountain. The successful climber prepares both physically and mentally, for when the body is weary and the mountain demands more – the mind is the only salvation – and it can push the body to do amazing things.

To me, this too, is what it takes to be a black belt – bringing the physical and mental sharpness together.

My journey began on the sidelines, watching my boys participate in the before school program at Discovery Elementary, and then hearing my wife and daughter practice Ki-Hops with gusto. I thought that my size and dad street smarts were only going to serve me so long, so I started training as well. I did well in some tournaments, learned the motions, but never really tied together the pieces of what I was doing and more importantly, the why. When I tore my ACL it would have been very easy for me to retreat and say Tae Kwon Do wasn't meant for me (it didn't help that others were telling me to quit). But that's not the way I saw it; this injury was just another challenge of life – testing me – seeing how I would respond. As I look back to the period of my rehab I realize that this was the start of my understanding on what it really takes to be a black belt, and what it is really all about.

I'm no longer like those that stay on the outskirts looking in, nor am I one that thinks a physical approach is all that is needed. I know now that it is the combination of the physical – strength, flexibility, balance, control, endurance, technique; and the mental – toughness, visualization, respect, determination, confidence, humor; that are required to truly be a black belt. More importantly, how do I take the things learned in class and apply them to the rest of my life. I try to train hard, be humble and don't show off or complain – I try and do my best in everything in my life. That is the black belt way. I tell youth that I work with in Scouting that a lot can be discovered about who someone really is when they are under stress and things aren't going right. Being a black belt requires that I know this about myself. How I face and overcome my own personal difficulties determines who I am and if I am a black belt. Most climbers that die on a mountain do so on their way down after successfully reaching the summit. Why is that? The goal for them was just reaching the top of the mountain. My goal when climbing has always been to come home alive. The summit is only the half-way mark and the most dangerous part of the trek is yet to come. I believe that is also true for becoming a black belt. I used to see it as an end goal; something to mark off on a life list – earn a black belt, check. But now it is apparent to me, just as in reaching the top of Mt. Rainier, my journey has just begun. And I realize just how much I don't know, how many things I haven't mastered, and how I need to continue working on my balance.

Being a Black Belt is just the first step in a new way of life, not only for me, but for my family as well.

Tom is in the teen/adult class and is a 1st degree black belt. He has been training at TMA for 6 years. Tom and his son Deven tested April 18-19, 2008 and become the 3rd and 4th members of their family to reach black belt joining Jaron (son) and Becky (wife).

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

Inspirational Brandon Marino Moves Up and Moves On

By KBN Skyler Zoppi



Brandon Marino put on an inspiring show of draw dropping talent combined with indomitable mental spirit at the April 19th Black Belt test to become the 8th student in 26 years at True Martial Arts to be awarded the level of expert: 3rd degree Black Belt and earn the title *Kyo Bum Nim*. It was his final accomplishment at TMA, at least for the time being, as he moved to another part of the country on Tuesday, April 29th to pursue a new dream. I asked him a few questions before he left:

Where are you moving to and what are you going to be doing?

I am moving to St. Louis, Missouri to be a professional wrestler.

How did you first get involved in wrestling?

I was google searching local wrestling promotions and one of them had a training program. When I was old enough, I sent them an email, and went down to try out

How many matches have you been in and what has your wrestling training been like?

I have been in 16 matches so far. the training has been pretty intense. We usually start off practice with 200 or so hack squats and a ton of cardio exercise. My Taekwondo training definitely has helped me though.

What made you want to be a professional wrestler?

I started watching professional wrestling when I was about 12 or so, and there was a wrestler named Rob Van Dam who used a lot of martial arts in his wrestling. As I was growing up and thinking about my future, my choices came down to a professional stuntman or a professional wrestler, and wrestling was the first thing I was old enough to train in.

How did you first get involved in martial arts? How old were you?

My first exposure to martial arts was getting a ninja turtle toy for Easter when I was about 3 or so, and I loved watching martial arts so much. My mom was driving around once, and saw a sign in the TMA window that said "sign up for 2 months and get a free uniform". I was 7 years old, and it was September 24th, 1996.

Who were some martial arts teachers or martial artists that inspired you, and how did they inspire you?

The teachers that inspired me the most were Chris Aprecio and Terry McKinnon for their acrobatic skill, John Calkins for his ridiculous knowledge of pain, SBN Barrett, and especially SBN Zoppi. The last time I ever saw SBN Zoppi was when he told me to test early for 1st degree, and I wanted to live up to his expectations of me. As far as other martial artists, Bruce Lee is amazing. His work ethic and physical ability were superhuman. UFC fighter Forrest Griffin has a great work ethic too. My other faves are Jet Li, Lateef Crowder, and Ray Park.

Why do you think was most important reason you made it all the way to 3rd degree Black Belt?

The most important reason I made it to 3rd Degree was that I didn't settle for average or the bare minimum. I've spent hours and hours outside of class trying to perfect my motion and improve myself. also, TMA really is a FAMILY martial arts school. Everyone's always been very supportive.

What, if anything, will you take from your martial arts training when trying to become a professional wrestler?

Hmmm... probably pain tolerance and indomitable spirit

What advice would you give someone first starting out in martial arts?

Obey your instructors. They've been around longer than you and they know what they're doing. Even if it's a tiny correction, do it again and again until it's correct. Always, always, always do your best. If someone's sweating harder than you, you need to work harder.

What would you like to do in the future?

I want to be a superhero. Other things I would like to do are learn Gracie Jiu-Jitsu from an actual Gracie, and learn Wushu or Shaolin Kung Fu in China. The world is a big place and there's a lot of things I want to do, getting my 3rd degree black belt though has shown me there's nothing I can't do.

TMA Arnis Tournament Returns!

Back for the first time in ten years, the TMA Arnis returns on Saturday, May 31st at Overlake TMA. Check in starts at 9:30 AM with events starting at 10 AM. Overlake TMA is located at 15123 NE 24th St, Redmond, 98052. By chance you have a difficult time finding it you can call Overlake TMA at (425) 747-9313.

The registration fee is \$20 if you turn it in before May 28th. This gives tournament organizers a better idea of how to group the divisions when people pre-register. If you are unable to commit early, you can still sign up all the way up until the tournament starts for \$25. The registration cost is a flat fee, so you can enter as many events as you want (there are 6 events) for the same price. Here are the events:

Arnis Form events:

- *Arnis forms* – Any form, or combine any 2 Arnis forms (including weapons forms)
- *Created form* – Any created form, any Arnis weapon.
- *Synchronized form* – 3 person teams, any form or combine any two Arnis forms

Free Form events:

- *Single competitor* – Contestants will compete for 45 seconds of free form, using any Arnis weapon. Contestants can supply their own music.
- *2 Man Set* – Up to one minute long, will be judged on creativity and technique.

Arnis Sparring events: Open to all ranks, normal Arnis sparring rules apply.

A vast majority of students at TMA have never participated in an Arnis Tournament so we hope you are ready to expand your martial arts experiences and join in on the fun. Here are the Arnis Tournament Rules you need to know:

Sparring

Safety Equipment

All contestants shall wear school approved pads for the hands and feet, head gear, and a mouth guard. Groin cups are mandatory for males, and recommended for females. Face shields are available and may be required if either the Head Judge or the Arbitrator decide they should be used. (Hand gear may be worn with fingers loose for Arnis sparring)

Arnis Sparring - Scoring A Point

A full-point shall be awarded for an Arnis weapon, hand or foot technique delivered with speed, focus, and balance to a 'full-point' target area. Again, physical contact is not required to score and the attack must not be fully extended. If a contestant turns his/her back to avoid an attack, a point may be awarded at the discretion of the judges. A contestant must have at least one foot in the ring to score. Full-point target areas for all weapons include: the head (top of the head is valid with an Arnis weapon or axe kick, but not with the hands), the front and side of the neck, the chest, stomach and rib cage. Half-points will be awarded for an Arnis weapon strike to the hands, arms, feet or legs. No other target areas are valid.

- A full point may also be awarded for a weapon disarm.
- A full point may be awarded for getting the disarmed weapon out of the ring.
- You can score three points by disarming your opponent, getting their weapon out of the ring and scoring a full point.

Note: You must control a bo with both hands, no uncontrolled one-handed swinging of the bo.

Pull Back

Arnis weapons must be used with recoil, no slashing type techniques allowed.

Contact

Light contact will be tolerated to the head gear and body. Light contact is described as contact that does not penetrate or cause visible movement of the contestant. There shall be no such thing as accidental contact, or walking into a punch. No contact to the face or neck is allowed.

Warnings

Any contestant who receives two warnings for same infraction during a match will be penalized by having one point awarded to the opponent. **Exception:** For face contact, one warning will cause a point to be awarded to the opponent. Below is the list of the warnings:

- A. Kicking to the legs.
- B. Wild or blind techniques, including lack of proper control of the Arnis weapon, whether the techniques land or not.
- C. Running out of the ring to avoid being scored on.
- D. Sweeps against the joints. (sweeps are only allowed in Black Belt division)
- E. Excessive contact to any part of the opponents body.
- F. Disrespectful attitude.

....continued on page 6 for more "Arnis Tournament Rules"

....continued from page 5 "Arnis Tournament Rules"

Disqualification

Contestants will be disqualified from the competition for any of the following rules infractions:

- A. Inflicting injury or drawing blood with excessive contact.
- B. Excessive number of warnings (can be for same infraction or multiple infractions)
- C. Refusing to break on the judges command
- D. Arguing with the Head Judge, Side Judge or Arbitrator.

Formalities

1.Beginning Formality: Bow (or Arnis salute) to the Head Judge, bow (or Arnis salute) to the opponent, fighting stance, start ("SE SHAT" or "Begin"). 2. Injury Time Out: Turn away and kneel down until the judge asks you to return. 3. Ending Formality: Bow (or Arnis salute) to the opponent, bow (or Arnis salute) to the Head Judge, and shake hands. The winner is indicated by the Head Judge.

Single Elimination

All divisions shall be single elimination. If a contestant loses, they are eliminated from the competition.

FORMS AND SETS

Combining Forms

Contestants may do one form or combine up to two whole forms together for the tournament. Students may add a few moves to transition from form to form. Students can also combine an open-hand form with a weapons form or two weapon forms.

Tie Scores

Occasionally contestants' scores are tied. When this occurs the contestants will come back up and do their form again one at a time. Higher ranking students may be asked to compete with an alternate form(s) rather than the form that the contestant has already performed. Students will repeat a created form if tied.

Free Form

- Free Form will be 45 seconds long. Tie score will result in a 15 second tie breaker round.
- Free form shall be judged by a panel of judges. Contestants receive a score between zero and ten, using tenth points.
- The judges shall base their score on five important criteria:
 1. Correct technique
 2. Speed & power
 3. Arnis motion (flow)
 4. Reality
 5. Wow Factor - Free form should generate excitement based on the combination of the first four criteria.(You may bring your own music - must be radio edit version only)

Two Person Set

- Maximum of minute long (less time is okay)
- Two person sets shall be judged by a panel of judges based on the same criteria as Free Form. Additionally the set will be judged by how well the two contestants work together to show the five criteria mentioned above.

Weapons Used in Forms or Sets

May use any weapons from the requirement sheets. So you may use one stick, two sticks, short sword, dagger, short sword and dagger, long sword or bo.

Synchronized Form

A team of three or more will compete using any open hand or weapon form. Teams may have mixed ranks. Forms can be done in unison or have some staggered timings. Synchronized form will be judged on the same criteria as other Arnis forms or sets.

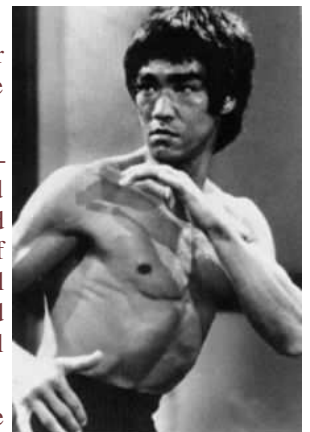
Masters of Martial Arts: Bruce Lee

From Wikipedia.com

Bruce Lee was an American-born martial artist, philosopher, instructor, martial arts actor and the founder of the Jeet Kune Do martial arts system, widely regarded as the most influential martial artist of the twentieth century and a cultural icon.

Lee was born in San Francisco, California and raised in Hong Kong. His Hong Kong and Hollywood-produced films elevated the traditional Hong Kong martial arts film to a new level of popularity and acclaim, and sparked the first major surge of interest in Chinese martial arts in the West. The direction and tone of his films changed and influenced martial arts and martial arts films in Hong Kong and the rest of the world as well. Lee became an iconic figure particularly to the Chinese, as he portrayed Chinese national pride and Chinese nationalism in his movies. Many see Lee as a model blueprint for acquiring a strong and efficient body and the highest possible level of physical fitness, as well as developing a mastery of martial arts and hand to hand combat skills. He primarily practiced Chinese martial arts (Kung Fu).

Lee's first introduction to martial arts was through his father, Lee Hoi Cheun, who taught him the fundamentals of Wu style Tai Chi Chuan. Later Lee studied under Wing Chun master Yip Man.



Health and Fitness News

The Biggest Loser Spring Into Shape Results

Our weight loss contestants lost an average of 6.8 pounds per person in only 6 weeks! Congratulations to Valerie, who lost 15 pounds and Smita, who lost 14 pounds. Even KBN Skyler joined in on the fun and lost over 8 pounds! Good job to all the participants, who all learned about living a healthier lifestyle.

Biggest Loser leader, YDJN Leslie Haye has already started planning another Biggest Loser starting on Saturday, May 17. The Biggest Loser is a 6 week fitness challenge designed to help you in the following areas: Body Fat Loss, Improved Strength & Conditioning, and Improved Healthy Lifestyle. More information will be given at the Orientation meeting on May 17 at 9 AM.

Protecting Your Youth

From Men's Health Magazine

You've heard plenty of reasons you should work out regularly. Well, here's a new one: Going to the gym can make you younger. A new study out of King's College London found that the amount of exercise you do each week affects how you age. In the study of 2,401 twins, those who exercised vigorously for 3 hours a week were biologically 9 years younger than those who sweated for less than 15 minutes.

Can't fit in 30 minutes 6 days a week at the gym? Then aim for an hour and a half of moderate exercise each week—in the study, this habit was shown to provide a 4-year advantage. You won't leave the gym looking years younger, but your telomeres will. Telo-what? These structures that protect the DNA on your chromosomes get shorter as you age. But researchers found that those who exercised more frequently had longer telomeres, which means they're biologically younger than the number of candles on their birthday cake. To further boost your defenses against the effect of aging, add Sunflower seeds, Spinach and beans, Grape juice, Sweet potatoes, and Cheese to your diet.

New Pilates Option on Sunday's Once a Month!

For those who can't get enough Pilates on Tuesdays at 10 AM or for those unable to make it on Tuesday's but wanting to join in on the fun, YDJN Tami will be teaching a monthly Pilates Sunday class at 10:30 AM. The next Sunday class is on May 18th.

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! 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.

What is the Cost?

Fitness use punch-cards. That way you can attend when it's convenient to your schedule. Introductory Punch Card Offer: 6 Classes for \$36 One Class Drop In: \$12. Current students of Cardio Kickboxing can use the same punch-cards they use for Cardio Kickboxing.

About the Teacher:

Tami Parker is a Martial Arts Instructor with over 10 years of experience. She has passionately studied Pilates for the past 4 years.

Empty Your Cup

This is a common saying and a commonly told story in martial arts circles ...

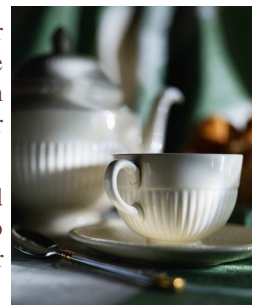
A master was trying to explain something to a student. This student was not a brand new student, but a senior student who had learned many things. He had knowledge and experience aplenty to draw upon. But each time the master tried to explain something new to the student, the student kept trying to hold it up against his own notions of the way the world is and how it ought be, and he was unable to see the lessons in what the master was trying to teach him.

Finally, the master poured a full serving of tea into his own cup, and into the cup of the student. Then he told the student he wanted to give to him some of the tea from his own cup. He began pouring tea from his cup into the student's cup, but the student's cup was already full, and all the tea from the master's cup spilled out over the cup onto the surface below.

The student said, "Master, you can't pour anything into my cup until I empty it to make room for what you are trying to give me.", and the master replied "Yes I know." "And I can't give you any new thoughts or ideas or perspectives on life's lessons until you clear out some thoughts that are already teeming in your mind to make room for what I have to teach you." Then the master paused for a brief moment, meeting the student's eyes with his own knowing look and calmly but sternly said: "*If you truly seek understanding, then first, empty your cup!*"

The student pondered for a moment with a look of absolute bewilderment. Then a look of enlightenment came over him, followed by a smile, and a look of receptiveness. The master started to explain again, and this time the student saw what the master was trying to say.

There is a lot to look forward to this summer at TMA! The class schedule remains the same during the summertime. Arnis seminars



Summer Defined at TMA

There is a lot to look forward to this summer at TMA! The class schedule remains the same during the summertime. Arnis seminars and tests and Taekwondo promotion tests will still occur monthly. However, there is the added **fun** of full day camps!

Keep you or your child's **consistency** in martial arts training an important part of your summer. The summer is a great time to practice **discipline**during the summer, we all want to play and go to the beach. However, it should be attainable to budget two hours during the week to practice martial and still enjoy all the fun and sun!

Anytime you're following a **program** or have a goal in mind, **persistence** is key. Have you ever been on a successful diet or exercise routine and taken a break? What was the ultimate result of the break? Usually, it can slow down or stop your **progress** and sometimes even erase your previously successful gains. Our summer programs offer exciting and fun ways to keep you or your martial artist **productive** in a positive atmosphere.

One option if you are going to be busy during the afternoon is to switch or drop into the Tuesday and Thursday morning class from 10:00-10:55 AM. This class is open to all ages and all 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.

Fun: something such as an activity that provides enjoyment or amusement

Consistency: the ability to maintain a particular standard or repeat a particular task with minimal variation

Discipline: mental self-control used in directing or changing behavior, learning something, or training for something.

Program: a plan of action for achieving something. (Black Belt)

Persistence: the quality of continuing steadily despite problems or obstacles

Progress: gradual development or improvement of something

Productive: producing satisfactory or useful results

Responsibility: the position of being accountable to somebody or for something

Brief History of Arnis

Arnis, originally known as Kali, is a popular martial art from the Philippines. Students practice Arnis with one or two 26" rattan sticks, originally called a baston. The other primary weapons of Arnis are the short sword and dagger.

Arnis was originally a bladed fighting art brought to the Philippines by the Spaniards. The use of the rattan stick came about when the Spanish, the Japanese, and the Americans controlled the Philippine Islands and forbade the Filipinos from possessing weapons. They used rattan sticks to simulate knives and swords, and they added a musical element to their practice to disguise its martial arts nature.

Because the Philippines consists of seven major islands and over a thousand minor islands, and because no organized martial art could exist for many years, the names of the routines and even the name of the martial art itself varies from region to region. Arnis is also known as Kali, Escrima, Arnis deMano, and Silat.

Remy Presas founded his own system called *Modern Arnis*. His goal was to take the "old" important and common techniques from all sources and organize them into one system. He began martial arts training at the age of six. He learned the 'espada y daga' style of Arnis from his Grandfather. He later went on to train under Rodolfo Moncal, Timoteo Varraga and Grandmaster Venancio Bacon. At the age of 14 he left home to pursue his interest in the martial arts and practiced all over the Philippines.

By developing new teaching techniques and with raw determination, Remy Presas was able to bring about renewed interest in an otherwise dying art. He toured the world as a Filipino diplomat and an expert in Arnis, promoting the countries sport and culture. Due to a change in the Philippine Government, Remy Presas was forbidden to teach Arnis. Now unable to teach his beloved Arnis in his own country he moved to the United States of America so that he could continue to teach. He wasted little time in spreading his art in the States as he had in the Philippines.

His warmth and personality have made him one of the most beloved figures in martial arts. Grand Master Presas taught Arnis to thousands of students, including TMA founder Thomas Zoppi, who integrated Modern Arnis into the curriculum of True Martial Arts. Mr. Presas passed away in 2001.

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.