

# Pine Lake TrueNews

April 2011



## TMA School Championships Results

Students and instructors, families and friends came together in our yearly celebration of our school and our art at our twenty-second annual school championships on Saturday, March 19th at Pacific Cascade Middle School.

Nearly 300 participants from Overlake TMA, Pine Lake TMA, and Trinity Martial Arts competed in Form and Sparring. Congratulations to the double champions from our school who captured 1<sup>st</sup> place in both form and sparring in their divisions: Trevor Asbery, Hailey Roberts, David Glubochansky and Tarushi Verma.

There were two outstanding and creative demonstrations from our school:

- \* The Mandirigma Arnis club performed a great Arnis demonstration. Members include Jon Cory, Donna Curley, Allen Kim, Delaney Aydel, Eniko Gulyas, Levente Gulyas, Michael Ko, and Heidi Wolfe.
- \* A Demo team consisting of teenaged TMA Instructors showed us a fantastic weapons battle and skit complete with a flying side kick board break while leaping over 4 people. They were: Ben Terry, Jillian Backman, Melanie Goddard, James Carskaden, Damian Banki, Alisa Billig, Chris Clark, Zaviar Brown, Delaney Aydel, Chad Graham, Sammy Ballata, Alex Ballata, Jillian Kent Dobias, Meena Sethuraman, Deven Kent Dobias, Addison Wong, Karthik Palaniappan, and Samantha Krahling

We put forth great effort in the Team Sparring competition, and defeated our friends from Trinity Martial Arts and Overlake TMA. Our team included Sean Saxe, Eniko Guylas, Jillian Backman, Allen Kim, Kirsten Smith, and Kyle Murphy. We were happy to bring the trophy to Pine Lake after 3 victories in a row by Overlake TMA!

Special thank you's to our Tournament announcers John Backman and Jay Carskaden. Our Audio Director Jeff Chelgren, and Concession Director Carla Barrett. Thank you to everyone that helped with registration, concessions, setup, cleanup, scoring, timekeepers, and judging. and of course our Tournament Director Trisha Ballata and Jennifer Berg, the Zoppi's and the Barrett's for planning and organizing the tournament.

### Pine Lake Sparring Champions

Molly Fogarty, Liam Coltorti, Trevor Asbery, Jeffrey Cheng, Doug Winegarden, Jacob Kicha, Hailey Roberts, Peyton Hutchinson, Mehal Ashwin, David Glubochansky, Saumya Sahay, Kevin Xu, Patrick Hickman, Sean Saxe, Kevin Parker, Dominique Alvadrao-Holden, Tarushi Verma, Oscar Marczynski, Levente Gulyas, Darren McGraw, Nicole Smelson, Vincent Wu, Kirsten Smith

### Pine Lake Form Champions

David Glubochansky, Emily Stuart, Caleb Kim, Eli Schrier, Catalina McKenna, Trevor Asbery, Hailey Roberts, McKenna Roberts, Cameron Stuart, Sami Nemiroff, Melina Carino, Steven Ko, Max Pickering, Trishan Amruthur, Meghana Amruthur, Tarushi Verma, Michael Driscoll, Marshall Waldron, Lisa Carskaden, Allen Kim, Chase Steiner, James Carskaden, Michael Ko, Alex Ballata, Anna Carskaden, Deven Kent-Dobias, Sean Chilberg, Reid Riley

## Fundraiser for Japan Earthquake/Tsunami Victims

YDJN Melanie Goddard and the Japanese Club at Skyline High School have organized a private lesson benefit at our school to raise funds for the Japan earthquake/tsunami victims. The benefit is on **Saturday, April 16th** from 11 AM-2 PM. There is a sign up sheet at the front desk where you can choose your private lesson instructor from a list of volunteers and times available. Each lesson is \$30 minutes. The suggested donation is \$25. 100% of your donation goes towards the relief effort.

## April Student of the Month

**Name:** BJN Darren McGraw    **Age:** Adult  
**TKD rank:** Advanced Red Belt    **Arnis rank:** Red belt  
**How long have you been training?** 3 years  
**Favorite Martial Arts move:** Roundhouse kick  
**Favorite thing about Martial Arts?** How challenging it is and the teamwork with other students.  
**Favorite thing outside of Martial Arts?**  
Bass guitar, traveling with my family, and boating  
**What is your Martial Arts goal?** Black belt!  
**How has Martial Arts helped you?**  
I am more conscious of being intentional at my work, with my attention for my family, and with my faith.



## Instructor of the Quarter April-June

**Name:** YDJN Jillian Backman    **Age:** 16 years old  
**TKD & Arnis rank:** 2nd Degree Black Belt  
**How long have you been training?** 12 years  
**How long have you been teaching?** 1.5 years volunteer at Discovery Elementary and 4.5 years at TMA  
**What class do you teach?** Tuesday 4:15 PM youth ages 5-7  
**Favorite Martial Arts move:** Roundhouse kick  
**Favorite thing about Martial Arts?**  
To limit what I love about martial arts to one thing is impossible. However, I love the sense of community and commitment, and how it can make you stronger both mentally and physically.  
**Favorite thing outside of Martial Arts?** I love spending time with friends and family. I also love to create, may it be drawing, writing, composing, imagining, or anything else that lets my mind expand.  
**What is your Martial Arts goal?** 3rd degree Black belt  
**How has Martial Arts helped you?** Martial arts has shaped who I am as a person today. It has given me confidence, self-esteem, a sense of responsibility, leadership, indomitable spirit, and much more.  
**What is your favorite thing about teaching martial arts?**  
Watching my students grow, not only physically, but also in their martial arts skill. I love watching the spark in their eyes as they learn a new thing or achieve a goal. I love the fact that I get to give students a chance to have the same great experiences that I did in TMA.

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Keegan DerGarabedian, David Gluboehansry, Juwon Jung, Tyler Shek  
**Yellow:** Alexander Fleming, James Hollinsworth, Kaavyshri Magesh  
**Advanced Yellow:** Carlos Gonzalez, Daniel Gonzalez, Joseph Safa, Saumya Sahay, Lukas Whatley  
**Green:** Daniel Chen, Thales Correa, Nolan Hawkins, Srilasya, Nathan Wu, Kevin Xu, Olivia Ogren-Butail  
**Advanced Green:** Alec Church, Berkeley Smith  
**Blue:** Emily Harig, Matthew Mead, Phillipa Poznanski, Hailey Roberts, McKenna Roberts, Greg Sparks, Jackson Sparks,  
**Brown:** Lisa Carskaden, Tejasvi Rao, Samuel Sala  
**Advanced Brown:** Neel Sahay, Vikram Tirumalai

### Arnis Promotions

**Yellow:** Thales Correa, Enrico Contrigiani, Manoella Contrigiani, Daniel Sudzilouski, Indu Vanteru, Julia Zhang  
**Green:** Anthony Algaw, Trevor Asbery, David Garratt, Hannah Kicha, Ilana Poznanski, Yury Sudzilouski  
**Blue:** Jonathan Chu, Emily Harig, Patrick Martin, Danny Martin, Phillipa Poznanski  
**Brown:** Matthew Tenczar  
**Red:** Delaney Aydel, Darren McGraw, Pat Schreiber  
**Black:** Jaron Jin, Aaron Jin, Meena Sethuraman

### Happy Birthday!

Sam Andrus, Aayush Budhiraja, Manoella Contrigiani, Keegan DerGarabedian, Eniko Gulyas, Sean Hickman, Tom Kent-Dobias, Simon Kuvgan, Atul Madhugiri, Garima Maheshwari, Oliver Marczynski, Akash Muddaraj, Declen Oberst, Olivia Ogren-Butail, Allie Pefaur, Chales Pickering, Ilana Poznanski, Amrit Puri, Jack Quintana, Scott Ray, Joseph Safa, Logan Saxe, Eli Schrier, Yusuf Shahpurwala, Harshini Terala, Anton Vilkotski, Jackson Sparks, Yury Sudzilouski, Martin Sy-Quia

### Welcome New Students

Gracy Ahuja, Nikki Barees-Mardenly, Grayson Bruch, Natalia Bruch, Daniel Hollinworth, Andre Iagron, Keira Mardenly, Rahul Remany, Brenda Studdard, Sandy Studdard, Pavan Varthakavi

# TMA News Briefs

## 2011 Taekwondo Test Dates

**\*Dates are subject to change**

- Friday, April 22nd **6:30 PM**      Friday, May 20th **6:30 PM**  
Friday, July 22nd **6:30 PM**      Friday, August 19th **6:30 PM**  
Friday, September 23rd **6:30 PM**  
Friday, November 18th **6:00 PM** White-Advanced Yellow  
**7:00 PM** Green and higher  
Friday, December 16th **6:30 PM**

### Black Belt Testing Weekends June and October

- Red Belt and higher:
  - Friday, June 17th & October 15th **6:30 PM**
- Advanced Green Belt & lower (red shirts):
  - Saturday, June 18th & October 16th **4:00 PM**
- Blue belt and higher (blue and black shirts):
  - Saturday, June 18th & October 16th **6:00 PM**

### Training Anniversaries

**One Year:** Kenneth Ruslim, Nathan Wu

**Two Years:** Marko de Jager, Max Pickering, Cole Pickering, Jonathan Chu

**Three Years:** Patrick Martin, Prabhav Rawat, Medha Rawat, Danny Martin, Michael Padilla, Jake Brennan, Amber McGraw

**Five Years:** Amanda Delgado

**Six Years:** Samuel Sala, Clara Brewer, Jennifer Brewer

**Seven Years:** Jackson Zariski

**Eleven Years:** David Yee

### Pee Wees-Potential New Classes

Are you interested in signing up a child ages 5 and under for Pee Wee Kickers? We're looking at offering an 11 AM and/or 2 PM class on Wednesdays. Email us at [info@truemartialarts.com](mailto:info@truemartialarts.com) or let us know at the front desk if you're interested. A minimum of 5 students is needed to open a new class, so tell your friends!

### Revised Summer Camp Dates

Full day summer camps are one of our most popular and anticipated activities we offer. These camps are run in a team format. Each team acquires "points" throughout the week for completing different tasks and winning various competitions. It's fun, and students learn great life skills. All youth students are welcome. There are discounts available if you sign up for more than 1 camp. Here's the dates:

- **June 27th-July 1st\*\***
- **July 18th-22nd**
- **August 15th-19th**



**Camp is Monday-Friday from 9 AM to 3:30 PM**

**\*\*New dates-last day of school has been pushed back**

## Fitness and Health News

### Free Pilates Trial Classes

We offer free Pilates trial lessons for those that have never taken our TMA Pilates class on the following dates:

- Tuesday, April 12th
- Tuesday, April 19th
- Tuesday, April 26th
- Tuesday, May 3rd



### Special Classes Planned

The first one was a hit in March, some come join us for round two and try our ELITE MMA bag class on Thursday, April 21st from 7:15 – 8:10 PM. Our ELITE series of classes are special offerings that are more intense and challenging than our usual offerings. The cost is \$15 or one punch on your fitness punch card.

There's a Pilates Super Class on Tuesday, April 26th from 9:30-11:00 AM. It's an hour of Pilates mat class with an additional ½ hour of cardio and strength training for 1 punch on your fitness punch card.

There's a Super Cardio Kickboxing Class on Saturday, April 30th from 8:00-9:30 AM. More punching and kicking the bags, more cardio, more calories burned, but normal price.

### No Pilates Class April 6th

Instructor Tami will be traveling during spring break so Pilates class is cancelled on Tuesday, April 6th.

### Spring Arnis Special

Sign up for the April and May Arnis Seminars and receive 25% off! Attend both for \$30

### New TMA Website

Check out our new TMA website. We think parents and students will really like some of the new features. There is an improved schedule of special events and makeup classes. You can even have alerts for events e-mailed to you. There is a link to our TMA youtube page. You can always find the latest edition of our newsletter.

There is a special student section for TMA students only. You can print out requirement sheets, event registration forms, and read the TMA student handbook. The password is [tma1995pinelake](http://tma1995pinelake).

Up-to-the-minute news will be featured on the front page so you can always find out the answers to the questions we have. Is there a makeup class this Saturday? It's snowing, is there class today? You can find all of these things and more at [www.truemartialarts.com](http://www.truemartialarts.com)

## TMA April Calendar

Saturday, 2nd:	<b>Arnis Seminars &amp; Tests</b>	9:30 AM: white-blue. Noon: brown & up
Monday, 11th:	<b>New Requirements Seminar</b>	7:30-9:00 PM. For advanced brown belts and higher. No fee.
Saturday, 16th:	<b>Private Lesson Fundraiser</b>	11AM-2PM. All proceeds go to Red Cross relief effort in Japan.
Thursday, 21st:	<b>Elite MMA Bag Class</b>	7:15 PM
Friday, 22nd:	<b>Taekwondo Test</b>	6:30 PM
Tuesday, 26th:	<b>Super Pilates Class</b>	9:30-11:00 AM Extra 1/2 hour no additional charge
Friday, 29th:	<b>Board Breaking Seminar</b>	5:30-7:30 PM
Saturday, 30th:	<b>Super Kickboxing Class</b>	8:00-9:00 AM Extra 1/2 hour no additional charge

## Spring Break Makeup Classes

You're welcome to make up classes missed during spring break. There's no deadline for completing makeup classes as long as you're an active student. If weekend makeup classes don't work, weekday classes are an option. Email, call, or ask at the front desk for help determining the best makeup class for you. 425-313-9680 or info@truemartialarts.com

### April Weekend Makeup class schedule:

Friday, 1st:	<b>All Ages Makeup Class</b> 7:00 PM	Friday, 8th:	<b>Teen/Adult Makeup Class</b> 7:00 PM
Saturday, 9th:	<b>Youth Makeup Class</b> 10:00 AM	Friday, 15th:	<b>Teen/Adult Makeup Class</b> 7:00 PM
Saturday, 16th:	<b>Youth Makeup Class</b> 10:00 AM	Saturday, 23rd:	<b>All Ages Makeup Class</b> 10:00 AM
Saturday, 30th:	<b>All Ages Makeup Class</b> 10:00 AM		

## Black Belt Club Workouts

### April schedule:

Sunday, 3rd	<b>BBC Workout</b> 11:30 AM-1:00 PM	Sunday, 10th	<b>BBC Workout</b> 11:30 AM-1:00 PM
Sunday, 17th	<b>BBC Workout</b> 11:30 AM-1:00 PM	Sunday, 24th	<b>BBC Workout Cancelled- Easter</b>

### Black Belt Club Workout FAQ (Frequently Asked Questions)

**Who is it for?** Members of the Black Belt Club. To join you must be a brown belt or higher and fill out a free application.

**Do I need a uniform?** No, just something comfortable to work out in.

**Do I bring sparring gear?** Yes, there is at least 15 minutes of sparring at each BBC workout.

**Do I bring my Arnis weapons?** Optional, bring them if you want to work on Arnis.

**Is it a class?** No, it is a supervised open gym workout. The only part that's organized is a warm-up and sparring. The rest of the time you have to work by yourself or with the other people that are there on whatever you want.

**I have other Sunday plans, can I leave early or come late?** Yes, you can come and go at your own schedule.

## TMA Arnis Tournament May 21st

Under our alternating host format, this years TMA Arnis tournament will take place at our school on Saturday, May 21st. Check in starts at 9:30 AM and events start at 10 AM. Several events such as Synchronized Form and 2 Man Sets require practicing ahead of time, so find your partners now and start practicing! A majority of students 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.

### Schedule of Events

*Registration is a flat fee, so you can enter as many events as you want (there are 6 events) for the same price.*

#### Arnis Form events:

- *Arnis forms* – Any form, or combine any 2 Arnis forms
- *Created form* – Any created form, any Arnis weapon.
- *Synchronized form* – 3 or more person team, any form or combine 2 forms

#### ½ Hour Break for snack/lunch

#### Free Form events:

- *Single competitor* – Contestants will compete for 45 seconds of free form, using any Arnis weapon. Contestants can supply their own music or use the music provided by the school (No explicit content please).
- *2 Man Set* – Up to one minute long, will be judged on creativity and technique.

**Arnis Sparring events:** Open to all ranks



# Black Belt: What It Is and What It Takes

By Jeremy Kaelin

Becoming a first degree black belt means that I will have completed a major goal of mine. I set this goal when I was seven years old just beginning Tae Kwon Do. I have learned many things throughout my eight years at True Martial Arts and have applied my mental requirements into everyday situations. I respect others, help others, and encourage myself and others to stand up for what I/others think is right in a respectful manor. Being a black belt has also taught me to push myself beyond limits and step up my game even further. This allows me to be able to handle any situation, from solving problems inside and outside of class from my form to street fighting. I pay attention to detail, for example, longer and lower stances and putting a punch exactly on the target in the exact way. When I started playing football, it was hard to continue with Tae Kwon Do. Most people I know would have quit, but I have the determination to keep on training and I have continued to go to class whenever possible. When I am in class I take each repetition seriously with full power, speed and precision. I will act the black belt way inside and outside of class.

What I have done to reach first degree black belt is push myself to do everything necessary and to do it to my best ability in a positive good fashion. I have played other sports outside of Tae Kwon Do that have affected my ability to move up in ranks, but the moral values I have learned from Tae Kwon Do helped me in those sports outside of class, the one that has had the most affect on me is discipline, I apply the discipline to football mostly, and do not screw around in practice, and also execute my part of plays with as much precision as possible. And when I came back to class, I still pushed and learned to be the best I could be. It taught me that when I am injured, sick, or if I am going through tough times, I still train to the best of my ability. Also when I fail or fall, I have learned to get up and try it again. My goal is to keep on training even after college and the military. Tae Kwon Do has also helped me in the past, for example, when our cat, Felix, died, he wasn't just a cat, he was a cat older than I was, he was like a big brother that I never had. I was upset, angry, frustrated, stressed, and confused at why he had passed away, then I went to class the next Monday, and we happened to warm-up on the bags and then sparred, and I just went all out because I felt I had nothing to lose. Then when I was done, my stress and frustration had gone away, and I felt that it was just a part of life that had to be accepted, so I did. Tae Kwon Do has helped me in many different ways in life, from mental and emotional things, to becoming physically stronger and tougher.

*Jeremy is fifteen years old. He started training at True Martial Arts eight years ago.*

## Black Belts Awarded March 14th!



### **New Black Belts!**

Back left: **Ben Terry**-7th grade, Beaver Lake MS  
Back middle: **Jeremy Kaelin**-9th grade, Skyline HS  
Back right: **Rachel Graham**-7th grade, Pine Lake MS  
Front left: **Alex Ballata**-7th grade, Pine Lake MS  
Front right: **Sammy Ballata**-7th grade, Pine Lake MS



YDJN Erin Murphy achieved 2nd degree Black Belt. She is sixteen years old and has been training at TMA for ten years.

# April FOCUS ON: Breaking

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

**\*\*\*NOTE: Breaking should always be done under the supervision of an Instructor\*\*\***

**Notes from SBN Thomas Zoppi, SBN David Barrett and SBN Skyler Zoppi**

**Why break?** To bring together the physical, technical and mental aspects of your martial arts training.

- Physical aspects- Power & Speed
- Technical aspects- Aim & using correct technique and weapon on your body
- Mental aspects- Self-confidence, Intention without reservation, & visualization

## **Types of breaks**

- Power breaks – Breaking material is fully supported.
- Speed breaks - barely supported or unsupported breaking material that require quickness in addition to power.
- Chi breaks - 1" punch or iron palm techniques, where you power through the breaking material in a short burst.
- Combination breaks - multiple points of focus with techniques to multiple boards

## **Ways to prepare yourself to break a board in the days and hours beforehand**

- Practice the basic techniques- repetition
- Accuracy drills - work especially on hitting center intended target (focus pad)
- Focus on the part of your body that will break the board. Make sure you are using the correct hand or foot position.
- Visualize your break. Decide what technique you will use to break well ahead of time and visualize what your successful break would look like over and over.

## **Setup**

- Environment: make sure you are comfortable with where you are in relation to where the break will be. You have enough room; there are no people around or distractions.

## **Preparation** (things to do before you break)

- Positive attitude: Believe in yourself and your ability
- Warm up; be loose and ready to explode. Practice the motion of the break

## **Technique**

- Comfortable, relaxed stance
- Use your hips and legs. Generate power through your whole body (3<sup>rd</sup> Stage motion)
- Make sure your weapon (part of the body breaking the board) is tight.
- Ki-hop - best way to get internal energy released. Speed equals power.
- Keep eyes open, hit the center of the target. Aim through target - not at the target.

## **The Break**

- Practice three times. Don't over practice, it will lead to doubt.
- Bow to let instructor and holders know you are ready, the bow will be returned to let you know when it is time to go.

## Board Breaking Seminar

The next board breaking seminar is Friday, April 29th from 5:30-7:30 PM. We host 4 board breaking seminars a year.

Board breaking is a way to bring together the physical, technical, and mental aspects of your martial arts training. Breaking is required for the Black Belt ranks as part of their Taekwondo tests. Accordingly, you are required to attend at least one board breaking seminar before your black belt test so you can perform a break safely and with confidence.

If Board Breaking is of interest to you and you'd like to expand your ability and perform spectacular breaks, we recommend you attend as many board breaking seminars as you can, as soon as you can. If you are under 18 years old, you must get permission from your parents and your instructor to attend. Smaller-bodied students are invited to watch, but are unable to participate for safety reasons. Ask your Instructor if you are eligible to attend. Space is limited.

