

Pine Lake TrueNews

September 2009



September/October Events and News

No Arnis Seminar in September

Because of Labor Day weekend and the School Picnic, there will be no September Arnis Seminar. If you need to work on Arnis, remember we have a free Arnis class every Thursday night from 7:30-8:30 PM. The next Arnis Seminars and Tests will be on Saturday, October 3rd at 10 AM for Arnis beginners-Arnis Blue belt and 1 PM for those working on Arnis Brown belt and above.

Labor Day Closures

Martial Arts classes will be cancelled for the Labor Day 3-Day weekend. This includes the Friday makeup class, Saturday Makeup class, Sunday Black Belt Club Workout, and all classes on Monday. Cardio Kickboxing is cancelled Saturday at 8 AM and Monday at 6 AM.

School Picnic

The Annual TMA Awards and Picnic is Saturday, September 12th. Please join us at Perrigo Community Park located at 9011 196th AVE NE, in Redmond from 11 AM to 2 PM. This is the park we've had the picnic at the last couple of years. There will be an Awards presentation shortly after noon. 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.

Form Tournament

Join us Saturday, September 26th at 10:00 AM at TMA Overlake for Competition in individual Taekwondo form & synchronized Taekwondo form. The address of TMA Overlake is 15123 NE 24th St. Redmond 98052

New Special Needs Class– SNAP

This month, we are introducing a new class for people with special needs taught by Lynne Banki a 1st degree Black belt and the organizer of Autism Day Washington. We call the program SNAP, which stands for Special Needs Advancement Program. One goal of the program will be to transition SNAP students into a twice-a-week class. The first class is Sunday, September 20th from 10-10:45 AM and every Sunday thereafter (except holidays). The cost of the class is \$50 a month. There is a \$59 registration fee that includes the uniform, which is required for the class.

Orientation is Sunday, September 13th. Reserve a private orientation with Lynne Banki at lymba@comcast.net

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 October 8-12. We are working hard to finalize the details. SBN Di Vito will be leading martial arts workouts and sharing his vast martial arts knowledge and experience with us in a series of 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 in 1977. 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.

Student of the Month

Name: Levente Gulyas **Age:** 10
TKD rank: Advanced Brown **Arnis rank:** Brown
How long have you been training at TMA: 4 years
Favorite Martial Arts move(s): Flying side kick
Favorite thing to do outside of Martial Arts?
Spending time with my friends and making new ones.
What is your Martial Arts goal?
To become the best.
How has Martial Arts helped you?
It has helped me be a better leader.

Instructor of the Month

Name: YDJN Deven Kent Dobias **Age:** 16
TKD rank: 1st degree Black **Arnis rank:** Black
How long training: 11 years **How long teaching:** 2 years
What classes do you teach?
Wednesday 4 PM ages 5-7 beginners & Pee Wee Kickers
Favorite martial arts move(s): Flying side kick
Favorite thing about martial arts?
I love being a leader and helping the community to become a safer place by teaching kids how to defend themselves.
Favorite thing to do outside of martial arts:
Run, hang out with friends, listen to music, and play x-box.
What is your martial arts goal?
Reach 2nd degree black belt before I leave for college and break 5 boards with a flying side kick.
How has martial arts helped you?
It has helped me become more of a leader.
What is your favorite thing about teaching martial arts?
To see the kids learning new moves and watching them advance through the ranks.

September Pro Shop Special

Weapons Bags are 10% off

Sparring Tournament

Saturday, November 14th

Tournament starts at 10:00 AM

Location: Our school

2009 Taekwondo Test Dates

***Dates are subject to change (not likely)**

This Month: **September 25th** 6:30 PM

October 23rd 6:30 PM

November Black Belt Testing Weekend

- For those testing for provisional black belt and higher: Friday, November 20th at 6:30 PM
- For those testing for blue belt & lower: Saturday, November 21st at 4 PM
- For those testing for advanced blue belt and higher (including black belt testers): Saturday, Saturday, November 21st at 6 PM

December 18th 6:30 PM

Thank You to Blind Pig Events

Blind Pig Events did a great job putting on our Perfect Attendance Party. They do weddings, private events, and corporate events. If you'd like more information please contact Angie Zoppi @ 425-269-9964 or angie.zoppi@gmail.com

NOTEWORTHY

Taekwondo Promotions

Advanced White: Sanya Cheeti, Ryan Garcia, David Garratt, Adil Islam, Garima Mahesheari, Leonardo Ribeiro De Brito, Sean Saxe, Jackson Sparks, Arnav Thesppasandra

Yellow: Greg Sparks

Advanced Yellow: Alexander Barnickel, Luigi Coltorti, Polina Kritchko, Max Pickering, Alaka Rao, Christopher Riccio, Konstantin Velitchko, Sean Wheeler, Jenny Yang

Green: Sam Andrus, Susheel Cheeti

Advanced Green: Diego Batres

Blue: Raghu Tirumala

Advanced Blue: Trishan Amruthur, Meelad Karami, Ava Karami, Darren McGraw, Pat Schreiber

Advanced Brown: Jaron Jin

Arnis Promotions

Yellow: Yusef Hussein, Adam Hussein

Green: Nick Biro, Ryan Knutson, Patrick Martin, Danny Martin

Blue: Arghya Kannadaguli, Gordon Peiker, Krishna Rao, Tejasvi Rao

Brown: Zach Evans, Declen Oberst

Black: Jennifer Sala, Chris Clark

Happy Birthday!

Chase Barton, Diego Batres, BJJ Jennifer Brewer, Caroline Camp, James Carskaden, Sophie Clemmons, Sam Cormier, Joe Cormier, Thales Correa, KBN Jon Cory, Emma Ferny, YDJN John Gerlach, YDJN Chad Graham, Levente Gulyas, Alex Hugli, BJJ Aaron Jin, Becky Kent Dobias, Madison McMaster, Gautam Narayan, Roshni Patel, Kabir Puri, Christopher Riccio, Luke Sala, BJJ Jennifer Sala, Linda Yee, YDJN Edward Yiong

Welcome New Students

Sean Brainard, Quinn Iudice, Nicholas Jacobsen, Ryan Morgan, Aditya Parab, Sean Saxe, Zachary Tenorio

Training Anniversaries

One Year: Raj Chaphekar, Oliver Zhang, Joe Cormier, Sam Cormier, Aidan O'Neill, Brooks Barton, Afrah Shaik, Emily Mauch, Chase Barton, Jordan Vaughan, Colin Vaughan, Ian Lam, Luigi Coltorti, Matt Guinasso, Ashwin Madhavan, Anthony Algow

Two Years: Braynan Case, Mackenzie Case, Madison Willis, Madison McMaster, Amogh Karanth, Raghu Tirumala, Rithvik Tirumala, Derek Schreiber, Patrick Hickman, Sreeja Stanam, Travis Hickman

Three Years: Diego Batres, Noelle Hsia, Trevor Hsia

Four Years: Holly Schwinn, Sophie Clemmons, Eniko Gulyas, Levente Gulyas, Baylee Wolfe, Lauren Wolfe

Five Years: Ashish Manda, Shayla Gutmann, Joseph Camp, Maizy Brewer

Six Years: Ehmer Taj, Luis Delgado

Seven Years: Barath Kodungudi, Rachel Graham, Tom Kent Dobias, Raguram Kodungudi, Nihar Mahajan, Elliot Schwinn

Eight Years: BJJ Eric Strasik, Robert Parker

Nine Years: Vyshnav Kakivaya, BJJ Andi Baker

Ten Years: YDJN Lowell Troyer

Congratulations...

... to BJJ Jennifer Brewer, BJJ Robert Parker, and BJJ Anna Carskaden who recently began their internships as Assistant Instructors.

... to YDJN Deven Kent Dobias who has been promoted from Assistant Instructor to Instructor

August Full Day Summer Camp Results

July 6th-10th

Team Captains: YDJN Jillian Backman, BJN Melanie Goddard, YDJN Lowell Troyer, YDJN Chad Graham, BJN Samantha Krahling

The Winning Team was YDJN Lowell's team: Chase Steiner, Marianna Steiner, Michael Driscoll, Diego Batres, Danny Martin, Sean Saxe

Some other highlights from the week:

- ◇ The teams donated 5 backpacks filled with school supplies to the Issaquah Food Bank. Each team member contributed something from the list for each backpack.
- ◇ 7 students got red-striped to test in the August test! Many other campers got some requirements marked off towards red-striping.
- ◇ Ben Terry and Chase Steiner got red-striped to test for Provisional Black Belt in November
- ◇ Great demonstration from the team leaders; they created a Star Wars weapons demo
- ◇ Boys made and performed a Transformers demonstration
- ◇ Girls made and performed a Power Rangers demonstration

15 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 motivation and 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 five-month time period were:

- ◇ Perfect attendance in your Taekwondo classes (44 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 5
- ◇ 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: YDJN Donna Curley, Alex Jones, Benson Wheeler, KBN Skyler Zoppi, BJN Chris Brewer, Maizy Brewer, and BJN Jennifer Brewer

The following students successfully completed all the Tiger Club objectives for the 2nd year in a row: Travis Hickman, Patrick Hickman, Shruti Karanth, Amogh Karanth, BJN Chris Clark, James Carskaden, Anna Carskaden, and Jackson Zariski,

Fitness and Health News

Boot Camp Results

Congratulations to the following people who completed all 3 days of Boot Camp: Bonnie Young, Debbie Bredeweg, Jennifer Brennan, Sally Oveson, Kelly Horn, Jaron Kent Dobias, and Erika Gulyas

The Biggest Loser Will Return In October

If you want to join in on this lifestyle changing program our next starting date will be Saturday, October 10th. We pushed the date back a bit because YDJN Leslie will be down in California awaiting the birth of her granddaughter.

TMA Class Schedule: No Changes for the Fall

Our class schedule will remain the same. If you need to find a new class talk to us at the front desk or send us an email. We know schedules change when school and other activities start and we want to work with you to make sure you're able to get your martial arts training in. 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.



Masters of Martial Arts: Gokor Chivichyan

From Wikipedia.com

Gokor Chivichyan; born 1963 in Yerevan, Armenia is an Armenian-American Judo, submission grappling, and mixed martial arts instructor. Gokor currently trains professional and amateur fighters at the Hayastan MMA Academy in North Hollywood, CA.

Gokor began his training as a young child in Soviet Armenia, winning many national and international junior titles in Judo, Sambo, and wrestling. At the age of 17, Gokor relocated to Los Angeles, where he began his training in no-gi submission grappling under Gene LeBell. Throughout the 1980s and early 1990s, Gokor actively participated in NHB/MMA, sport Judo, and Sambo grappling competitions. With the opening of the Hayastan Academy in 1991, Gokor retired from professional fighting, undefeated, and focused his time on teaching.

In 1997, Gokor came out of retirement to win a superfight organized by the World Fighting Federation. In 1998, he was named by Black Belt Magazine “Judo Instructor of the Year” and received the prestigious “Hall of Fame” spot. Since then he has produced in his school a new generation of fighters, such as Manvel Gamburyan, and Karo Parisyan, who have competed in the arena of the UFC, Olympic, and all National Judo Championships.

To the great surprise of many, Gokor competed again at the 2008 Winter Nationals. Gokor arrived unprepared for competition and without his gi; he was there to coach his team. After being presented with a gi, however, Gokor agreed to participate. He went on to defeat all of his opponents and took home the gold medal.

An interesting fact about Mr. Chivichyan related to our school is that he trained SBN Dan Di Vito in submission grappling.

Perfect Attendance Results 2008-2009

We keep track of the number of classes that students attend starting on August 1st of each year and ending the following year on July 31st. Throughout this time, we update the “standings” of those that have perfect attendance, those that train at least an average of two times each week. Additional attendance is given for activities such as camps, tournaments, Arnis seminars, Arnis classes, breaking seminars, etc.

This year, 67 students attended at least 104 classes from August 1st, 2008 through July 31st, 2009. They were eligible to attend our first annual Perfect Attendance party. This will be a new tradition at our school. If you didn’t make it to 104 classes this year, we hope that all students will make it their goal to be eligible for next year’s party. Remember, if you miss class, you can always make it up!

Congratulations to Eniko and Levente Gulyas. They trained an average of over 4 times per week. WOW!

The ten students with the most attendance receive a “perfect attendance” or “outstanding attendance” patch for their uniform tops.

It’s a great accomplishment to achieve perfect attendance for the year, so we hope you will 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.

1) 224 Eniko	Gulyas	116 Jack	Brennan
2) 223 Levente	Gulyas	116 Ehmer	Taj
3) 197 Michael	Ko	115 Ryan	Knutson
4) 169 Marianna	Steiner	115 Vikram	Tirumalai
5) 161 Chase	Steiner	115 Jordan	Vaughan
6) 159 James	Carskaden	114 Holly	Schwinn
7) 155 Anna	Carskaden	113 Michelle	Szeto
8) 154 Anton	Vilkotski	113 Noah	Rosenberg
9) 148 Steven	Ko	113 Barath	Kodungudi
10) 146 Skyler	Zoppi	112 Manisha	Tirumalai
142 Heidi	Wolfe	112 Raguram	Kodungudi
139 Melanie	Goddard	111 Aaron	Jin
137 Christopher	Clark	111 Ben	Terry
134 Zavier	Brown	111 Connor	Pomeroy
134 Neel	Sahay	110 Jaron	Jin
131 Levente	Homorodi	110 Abhijeet	Singh
127 Benson	Wheeler	110 Susheel	Cheeti
125 David	Shiroma	109 Elliot	Schwinn
123 Danny	Martin	109 Hanna	Schwinn
123 Rachel	Graham	108 Surabhi	Sonali
122 Jillian	Kent Dobias	108 Sreeja	Stanam
122 Chris	Brewer	108 Jackson	Zariski
121 Jake	Brennan	107 Baylee	Wolfe
121 Meghana	Amruthur	107 Anumita	Chopra
121 Olivia	Ding	106 Amogh	Karanth
119 Chad	Graham	106 Byron	Jin
119 Trishan	Amruthur	106 Ashvin	Sriram
119 Patrick	Martin	106 Connor	Schwinn
118 Karthik	Palaniappan	105 Shruti	Karanth
117 Travis	Hickman	105 Charles	Liu
117 Anton	Bezruchkin	105 Donna	Curley
116 Patrick	Hickman	104 Sameer	Mahan
		104 Ashwin	Rao

Tiger Club Essay's From The Brewer Family

What are Ways You Can Be a Good Leader?

Among the many qualities of a great leader – integrity, confidence, creativity, ability, knowledge, to name a few – one quality I really value is the insight that there is always more to learn. I have watched people in leadership positions present themselves as having all the answers, as always being right. And when I'm around someone like that, I find myself wanting to disengage because I certainly don't feel that I can or even want to live up to that (how sad to reach a point where there is nothing left to learn and work on.)

We all have areas where we feel vulnerable and when a leader is willing to share that vulnerability with others and the journey that got them to where they are today, a real connection is created. I have great appreciation for those courageous leaders who acknowledge that there is more work to be done, even though at times it may be daunting. And seeing someone push through challenges inspires me to tackle my own.

By Jennifer Brewer (Mom)

“Enjoy the Challenge of Getting Better at Something”

It is easy to focus on the things that I do well, and that come easy to me. Real growth and improvement comes when I push myself to improve the things that do not come easy.

There are many aspects of martial arts that I find challenging. For example I have never been very flexible. Without good flexibility stances and kicks do not look very good or work very well. Injuries are also much more likely to occur. When I was a yellow belt, I pulled my hamstring sparring. I realized that if I did not work to become more flexible Tae Kwon Do would be a frustrating and pain filled venture. I now enjoy stretching and feel really good when I notice a gain in flexibility.

I find the soft flowing style of Arnis quite challenging. I know that to be a good martial artist means to have balance. The soft of Arnis balances the hard of Tae Kwon Do, and that balance is important in all aspects of life. It is also important to know when to be soft and when to be hard. If I were being attacked by someone with a baton or stick I would want to pass the blows (soft) rather than block them (hard) stick vs. bone, stick usually wins. After passing the attack I would want to make sure that person would never attack me again, which would probably require a hard technique. I enjoy the challenges that Arnis present to me and always feel good after having practiced.

Becoming a black belt is about enjoying the challenges. I like achieving new ranks because it means I will be learning new things. My favorite thing about martial arts is that there is infinite room for improvement.

By Chris Brewer (Dad)

“Problems are Opportunities in Disguise”

I believe that “Problems are Opportunities in Disguise” means that when a problem presents itself, also presenting itself is a wonderful opportunity; an opportunity to fix that problem and learn from the mistake. Some of us, including even me once in a while, don't realize how normal and healthy problems are, yet they are normal (they happen to everyone) and healthy (with every problem comes an opportunity to improve on the subject of that specific problem, and problems make us stronger), just as mistakes and other fumbles are in life.

For example, say I were to forget my form after knowing it for a very long time. Say I was to get all mad and angry with myself, and just start a fit over one silly, fixable problem. That would certainly not be the right way to deal with my problem, and even so, all of us make these common mistakes in dealing with our problems the wrong way, and forgetting the opportunity.

However, if I were to forget my form, then realize that I could just practice it, maybe ask to relearn it if I absolutely had to, and also take my problem and use the opportunity to fix my form and improve my form, I would be all set.

If we could always remember this extremely important Thought of the Week when facing a problem, dilemma, or mistake, we would be greatly admired, greatly appreciated, and enormously happy, knowing that problems are opportunities in disguise.

I LOVE TAE KWON DO!!! ☺

By Maizy Brewer (Daughter)

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.

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: For groups of 2 or more students. 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.

The Benefits of Form

From March, 1998 TrueNews written by SBN Thomas Zoppi

Forms, also known as kata (Japanese) hyung (Korean), patterns, and routines 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. 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.

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.

Belt Testing at True Martial Arts

Taekwondo

During class, senior instructors watch over each student's development along with input from the instructors of the class. At various times the senior instructors will call students to the side and ask them to perform the various requirements needed to obtain the next belt rank. This is called a *Pre-test*.

During the Pre-test, the Senior Instructor makes notes of what requirements need work and what requirements are performed proficiently. That information is stored in a database and updated after each class.

Students are tested in five different areas: mental requirements, kicks, form, self defense, and sparring (for green belt and higher). When the student has demonstrated to the senior instructor that they know and have become proficient in these five areas, the student will receive stripes of red tape at the bottom of his or her belt. This red stripe indicates that the student knows her requirements and is ready to perform those requirements in front of a black belt panel at a public test.

IMPORTANT ETIQUETTE: If you are curious about your progress or wondering when you will test, the polite thing to do is ask your instructor what you need to work on or what requirements you have marked off (judged as proficient). Never ask to test. Don't be discouraged if you don't test. Your instructors have nothing but your best interest in mind and you should trust their experience and judgment to put you in the best possible position to succeed at True Martial Arts.

During the week leading up to a test, pre-testing is suspended, and instead the instructors focus on final preparations for students getting ready to test.

Tests are held once a month. When a student is red-stripped he is required to be at the next scheduled test. If you are unable to attend the test, tell the front desk **AND** your instructor before the test date. If a student is unable to test because of illness or prior commitment, the student will test in the next scheduled monthly test. If a student is unable to test for two or more of the next scheduled test periods, please consult with the Chief Instructor by phone, email or in person to schedule a makeup test.

At the test, students must be in full uniform: pants, white top with TMA patch on left side of jacket, and belt. A white t-shirt or school t-shirt must be worn under the top. Please hem the pants (no roll up or staples). If you are testing for green belt or higher, you will need to bring your own sparring gear.

Please arrive to the test at least 15 minutes early to check in, get your supporters seated, warm up, and prepare. The tests get started right on time.

There is a different test fee for each rank. It is listed on your requirement sheet. Please pay the test fee at least a day before the test, as this helps speed up the check-in process the night of the test.

Testing etiquette for spectators

- Cell Phones Turn off/switch to vibrate. Please step outside to take or make an important call.
- Small/Noisy Children Make arrangements to leave them at home, as they can be a distraction to those who are testing. There are no play areas and kids may not run around outside in the parking lots. If you bring a child who gets noisy, taking your child out the to lobby or outside will be very much appreciated.
- Flash Photography Please turn off--it is a distraction that can affect concentration.

Arnis

Immediately following each Arnis seminar, there is a test. Unlike Taekwondo, it is up to the student to determine when they are ready to test. Your instructor from the seminar can help you decide if you are ready to test. It's also a good idea to let your instructor at the seminar know you might be planning to test afterwards so they can do their best to get you ready to test.

If you are unable to attend Saturday Arnis seminars and tests because of other activities, make sure to let your instructor know so we can come up with an alternate plan. Every once in a while we have a specially scheduled Arnis test on a weeknight to accommodate those students.

There is a test fee for each Arnis test. Please pay before your test. If you do not pass or decide you are not ready to test after all, you will be given a credit and won't have to pay at the next test you attend.

Ask KBN Skyler

This is the first edition of “Ask KBN Skyler”. Ask me questions by email at info@truemartialarts.com or hand write a question and leave it at the front desk. Your question can be about whatever you want!

“What was the hardest rank for you?” -Holly Schwinn

That’s a great question Holly! While I can think of several different ranks that have been difficult, I would say getting from 2nd degree to 3rd degree black belt was my hardest. I achieved my 2nd degree black belt when I was 18 years old. After that, I went away to college and only kept up with my martial arts training every once in a while. After I graduated from college, I moved back home and started training again. It was very frustrating because I was out of shape and I had forgotten a lot of the moves.

Shortly after I started training again, my Dad passed away and for a while that made it very difficult for me to train. I also got in car accident right around that time and hurt my back. Every time I would train, my back would be very sore afterwards. This was all in the year 2001. Slowly, but surely, I kept trying and doing my best and I never gave up. In April of 2006, I finally tested for my 3rd degree black belt. I was in really good shape and very ready. But, believe it or not...a couple day before the test I got really sick (pneumonia). This made the test even more difficult than it already would’ve been if I had been feeling great. I got through it, though! I think I learned a lot and I became a lot stronger person because of everything I went through to earn my 3rd degree black belt.

“What happens to uniform patches if a uniform is replaced due to size or wear?” - Sean Saxe

Thanks for the question Sean. The student has 2 choices. They can either take all of their old patches off and put them on their new uniform or they can buy new patches from the school to replace their old ones and get those put on their new uniforms. Either way, it’s a lot of sewing for someone...especially if the student has attended a lot of summer camps!

If I didn’t answer your question, look for it in future editions of “Ask KBN Skyler”

Former TMA Student Opens Up A New School

By KBN Skyler Zoppi

On Saturday, August 29th I got to do something really cool. Kyo Bum Nim Chris Aprecio had just opened up a new martial arts school called “Trinity Martial Arts” in Arlington, Washington and I was invited to help judge at his first belt promotion test.

KBN Chris started training at True Martial Arts about 15 years ago and we trained together as teenagers under our Instructor Sa Bum Nim Thomas Zoppi (my Dad). He trained and taught at True Martial Arts for over 10 years and then started training at another Taekwondo school and at a Brazilian Jiu-Jitsu school when he moved up north.

We look forward to hosting Trinity Martial Arts at our tournaments and other events and wish them all of the best success. You can check them out at <http://www.trinitymartialarts.net>



**August
Summer Camp Group**

Sparring with KBN Skyler