

Pine Lake TrueNews

September 2008

FOCUS ON: FORM

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

The Benefits of Form

From March, 1998 TrueNews written by SBN Thomas Zoppi

Forms, also known as kata (Japanese) or hyung (Korean), were originally developed to allow martial artists to practice their movements alone, away from the prying eyes of government officials who banned the use of martial arts at various times and places throughout history. While some of the striking and blocking techniques in forms are not practical for sparring or self-defense, forms are still an important part of our school for many reasons.

A History Connection. Forms are an important part of the history and tradition of our martial arts style, *Tae Kwon Do Chang Moo Kwon*. Our forms are unique; they differentiate us from other styles. Some of our forms have a Japanese influence, which is not unusual for the older, more traditional Tae Kwon Do styles like ours. This is because the old Korean masters were forced by invading governments to go outside of the country if they wanted to practice and improve their martial arts. Most of them either went to Japan or China. I often wonder how the originator of a form wanted it to look. Rather than just practicing the form, I try to put myself in the master's place, and capture his purpose and intent for the movements. This brings the art alive for me. This connects me to the history of the art.

Strength & Conditioning. When I want a good workout to improve strength and conditioning, often I do form. Practicing long low stances is great a leg workout, doing the strikes with power builds strength and speed, and doing several forms back-to-back improves cardio conditioning. Form is "art specific" practice. By that, I mean the type of strength that you gain from doing form is what you need to become a proficient Black Belt. Other exercises like running or weight lifting are good, but they are not "art specific".

Learning How To Move. Forms are great for learning how to move from one technique to another in a smooth, balanced, and efficient way. Most forms are symmetrical so they force you to practice the moves from both the right and left sides. Forms are also a 'set pattern' of moves, so unless you're very athletic and coordinated, some of the movements are bound to be unnatural for you when you first learn them. This compels you to practice movements that are out of your "comfort zone", something that you wouldn't normally do in sparring or free form.

Focus and Concentration. One of the biggest benefits of doing forms is the focus and concentration that you gain. After learning the moves and the sequence of the moves, the biggest difference between an average form and a championship form, is focus. Focus includes both mental and physical focus. Physical focus means doing a move with an explosive surge of speed and power, stopping it at an exact spot in space, and having the body completely on balance at that moment. Mental focus means putting intention, confidence, and strong eyes in the form. Mental focus makes the form look real.

Self-Discipline and Self-Control. A student must impose discipline and control on himself, in order to become really good at form. This, of course, makes form practice much more than just an exercise in movement. Without the *discipline* of practice, a form won't be learned, and certainly won't be mastered. Without *control* over the body actions, arms and legs will fly all over the place, stances will be wobbly, and the form will not look as it was intended to look by that ancient Korean master. Practicing self-discipline and self-control is a must for Black Belt candidates. Individuals, who have martial skills without self-discipline and self-control, are more likely to be bullies and criminals.



Upcoming Events

Monday, September 1st

TMA Closed, Labor Day

Tuesday, September 2nd, 9th, 16th, 23rd, 30th

Pilates Class 10:00 AM

Wednesday, September 3rd, 10th, 17th, and 24th

Body Pump Class 7:30 PM

Saturday, September 6th

Arnis Seminar and Test

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

Saturday, September 13th

TMA Picnic 10AM-2PM

Perrigo Park, Redmond

Friday, September 19th

Taekwondo Test 6:30 PM

Friday, September 26th

Breaking Seminar 5:30 PM

Saturday, September 27th

Form Tournament 10 AM

Trophies Awarded! Individual

&/or Synchronized Form

Saturday, October 4th

Arnis Seminar and Test

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

Thursday, October 16th

SBN Di Vito Super Workout

Friday, October 17th

SBN Di Vito Motion Seminar

Saturday, October 18th

SBN Di Vito MMA Seminar

Sunday, October 19th

SBN Di Vito MMA Seminar

Monday, October 20th

SBN Di Vito Super Workout

Friday, October 24th

Taekwondo Test 6:30 PM

Friday, November 21st

Saturday, November 22nd

Black Belt Taekwondo Test



Student of the Month

Name: YDJN Connor Pomeroy
Age: 16 years old
TKD rank: 1st Degree Black Belt
Arnis rank: Black Belt
How long have you been training at TMA: 9 years and 10 months

Favorite Martial Arts move:
 Jump crescent kick and reverse hook back-heel kick.

Favorite thing to do outside of Martial Arts:
 Play saxophone, go camping with the boy scouts and friends and play video games.

What is your Martial Arts goal?
 To keep improving with every class.

How has Martial Arts helped you?
 It has helped me gain confidence, improve my determination and spirit, and improve my balance.

Pro Shop Specials

Ankle Braces and Jump Ropes are 10% off

Instructor of the Month

Name: BJN Holly Raissipour
Age: Adult
TKD rank: Brown belt
Arnis rank: Blue belt
How long have you been training: 6 years

How long have you been teaching: 9 months

What classes do you teach?
 Monday @ 4:45 PM youth ages 4-7 beginners and Tuesday @ 5 PM youth ages 4-7 beginners

Favorite martial arts move(s):
 I like roundhouse kicks and both crescent and reverse crescent kicks.

Favorite thing about martial arts?
 I like both the physical and mental challenge of martial arts and I love how we can train together as a family.

What is your favorite thing to do outside of martial arts:
 I love spending time with my family and truly enjoy being a stay-at-home mom. I love spending time with my friends and scouting with my girls.

What are your martial arts goal(s)?
 Become a 1st degree black belt and then continue on as far as my body will allow me.

How has martial arts helped you?
 Martial arts has shown me that once I put my mind to it I can accomplish most anything. Martial arts has helped me believe more in myself.

What is your favorite thing about teaching martial arts?
 I love teaching the little kids and seeing them "get" a move. I love trying to make it fun for them.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Devyn Pong
Yellow: Giancarlo Agogliati, Jack Brennan, Max Christoffel, Medha Ganjam, Akkshay Khoslaa, Ryan Knutson, Sreeja Stanam
Advanced Yellow: Anumita Chopra, Darren McGraw
Green: Avery Barley, Nick Biro, Kelly McMaster, Anika Williams
Advanced Green: Shruti Karanth, Steven Ko, Dylan Kuver, Madison McMaster, Gautam Narayan
Blue: Ava Karami, Meelad Karami
Advanced Blue: Ryan Butcher Weltman, Joseph Camp, Marianna Steiner
Advanced Brown: Ben Terry

Arnis Promotions

Yellow: Sam Andrus, Josh Banerjee
Green: Manya Puri, Chelsea Stone, Kiana Tavakoli, Madison Willis
Blue: Joseph Camp, Bharath Kodungudi, Hemanth Machavaram

Happy Birthday!

Josh Banerjee, Diego Batres, Jennifer Brewer, Caroline Camp, James Carskaden, Nishesh Chakrapani, Sophie Clemmons, Jon Cory, Amanda Delgado, John Gerlach, Chad Graham, Levente Gulyas, Aaron Jin, Frank Jing, Becky Kent-Dobias, Ella Kuver, Dylan Kuver, Kevin Liu, Madison McMaster, Gautam Narayan, Devyn Pong, Kabir Puri, Christopher Riccio, Andrew Roehrig, Luke Sala, Jennifer Sala, Samantha Smith, Laura Sotelo, Chelsea Stone, Linda Yee, Edward Yiong, Dan Zariski

Welcome New Students

Aryan Bhatia, Maggie Lipinsky, Nisha Kent Dobias, Christopher Riccio

New Black Belt Club Members

Jackson Zariski, Levente Gulyas, Eniko Gulyas, Marianna Steiner

Training Anniversaries

One Years: Patrick Hickman, Vinicius Monteiro, Marc Horsfield, Rithvik Tirumala, Sreeja Stanam, Raghu Tirumala, Amogh Karanth, James Navarro, Madison McMaster, Madison Willis, Niyathi Chakrapani, Mackenzie Case, Travis Hickman, Meagan Wayne, Ella Kuver, Derek Schreiber, Brayon Case
Two Years: Giancarlo Agogliati, Trevor Hsia, Noelle Hsia, Diego Batres, David Shiroma, Nishesh Chakrapani
Three Years: Levente Gulyas, Holly Schwinn, Sophie Clemmons, Mihir Vadlamani, Baylee Wolfe, Lauren Wolfe, Catherine Weber, Eniko Gulyas
Four Years: Gemma Morris, Joseph Camp, Maizy Brewer, Shayla Gutmann
Five Years: Hailey Adams, Luis Delgado, Julian Lim, Ehmer Taj
Six Years: Rachel Graham, Elliot Schwinn, Tom Kent-Dobias, Bharathram Kodungudi, Raguram Kodungudi, Nihar Mahajan
Seven Years: BJN Eric Strasik, Robert Parker
Eight Years: Vyshnav Kakivaya, Andrea Baker
Nine Years: BJN Lowell Troyer, YDJN Samantha Dart, YDJN Melody Lian
Ten Years: Amanda Jenkins

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



By YDJN Chad Graham

The black belt a sign of honor and triumph. It shows the intelligence and prosperity that you slowly learned after you first started as a white belt. A black belt is also a sign of accomplishment and dignity but also it shows your hardship it took to reach this rank as well as the patience that you slowly learned over time. It also shows that no matter what was thrown at you, you never gave up and continued to show that you have what it takes to reach a black belt. Along with it showing that you have the strength to move on and continue rising in ranks and showing everybody that you have what it takes to earn your first degree. A black belt also means that your work is not even close to being finished and that you should not quit at this rank, it means that you continue doing what it takes to rise in rank. A black belt mean that once you're at this rank you must do the requirements necessary to rise in skill and create new forms that you can show everyone. A black belt shows that you are truthful and you have honor and strength in your training every day.

At my test, it was brutal and I had to know all my requirements to pass. Everything you do is watched because you're at a rank where you should be able to remember everything you need to. After the test I have to admit that I was going to be out of commission. During the tests we all were probably pushed beyond our limits. I also learned that when I concentrate hard enough that even I was amazed that I could go beyond my limitations. During these tests your mind and body are put to the test of endurance and all the training you have done. The only way to pass these tests is to rely on all that you know and doing the best that you can possibly do.

For seven years I have been working towards my goal of becoming a black belt and those dreams with a lot of hard work finally came true. During those years I have learned that getting a black belt takes a ton of hard work and determination to reach your goal. I was determined to reach my goal of a black belt. What a black belt is can be found in all of us.

Chad is 15 years old. He earned his 1st degree black belt in April of 2008. He is an Assistant Instructor and has been training at TMA for 7 years. He is a member of the most challenging class at TMA, the teen/adult Black belt club class.

Leave of Absence– New Way to do it

We now have a very brief form for you to fill out at the front desk to request your leave of absence from the school. Here is a reminder of our policy regarding leave of absence:

Leave of Absence (*Excused Leave of Absence*) Fee: \$19 per student, for each month

- * For extended leave from TMA for 1 month or longer
- * An excused leave of absence can be used for circumstances such as out of town travel or injury.
- * For approval, fill out a short form informing the school why you are leaving and how long.
- * Not to exceed 3 months within a 12-month period
- * Periods longer than 3 months will be considered on a case by case basis by the Chief Instructor.

Breaking Seminar

Join us for a board breaking seminar on Friday, September 26th from 5:30-7:30 PM. The seminar will cover breaking theory and instruction. You receive 2 boards with the \$25 seminar fee. Space is extremely limited, so sign up today!

Annual School Picnic in September

The Annual TMA Awards and Picnic is Saturday, September 13th. Please join us at Perrigo Community Park located at 9011 196th AVE NE, in Redmond from 11 AM to 3 PM. This is the park we've had the picnic at the last couple of years. There will be Awards and a black belt demonstration. Drop in any time. Bring your picnic lunch, your family, and join us for a day of fun and friends at the park!!!! Details and directions to the park are also available at the front desk..

TMA Class Schedule for the Fall

We have a new Intermediate class available. It starts in September at Tuesday and Thursday at 4 PM. All of our other classes will remain the same. If you need to find a new class talk to us at the front desk or shoot us an email. We know schedules change and people get busy in the fall. Remember to find the appropriate class for your rank:

Beginner Classes- White Belts, Advanced White Belts, Yellow Belts, and Advanced Yellow Belts

Intermediate Classes- Green Belt through brown belt.

Mixed Classes- For all ages and all ranks.

Black Belt Club Classes- Must be a member of the Black Belt Club and accepted into the class by Kyo Bum Nim Skyler before you can join. For Advanced Blue Belts and higher. All students who are Advanced Brown Belt and higher should train in a Black Belt Club class. For more information about the Black Belt Club ask for a registration packet at the front desk..

26 Students Complete Tiger Club Requirements!

Congratulations to the students who successfully completed all the objectives required to earn the Tiger Club prize! This purpose of the program was to provide incentive for students to achieve, explore the mental aspect of martial arts, attend class regularly, make progress in their training, and get involved in TMA events.

The objectives the students completed in the six-month time period were:

- ◇ Perfect attendance in your Taekwondo classes (52 classes total)
- ◇ Submit a short essay about a thought of the week.
- ◇ Submit a short essay about a mental requirement.
- ◇ Attend the School Championships
- ◇ Any combination of Arnis seminars or Thursday Arnis classes for a total of 6
- ◇ Wildcard: Choose from any of the following: Attend 5 days of any camp, any seminar other than Arnis, or 1 Private lesson



The students who successfully completed all the Tiger Club objectives were: Travis Hickman, Patrick Hickman, Jennifer Sala, Luke Sala, Sam Sala, Gage Gutmann, Sammy Ballata, Alex Ballata, Shruti Karanth, Amogh Karanth, Chris Clark, James Carskaden, Anna Carskaden, Bob Davis, Jacob Davis, Lauren Wolfe, Baylee Wolfe, Heidi Wolfe, Ilana Zariski, Jackson Zariski, Manisha Tirumalai, Vikram Tirumalai, Linda Yee, Chase Steiner, and Marianna Steiner

Look for the next Tiger club in March of 2009 and join in on all the fun!

Perfect Attendance 2007-08

We keep track of attendance starting on August 1st of each year and ending on the following July 31st. We are proud to announce that sixty-one students achieved perfect attendance during that time by attending at least 104 classes. That's two classes a week for fifty-two weeks. These students did a great job of attending all of their classes or attending makeup classes if they had to miss a class.

It's a great goal to achieve perfect attendance for the year, so join in and make it your goal! Regular attendance in class is the best way to make progress towards your short term and long term martial arts goals. We update the class counts on the bulletin boards regularly so you can follow where you stand. If you are a few classes behind, we are happy to tell you how many you need to make up at the front desk.

Hanna Schwinn attended the most classes this year with 178. On average, she attended more than three classes a week! She will be receiving the perfect attendance award at this year TMA school picnic and awards banquet.

The ten students with the most attendance each year receive a "perfect attendance" or "outstanding attendance" patch for their uniform tops.

1) 178 Hanna Schwinn	119 Jennifer Sala
2) 166 Eniko Gulyas	119 Christopher Clark
3) 165 Levente Gulyas	118 Samantha Krahling
4) 164 Chase Steiner	118 David Yee
5) 158 Steven Ko	117 Ranganath Machavaram
6) 150 Heidi Wolfe	117 Baylee Wolfe
7) 149 Michael Ko	117 Abhijeet Singh
7) 149 Chris Brewer	117 Ben Terry
9) 148 Madison McMaster	116 Melanie Goddard
10) 147 Alex Ballata	116 Sam Sala
10) 147 Sammy Ballata	116 Connor Pomeroy
141 Anna Carskaden	116 David Shiroma
137 James Carskaden	114 Jaron Jin
134 Rachel Graham	113 Surabhi Sonali
134 Jillian Kent-Dobias	110 Meelad Karami
130 Deven Kent-Dobias	110 Lauren Wolfe
130 Elliot Schwinn	109 Ava Karami
129 Tom Kent-Dobias	109 Annika Boelitz
128 Connor Schwinn	109 Holly Schwinn
125 Chad Graham	109 Patrick Hickman
123 Luke Sala	109 Travis Hickman
123 Tricia Klopfenstine	109 Jillian Backman
121 Raguram Kodungudi	108 Anton Vilkotski
121 Hemanth Machavram	107 Sam Boelitz
121 Linda Yee	107 Dylan Kuver
121 Vikram Tirumalai	106 Ashwin Rao
120 Sophie Clemmons	106 Caroline Camp
120 Bharathrham Kodungudi	106 Aaron Jin
120 Zaviar Brown	105 Matthew Lockwood
120 Manisha Tirumalai	
120 Anton Bezruchkin	
120 Gage Gutmann	

Health and Fitness News

Body Pump Class goes weekly!!!

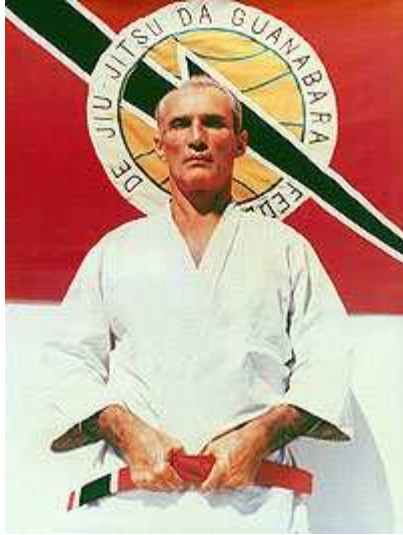
You asked for it, you got it! Body Pump, a fully body strength and conditioning cardiovascular workout is going weekly. Starting in September, class will be every Wednesday, from 7:30-8:30 PM. The class is taught by Health and Fitness Director, YDJN Leslie Haye, so you know it will be a great workout! YDJN Leslie explains the class as a way to round out your exercise routine with a full body toning and strength workout that will get your heart pumping. The class costs \$12 or you can use your Cardio Kickboxing punch card. If you don't have a punch card, we have an introductory special of 6 classes for \$36. You can use your punches anytime within 6 months of when you purchase it.

Black Fitness Bands Now in Stock

Black fitness bands are now available in the TMA Pro Shop. The bands cost \$10 each plus tax. They are compact and great for easy travel not only to and from your True Martial Arts fitness classes but also for a quick workout while on vacation.

Masters of Martial Arts: Helio Gracie

From Wikipedia



Hélio Gracie, born October 1, 1913, is regarded as the creator of *Gracie Jiu-Jitsu*, along with his older brother Carlos Gracie Sr. *Gracie Jiu-Jitsu* is also known as Brazilian Jiu-Jitsu (BJJ). Hélio is the only living 10th degree master of the discipline and is widely considered as one of the first sports heroes in Brazilian history; he was named *Black Belt Magazine's* Man of the Year in 1997. He is the father of the world-renowned fighters Rickson Gracie, Royler Gracie, Royce Gracie, Relson Gracie and Ultimate Fighting Championship (UFC) founder Rorion Gracie. Gracie is also a 6th dan in judo.

Hélio started teaching Jiu-Jitsu at another man's school when he was 16 years old. After a while teaching however, Hélio realized that even though he knew the techniques theoretically, in actuality, the moves were much harder to execute. Due to his smaller size, he realized many of the jiu-jitsu moves required brute strength that his diminutive stature did not allow. He began adapting the moves for his particular physical attributes, and through trial and error learned to maximize leverage, thus minimizing the force that needed to be exerted to execute the move. From these experiments, Gracie Jiu-Jitsu, was created. Using these new techniques, smaller and weaker opponents gained the capability to defend themselves and even defeat much larger opponents.

Tiger Club Essays

By Linda Yee

“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.”

A person who has self-discipline over angry thoughts and responses is a person without the baggage of a grudge, who brings calm to tense situations and walks away without regret. This is the person whom everyone loves and respects. The temperament he or she models is one we would all like to have, but it requires effort – sometimes great effort.

Have a heart that never hardens. Forgiveness is always a choice. When a person does something terrible to you, the knee-jerk reaction is to condemn them in your mind and cut yourself off from them emotionally. A hardened heart remembers the offense and is tortured, sometimes for years, by bitterness over it. A wise person remembers their own failings and looks beyond the failings of others. They forgive and actively seek reconciliation. An interesting way to have a clean heart toward other people is to pray daily for good things for them. After a while, you will find yourself very fond of even the most contentious person!

Have a temper that never tires. Patience is always a choice. Those who respond instantly with sharp words will make the situation even worse. Those who choose to put forth the effort to remain patient and calm are generally able to resolve the irritating situation to everyone's satisfaction.

Have a touch that never hurts. Control over physical response to provocation is always a choice. Those who lash out violently to defend their pride will find themselves regretting it later. A wise person only uses physical force to defend themselves or others and only when absolutely necessary. A calm word, a calm touch or just walking away will be the right solution to almost any situation.

A heart that never hardens, a temper that never tires, and a touch that never hurts are all traits of self-control and respect. The person who seeks to develop this temperament will have inner peace and will be respected as a peacemaker. Instead of losing friends, he will make them. It is worth the effort.

Linda is a provisional black belt, adult student and assistant instructor who has been training for almost 7 years.

By James Carskaden

“Win as if you were used to it, lose as if you enjoyed it for a change.”

When you win or lose you should be humble about it. If you're modest about your achievement or loss, you are showing respect to others around you. Also, “enjoying a loss” gives you a better attitude towards improving.

James is an advanced brown belt. He turns 10 years old this month. James has been at TMA for 5 years.

Form Tournament Rules

Judging: Forms shall be judged by a panel of judges. Contestants receive a score between zero and ten, using tenth points. The judges shall agree on an average score prior to the beginning of the event. The judges shall base their score on three important criteria; 1. Correct technique 2. Speed & power 3. Reality Reality means that the contestant's form looks real and that the contestant has good presence in the ring.

A contestant will be permitted to restart a form after a mistake, if he requests to do so within the first one-third of the form. However, restarting the form will constitute a deduction of a minimum of one tenth, and a maximum of five tenths of a point from each judges scorecard.

Whenever there are more than five contestants in a division, the first three contestants shall be scored after the third competitor has finished.

Combining Forms: Contestants may combine one, two or even three forms together for the tournament. Students may add a few moves to transition from form to form.

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 rather than the form that the contestant has already performed.

Synchronized Forms: The judges shall base their score on five important criteria; 1. Staying together or synchronized 2 Correct technique 3. Speed & power 4. Reality 5. Creativity. A group will consist of 2 or more students. Higher scores will be considered for synchronization of groups with more participants. The group doesn't always need to stay together, there can be individual aspects to the performance.

Form Tournament Strategy

Practice, practice, practice! Really good forms competitors practice to a point where they don't do their form good or bad. They practice the good and bad out of it all together. And their 'practice form' looks exactly the same as their 'competition form'. The thing that kills most forms competitors is the silly little mistakes they make during the tournament that they know they shouldn't make at all.

Beyond that, form is performance, and you have to do it like you're an actor in a play. Be dramatic! Be dynamic! Be exciting! This is an attitude. And it's the attitude that you have to step up to the line with. Often times, judges can tell who's going to do a 'winner form' just by the way the competitor walks into the ring.

August Summer Camp Results

Summer Camp IV August 11th-15th

Teams and Team Captains:

Dominators– Jackie Dulken, The Viruses– Chad Graham, Mystical Monkeys– Connor Pomeroy, Ludicrous Tigers– Lowell Troyer, Boxing Banana Phones– Samantha Krahling

Winning Team:

"Ludicrous Tigers" with Lowell troyer, James Carskaden, Ben Terry, Eniko Gulyas, Jackson Zariski, Ilana Zariski, Anika Williams

- ◇ The campers donated 3 car loads of toys, books, and clothes to Goodwill
- ◇ 6 campers got red-stripped for the August test and Rachel Graham got red-stripped for the November black belt test
- ◇ Joseph Camp and Marianna Steiner won a medal for form and kicks
- ◇ Connor Pomeroy's team won the team form competition.
- ◇ Some of the other activities: highest kick competitions, best ki bon 1 competition, kickball at Pine Lake Park, relay races, demonstration from the team leaders and assistant team leaders, a 2 man set demonstration from Chad Graham and Lowell Troyer

Welcome Sa Bum Nim Di Vito in October

We are very pleased to welcome Sa Bum Nin Dan Di Vito to Pine Lake and Overlake TMA from Thursday, October 16th through Monday the 20th. 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 grappling/jiu jitsu 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! Look for more detailed information about SBN Di Vito's seminar schedule in the October edition of TrueNews and/or on our website: www.truemartialarts.com.