

# Pine Lake TrueNews

October 2008

## FOCUS ON: Fitness & Health

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

To celebrate fitness and health month we have several promotions and special events:

### Super Cardio Kickboxing Classes

A 1 1/2 hour workout on Saturday the 11<sup>th</sup> and Saturday the 25<sup>th</sup> from 8:00-9:30 AM for the same price as a regular workout.

### Cardio Kickboxing Referral Special

Bring in a friend or family member that purchases an introductory punch card and you'll receive one yourself for free (six punches). Your referral must be a new student.

### The Biggest Loser

A 6 week fitness challenge from October 6th – December 1st designed to help you in the following areas: body fat loss, improved strength & conditioning, and an improved healthy lifestyle. The program includes the following:

- Fill out a daily food journal
- Participate and journal 6 separate workouts a week, 30 minutes or longer.
- Record your number of hours of sleep each day.
- Work with and push a partner to complete the program
- Check in with your progress once a week

\$40 Registration Fee with Great Prizes Awarded!!

### Prizes for attending fitness classes!

- Each time you attend any fitness class, your name will be entered into a raffle to be drawn at the end of the month for great prizes.
- Attend the most fitness classes during October & win a 12 punch fitness class card!

### Pro Shop Special

All Cardio Kickboxing Bag Gloves are 10% off

## Information about our fitness classes on Page 6

## Form Tournament Results

Yellow Belt: **1st**– Nicholas Boyer **2nd**–Sreeja Stanam **3rd**–Ian Boyer  
Adv. Yellow Belt: **1st**– Travis Hickman **2nd**–Karol Jamison **3rd**–Noah Rosenberg  
Green Belt: **1st**– Avery Barley **2nd**–Abhijeet Singh **3rd**–Sam Boelitz  
Adv. Green Belt: **1st**– Annika Boelitz **2nd**– Raoul Soans **3rd**–Surabhi Sonali  
Blue Belt: **1st**–Zavier Brown **2nd**–Tanvi Soans **3rd**–Cassidy Boutcher  
Adv. Blue/Brown Belt: **1st**–Kathy Baker **2nd**–Levente Gulyas **3rd**–Raguram Kodungudi  
Adv. Brown Belt: **1st**–Alex Morris **2nd**–Gage Gutmann **3rd**–Andi Baker  
Black Belt: **1st**–Jillian Backman **2nd**–Amy Nibert **3rd**–Joe Watabe  
Synchronized: **1st**– Tricia Klopfenstine/Heidi Wolfe **2nd**–Joe Watabe/Callan Rasmusson  
**3rd**–Niko Tokuno/Vincent Wu

## Happy 26<sup>th</sup> Birthday True Martial Arts!

In October of 1982, TMA was founded by the late Thomas Zoppi, in his garage in Bellevue. He was teaching his 5-year-old son, Skyler. One by one, others joined. Three months later, True Martial Arts moved from the garage to its first rented location. It was an empty space behind a doctor's office on Bellevue-Redmond Road in Bellevue. On April 1<sup>st</sup>, 1995 True Martial Arts opened on the Sammamish Plateau. All these years later, and here we are! Thank you students, instructors, and parents for your support!

For more history of TMA visit [www.truemartialarts.com](http://www.truemartialarts.com) and click on "About TMA"



## Upcoming Events

### **Saturday, October 4th**

*Arnis Seminar and Test*

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

### **Saturday, October 11th**

*Super Kickboxing Class*

8:00-9:30 AM

*The Biggest Loser begins*

Brief Orientation 9:30 AM

*Instructors Meeting*

11:15 AM -12:30 PM

### **Thursday, October 16th**

*SBN Di Vito Super Workout*

Overlake TMA 7:00-8:30 PM

### **Friday, October 17th**

*SBN Di Vito Motion Seminar*

Pine Lake TMA 6:30-8:00 PM

### **Saturday, October 18th**

*SBN Di Vito MMA Seminar*

Overlake TMA

10-11:30 AM Grappling/Takedowns

12:30-2:00 PM Submissions

### **Sunday, October 19th**

*SBN Di Vito MMA Seminar*

Pine Lake TMA

10-11:30 AM Grappling/Takedowns

12:30-2:00 PM Submissions

### **Monday, October 20th**

*SBN Di Vito Super Workout*

Pine Lake TMA 7:30-9:00 PM

### **Friday, October 24th**

*Taekwondo Test 6:30 PM*

### **Saturday, October 25th**

*Super Kickboxing Class*

8:00-9:30 AM

### **Friday, November 21st**

*Private Black Belt Testing*

### **Saturday, November 22nd**

*TKD Test for those testing for*

*Blue Belt & lower*

4:00 PM

*TKD Test for those testing for*

*Advanced Blue Belt & higher*

6:00 PM



### Student of the Month

**Name:** BJB Eric Strasik  
**Age:** 14 years old  
**TKD rank:** Advanced Brown belt  
**Arnis rank:** Brown belt  
**How long have you been training at TMA:** 7 years  
**Favorite Martial Arts move:** Crescent kick  
**Favorite thing about Martial Arts:**  
 I learn self defense and I've made a lot of great friends.  
**Favorite thing to do outside of Martial Arts:**  
 Play with friends, go skiing, and play video games.  
**What is your Martial Arts goal?**  
 To get to 1st degree Black belt.  
**How has Martial Arts helped you?**  
 It has improved my courage and my metal strength.

### Congratulations

Instructor **Connor Pomeroy** was achieved the Boy Scouts of America's highest honor, the Eagle Scout Award.

### Instructor of the Month

**Name:** YDJN Mike Shappell  
**Age:** Adult  
**TKD rank:** 1st Degree Black belt  
**Arnis rank:** Black belt  
**How long have you been training:** 7 years  
**What classes do you teach?**  
 Monday & Wednesday 5:30 Youth ages 7-12 beginners,  
 Monday & Wednesday 6:30 Youth & adult intermediate,  
 Friday 7 PM, and Arnis seminars

### When Can Youth Students Test for Black Belt?

By KBN Skyler Zoppi

At TMA, the minimum age to test for 1st degree black belt is 13 years old. The only exception made to this rule is if a students 13th birthday falls closer to the upcoming test than the next scheduled test and I feel that they are ready.

I believe a Black belt should have enough maturity and life experience to understand, apply, and live the values that we teach such as: respect, honor, self-discipline, courage, and mental toughness.

I want all Black belts at our school to establish a period of consistent achievement and dedication to the art. To me, a black belt signifies passion for training and a commitment to martial arts. Again, I believe these principles take maturity and life experience to fully understand them.

Finally, I believe a Black belt should have the size, coordination, and strength to be able to defend themselves and others when their safety is being threatened.

If a black belt was easy to get, it wouldn't mean anything. Hang in there. As long as you keep trying your best, attend your classes, and never give up no matter what obstacles you face...you'll get there someday!

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Melina Carino, Sameer Mahan, Katie Unwin  
**Yellow:** Shad Hussain, Patrick Martin, Benson Wheeler  
**Advanced Yellow:** Ella Kuver, Amber McGraw, Noah Rosenberg  
**Green:** Niyathi Chakrapani, Kevin Do, Griffin Glover, Patrick Hickman, Chip Mauzy, Pat Schreiber, Raghu Tirumala  
**Advanced Green:** Max Coombs, Courtney Huston, David Kuhn, Matthew Lockwood, Ali Mahmoud, Raoul Soans, Surabhi Sonali, Madison Willis  
**Blue:** Cassidy Boutcher, Olivia Ding, Tanvi Soans, Matthew Tenczar  
**Advanced Blue:** Bharathram Kodungudi, Hemanth Machavaram, Connor Schwinn, David Shiroma  
**Brown:** Raguram Kodungudi, Michell Szeto

### Arnis Promotions

**Yellow:** Jake Brennan  
**Green:** Amogh Karanth, Shruti Karanth, Isha Kshirsagar, Riddhi Patel, Holly Schwinn, Tanvi Soans, Jessi Wanamaker  
**Blue:** Rebeca Kuttemplon, Declen Oberst, Connor Schwinn, David Shiroma, Baylee Wolfe  
**Brown:** Jennifer Brewer, Chris Brewer, Michael Ko

### Happy Birthday!

Trisha Ballata, Makaela Bielaski, Clara Brewer, Zavier Brown, Anumita Chopra, Bob Davis, Connor Driscoll, Cameron Fleming, Rachel Graham, Charles Liu, George Liu, Kelly McMaster, Vinicius Monteiro, Riddhi Patel, Gordon Pieker, Noah Rosenberg, Hanna Schwinn, Connor Schwinn, Elliot Schwinn, Meena Sethuraman, YDJN Mark Smith, Rithvik Tirumala, Kush Verma, Oliver Zhang, KBN Leah Zoppi, KBN Skyler Zoppi

### Welcome New Students

Anthony Algaw, Chase Barton, Brooks Barton, Raturaj Chaphekar, Joe Cormier, Jordan Crawford, Daniel Hong, Lam Ian, Aryan Kapoor, Trevor Kleinfelder, Landon Kleinfelder, Mick Knappenberger, Ashwin Madhaven, Joshua McLaughlin, Aidan O'Neill, Afrah Shaik, Hana Shaik, Jeremy Tran, Melissa Tran, Jordan Vaughn, Colin Vaughn, Jayden Zhang, Oliver Zhang, Katherine Zhang

### New Black Belt Club Members

David Shiroma and Sophie Clemmons

### Training Anniversaries

**One Years:** Blake Harder, Shane Emch, Fiona Chism, Asvin Sriram  
**Two Years:** Dylan Kuver, Zavier Brown, Max Coombs  
**Three Years:** Cynthis Wong, Ranganath Machavaram, Will Richardson, Nathan Wong, Kevin Liu, Frank Jing, Cassidy Boutcher, Atul Madhugiri, Holly Ray  
**Four Years:** Meena Sethuraman, Makaela Bielaski, Jaron Jin, BJB Tricia Klopfenstine  
**Five Years:** Zachary Evans, Oliver Marczyński, Oscar Marczyński  
**Six Years:** Sammy Ballata, Alex Ballata, Ben Terry  
**Seven Years:** Aaron Jin, BJB Melanie Goddard  
**Eight Years:** Jessie Dart, YDJN Michael Curley, Alisa Billig  
**Nine Years:** BJB Catie Raissipour, Alex Raissipour  
**Ten Years:** YDJN Connor Pomeroy, YDJN Jaron Kent-Dobias, YDJN Deven Kent-Dobias  
**Twenty-One Years:** KBN Leah Zoppi  
**Twenty-Six Years:** KBN Skyler Zoppi

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

By Jessie Dart



Jessie (right) and her sister, YDJN Samantha (left)

A black belt is much more than just a black piece of fabric tied around your waist while you are training. Some people think a black belt is special, but truly it is not the black belt that is special. You can even go buy one in a store. The special part is the journey you take to get there, the path taken by a certain student to achieve a goal and an honor.

A black belt has to be a leader. A leader is being an example for other students who want to be just like you, they want to have their own black belt. Leading also means helping others to achieve their goals, no matter how lofty those goals may be.

You have to have self-confidence to succeed. Self-confidence is more than just being happy about yourself; you also get stronger on the inside. If you think you're good, you will try even harder so you can be great. But if you think you are bad, then you would think there is no point in trying. That is not the black belt way.

Repetition and dedication are two more words that describe black belts. A black belt needs to be dedicated. They should go to class at least two times a week, attend seminars, and practice outside of the school. Repetition is something you need to do to get better. For example, if you learn your form and you can do the whole thing, that doesn't mean it is done. For black belt you must do it probably about 300 times. That seems like a lot, but when you learn something you should keep repeating it in your practice time to get better.

Eighty percent of Taekwondo is mental. "If you think you can or can't do it, you are probably right"-Henry Ford. An example is breaking a board. About 90 percent is mental and 10 percent is technique and power. You really have to think you can become a black belt to achieve it.

To become a black belt you must have endurance. You have to set your mind to keep going and push yourself to your limits.

*Jessie is 14 years old. She earned her 1st degree black belt in April of 2008. She has been training at TMA for 8 years.*

### Welcome Sa Bum Nim Di Vito!

We are very pleased to welcome Sa Bum Nin Dan Di Vito to Pine Lake and Overlake TMA from Thursday, October 16<sup>th</sup> through Monday the 20<sup>th</sup>. SBN Di Vito will be leading martial arts workouts and sharing his vast martial arts knowledge and experience with us in a series of Creating Motion and Mixed Martial Arts seminars.

Mr. Di Vito is a personal trainer and screenwriter residing in the Los Angeles area. He was a tremendous influence in the life of our TMA founder, SBN Thomas Zoppi as his Martial Arts Instructor. He awarded Mr. Zoppi his Black Belt over 30 years ago. We are lucky to have him come visit us every year to teach us, inspire us, and give us wisdom and guidance. He set the standard the for what we as a school strive to achieve each and every day.

As SBN Di Vito's visit is a special occasion for our school, and we would like as many students as possible to experience one of his seminars. They are for people of any age, ability, and martial arts experience (including none!). He is an inspiring, charismatic teacher and a true master of the martial arts. It should be an unforgettable experience for anyone that attends!

#### **SBN Di Vito Seminar Schedule**

All seminars are open to the public and are safe for everyone to try!

Thursday, October 16 <sup>th</sup>	Overlake TMA 7:00-8:30 PM	Super Martial Arts Workout (all ages, all ranks)
Friday, October 17 <sup>th</sup>	Pine Lake TMA 6:30-8:00 PM	Creating Martial Arts Motion (all ages, all ranks)
Saturday, October 18 <sup>th</sup>	Overlake TMA 10-11:30 AM	Mixed Martial Arts Grappling/Takedowns
Saturday, October 18 <sup>th</sup>	Overlake TMA 12:30-2 PM	Mixed Martial Arts Submissions*
Sunday, October 19 <sup>th</sup>	Pine Lake TMA 10-11:30 AM	Mixed Martial Arts Grappling/Takedowns
Sunday, October 19 <sup>th</sup>	Pine Lake TMA 12:30-2 PM	Mixed Martial Arts Submissions*
Monday, October 20 <sup>th</sup>	Pine Lake TMA 7:30-9:00 PM	Super Martial Arts Workout (all ages, all ranks)

\*Must attend at least one grappling/takedowns seminar to attend submissions seminar

To find Overlake TMA: <http://www.tmaoverlake.com/contact/contact.html>  
15123 NE 24th ST, Redmond 98052 (425)747-9313

## Annual TMA Picnic & Awards Results

Students, instructors, families, and friends from our school and our good friends at Overlake True Martial Arts gathered at Perrigo Park in Redmond for the annual True Martial Arts school picnic and awards presentation. Recognition for accomplishments of the past year were announced:

**Perfect Attendance Award:** *Demonstrating the highest level of consistency, dedication, and perseverance in attending the most classes in 2007-2008.*

Hannah Schwinn attended 178 classes. That is an average of almost 3.5 classes a week! Hannah is a 12-year-old advanced green belt. She started training at True Martial Arts six years ago.

**Adult Student of the Year:** *Demonstrated excellence in training.*

Tom Kent Dobias is a 1<sup>st</sup> Degree Black Belt and the husband of Black Belt wife, Becky, and father of Black Belts, Jaron and Deven, Brown Belt, Jillian, and White Belt, Neesha. He has been training for six years and finished the year in 18th place out of over 300 TMA students in classes attended. It's not just his consistency though, Tom is an extremely attentive and hard worker in class, a positive example to all that train with him. He is constantly pushing and challenging himself to become a better martial artist.

**Youth Student of the Year:** *Demonstrated excellence in training.*

YDJN Edward Yiong is an 18-year-old 1<sup>st</sup> Degree Black Belt and a Taekwondo Instructor. He has been training at True Martial Arts for almost 11 years. Edward works very hard and has a respectful attitude towards all in class. He is one of the most talented martial artists at the school. He is very technically sound as well as creative in his motion.



**YDJN Michael Short**

**Instructor of the Year:** *Demonstrated excellence in teaching.*

YDJN Michael Short is a 17-year-old 2<sup>nd</sup> Degree Black Belt who has been training for 12 years. His classes are creative and fun while always challenging. He connects with his students and gets them to laugh while still maintaining discipline in class. He teaches intermediate youth students and beginning adult students.

**Special Recognition:** *For positive and selfless contributions to the school.*

YDJN Anh Vo is a 1st Degree Black Belt and an Instructor. She has been training at True Martial Arts for 6 years along with her advanced brown belt son, Chase, and her advanced blue belt daughter, Marianna. Anh is our Pee Wee Kickers Program Director and has done a great job teaching these youngsters and helping them integrate into our youth program. In addition, Anh mentored KBN Skyler as a business coach and helped him to initiate many positive changes around the school.

**Thanks for attending  
the 2008 Annual School  
Picnic & Awards.**

**SBN Thomas Zoppi Award:** *For long-term dedication to the school and inspiring others by continuing the vision of TMA founder, SBN Thomas Zoppi.*

KBN Leah Zoppi is a 3<sup>rd</sup> Degree Black Belt, Taekwondo Director and Senior Instructor at TMA. She is the daughter of TMA owner, KBN Laurel Zoppi and the brother of Chief Instructor KBN Skyler Zoppi. KBN Leah began training 21 years ago. She has been a steady, consistent, and a strong leadership presence ever since Pine Lake TMA opened in 1995. Her dedication to the school continued through college and despite living in Seattle for the better part of the last 12 years. If you ever wonder how your own instructor became such a great martial artist, you can bet that KBN Leah probably played a great role in that as their instructor.



**KBN Leah Zoppi**



**Tom Kent Dobias**

## Masters of Martial Arts: Bill "Superfoot" Wallace

From Superfoot.com

Bill Wallace retired as the undefeated Professional Karate Association Middleweight Champion after defeating Bill Biggs in a 12-round bout in June 1980. The victory, Wallace's 23rd straight, signaled the end to an illustrious 15-year career in tournament and full contact fighting.

Known to the martial arts world simply as "Superfoot," symbolic of his awesome left leg, which was once clocked in excess of 60 mph, he used his foot as others would use their hands, faking opponents with two or three rapid fake kicks and following with one solid knockout technique. His power was amazing, his precision astounding.

Wallace, a 5-foot, 10 1/2 inch native of Portland, Indiana, began studying karate in February 1967 after suffering a right leg injury in a judo accident. The injury left him without the use of the leg in karate competition. Some observers said Wallace was committing martial arts suicide. Wallace, however, had other ideas.

In the next seven years, "Superfoot," dominated the point-tournament circuit. As a national champion point fighter three years in a row, Wallace captured virtually every major event on the tournament circuit. He was such a dominant figure in martial arts that Black Belt magazine, named him to its Hall of Fame three times in seven years -- twice as "Competitor of the Year" and once as "Man of the Year."

In 1973, Wallace, suffered what many considered a career-ending injury. However, one of Wallace's friends, the late Elvis Presley, flew in a Los Angeles acupuncturist to treat the Karate champion at Graceland Manor.



A year later, Wallace turned professional and captured the PKA middleweight karate championship with a second-round knockout (hook kick) of West German Bernd Grothe in Los Angeles. He relinquished the crown in 1980, undefeated and respected around the world.

Despite his retirement, Wallace continues to be one of the martial arts most popular figures. He is the author of three books: Karate: Basic Concepts & Skills, Dynamic Kicking & Stretching, and The Ultimate Kick.

As well as a former member of the President's Council on Physical Fitness, Wallace also has been active in the film industry. His credits include: A Force of One with Chuck Norris; Kill Point, with Cameron Mitchell; Continental Divide and Neighbors, with John Belushi; Protector, with Jackie Chan; A Prayer for the Dying, with Mickey Rourke; Ninja Turf; and A sword of Heaven.

### Tiger Club Essays

#### **By Sammy Ballata**

*"Meets challenges head on."*

If you want to do something that could be very hard, you would just go do it and give it your all. It does not matter if you did not make it, it only matters if you tried your hardest. So, the next time something is hard for you, just give it your all.

*Sammy is a 10-year-old brown belt who has been training for 6 years.*

#### **By Travis Hickman**

*"Quality comes from taking pride in what you are doing."*

Try your best by practicing. Be proud whether you win or lose. Be happy you tried your best.

*Travis in an advanced yellow belt. He is 6 years old and has been at TMA for 1 year.*

#### **By Shruti Karanth**

*"Understands the importance of a proper diet."*

As a martial artist I think you should understand the importance of a proper diet because if you eat healthy it helps you stay fit. If you eat candy and drink soda all the time, your body won't get all the nutrients that you need. Being a martial artist, you should take care of your body. If you understand the importance of a proper diet, you can practice using a proper diet. An example of a proper diet would be to eat lots of grains, fruits, and vegetables. Looking at a food pyramid, you can see that your body needs some oil and sugar but not too much. You should have a balanced diet. Eating healthy is one of the key steps to becoming a successful martial artist.

*Shruti in an advanced green belt. She is 11 years old and has been at TMA for 1 year.*

#### **By Christopher Clark**

*"There is no ceiling on effort."*

This tells us that you can try a little harder and that you should try to get better. One example is that if you pass your form it doesn't mean that you can forget your old form or say that you're good enough at it. So even if you think you're good at something still you should always remember that you can do better.

*Christopher in a brown belt. He is 13 years old and has been at TMA for 3 and 1/2 years.*

## Fitness Class Information & Schedule

### Cardio Kickboxing

An exciting, fast-paced workout that's perfect for building cardiovascular endurance and toning muscles. Cardio Kickboxing teaches you how to defend yourself as you get into great shape. Put some excitement into your current exercise program while burning up to 800 calories an hour.

**DO I NEED EXPERIENCE?** No experience needed, but you should have an experienced instructor. Our instructors are certified Instructors in Taekwondo--with years of martial arts experience.

**DO I NEED TO BE IN SHAPE?** Whether you're just beginning to meet your fitness goals or you're already in great shape, you'll get the right amount of exercise and a great workout for you.

**WHAT IS A TYPICAL CLASS LIKE?** Part of it is a high-energy, low-impact workout to music. Sprinkle in core and strength training and hitting our heavy bags. You won't get bored because no two classes are alike... that's what makes it fun! Wear your choice of workout clothing.

**WHAT IS THE COST?** Unlike expensive gym memberships where you pay your dues regardless of whether you attend or not, our Cardio Kickboxing classes have no monthly fees or contracts--we 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

**GREAT CROSS TRAINING FOR TAEKWONDO STUDENTS:** Cardio Kickboxing is a terrific complement to martial arts training. Increased strength and conditioning develops your skills as a martial artist. Whether you are preparing for your next belt test or just want to get in better shape, give it a try. Martial Arts students who pay monthly tuition are entitled to unlimited punch cards at the introductory price: 6 classes for \$36. What a deal!

#### CLASS TIMES

- ◇ Monday, Wednesday and Friday Morning: 6:00-7:00 AM
- ◇ Tuesday and Thursday Evening: 7:15-8:10 PM
- ◇ Saturday Morning: 8:00-9:00 AM

#### Core Class

Tuesday Nights 7:30-8:00 PM

Build core strength and tone your midsection in an express 30 minute workout.  
\$7/class or punch card.

#### Body Pump

Wednesday Nights 6:30-7:30 PM

Full body toning & strength workout that will get your heart pumping.  
\$12/class or punch card.

#### Pilates

Tuesday Mornings at 10 AM.

\$12 a class or use a punch card.

**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.

#### WHO DOES IT BENEFIT?

- ◇ Those who want a good workout and to leave filled with energy
- ◇ Those who often experience an achy back
- ◇ Those who want to strengthen and tighten the lower abdominal area after having children
- ◇ Those who want exercises to incorporate into everyday life
- ◇ Those who want to reduce stress in life through breath and movement

