

August FOCUS ON: Self Defense

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

Awareness is the 1st line of Self Defense

Attackers are looking for easy victims that they can surprise. To avoid this:

- Make eye contact.
- Know what going on all around you not just in front of you

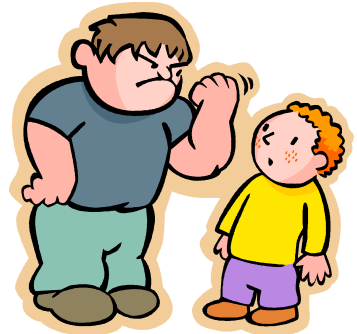
Examples of what not to do (being unaware): Headphones, hoodie over your head, eyes down, not paying attention to people around you.

Personal Space

- Don't let people into your personal space if it makes you uncomfortable.
- Keep your distance.
- Anything within an arm's length is too close

The power of words

- Use energy with your voice- speak loud and clear
- Speaking loud and clear makes them understand what they are doing isn't OK
- Speaking loud and clear gets the attention of people around you



People who are potential threats

- Someone that is making you uncomfortable
- A grown-up asking a child for help
- Someone that tries to get you away from your friend or friends

Wednesday Arnis Class Hiatus

The 3:15 Wednesday Arnis Class will be taking a break in August. We will bring it back in September. We will still be offering the Thursday 7:15 Arnis class, as usual.

De-escalation

The use of voice, tone, and body language to calm a potentially violent situation before it happens.

Avoidance

Being aware of and avoiding potentially dangerous situations is an emphasis of self defense. Any time you try to fend off a would-be-attacker with force, you are putting your safety at risk. In order to avoid an attack:

- Keep your distance from potentially dangerous people, places, and situations.
- Conduct yourself in a way that doesn't attract negative attention-be respectful of others.

Trust your instincts: If something doesn't seem right, it might not be. If you're uncomfortable, that's your body's way of telling you something isn't right.

When avoidance is impossible, one often has a better chance of staying safe by fighting to escape rather than meeting aggression with aggression. Such methods are referred as 'break away' techniques. Here are three steps to get away:

The 3 Step method of Self Defense

- 1) Release (get away from) the grab or unwanted touching
- 2) Yell "No!" so they know it's unacceptable and it attracts attention
- 3) Run away to a safe person or place

TMA Chief Instructor & Senior Instructors

The main purpose of the Chief Instructor and Senior Instructors is to give direction and leadership to students and instructors towards the achievement of the vision of our school.

TMA VISION STATEMENT

To approach everything we do in the Black Belt Way, with 100% effort, a positive attitude, and indomitable spirit.

We will create a safe learning environment that is respectful, positive, caring, and fun. We will be disciplined and consistent in following the school rules and martial arts traditions.

We will provide a place where families can connect through their training, and where students will increase their proficiency in defending themselves, persevere through challenges, become more physically fit, learn to set and achieve goals, and become better leaders.

DUTIES OF SENIOR INSTRUCTORS

1) Planning the class. 2) Quality control. 3) Pre-testing. 4) Conducting belt award ceremonies. 5) Going over test results. 6) Helping with Assistant Instructor training. 7) Student/parent conferences. 8) Welcoming new students. 9) Testing the students. 10) The safety and security of all the classes and the building.



SBN Skyler Zoppi
Chief Instructor



KBN Leah Zoppi
Senior Instructor



KBN Laurel Zoppi
Senior Instructor



KBN Jon Cory
Senior Instructor



KBN Tami Parker
Senior Instructor



KBN Amy Nibert
Senior Instructor



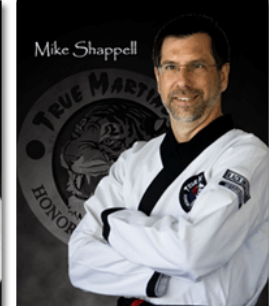
YDJD Kirsten Smith
Senior Instructor



YDJD Donna Curley
Senior Instructor



YDJD Nicole Smelson
Senior Instructor



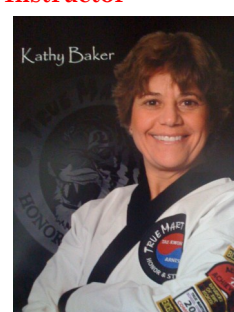
YDJD Mike Shappell
Senior Instructor



YDJD Trisha Ballata
Senior Instructor



YDJD Leslie Haye
Senior Instructor Trainee



YDJD Kathy Baker
Senior Instructor Trainee

Student of the Month

Name: Raghu Tirumala **Age:** 16 years old
TKD rank: Brown belt **Arnis rank:** Brown belt
How long have you been training? 4 years
Favorite Martial Arts move: Flying side kick
Favorite thing about Martial Arts: Sparring
Favorite thing outside of Martial Arts: Play outside
Martial Arts goal: To become a black belt before college
How has Martial Arts helped you?: Improved fitness

Instructor News

Welcome to our newest Assistant Instructor Intern:
Rachel Graham

New Senior Instructors in Training! Congratulations to
Leslie Haye & Kathy Baker **for being hand-picked by**
SBN Skyler Zoppi

Black Belt College Students

Black belt college students on break are welcome to return to TMA to train for free in August. This is a new tradition that will continue July and August of every year.

Training Anniversaries

One Year: Salina Zhang, Luis Ramirez, Thomas Malloy, Diego Yanez, Lucas Ferreira, Ayden Manko Levite, Brayden Manko Levite, Riley Manko Levite

Two Years: Sean Saxe, Zachary Tenorio, Sean Kei Brainard

Three Years: Nisha Kent-Dobias

Six Years: Declen Oberst, Anna Carskaden

Ten Years: Chad Graham

September Schedule Changes

A few tweaks will be made to our martial arts schedule beginning September 1st in order to best accommodate the needs of our students:

- 1) Tuesday/Thursday 4:15 Level 1 class in Room C will now be a Level 2 class. A few Level 1 students will be reassigned to something that fits their schedule.
- 2) All members of the Monday/Wednesday 4:00 Level 2 class in room B will be moving either to room A at 4:15 or a class that better fits their schedule.
- 3) We'll be accepting students for a brand new Level 3 class: Monday/Wednesday at 4:00 in Room B
- 4) The Level 3 and 4 Blackcat class (youth Black Belt Club) will now be Level 4 only. All level 3 students are welcome to stay in the class, but no new Level 3 students will be accepted into the class.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Anthony Butler, Thomas Malloy, Keira Mardenly, Surya Narayanan, Luis Ramirez, Brenda Studdard, Zachary Watkins

Yellow: Shiksha Arun, Ashwika Budhiraja, Digant Dash, Sathya Hariharan, Payton Lo, Thom Stuart, Ankur Vanteru, Pavan Varthakavi

Advanced Yellow: Aayush Budhiraja, Andrew Maciver, Annika Singh, Andrew Widner

Green: Ryan Alexander, Sebastian Blackheart, Hanshal Dabburu, Dennis Kritchko, Emily Stuart, Pamela Stuart, Lukas Whatley, Julia Zhang

Advanced Green: Lillie Adamson, Nolan Hawkins, Sean Hickman, Isha Jodh, Nathan Wu

Blue: Spenser Horne

Advanced Blue: Jake Brennan, Raj Chaphekar, Noah Rosenberg, Benson Wheeler, Benjamin Zhang

Brown: Amrit Puri

Advanced Brown: Arghya Kannadaguli, Vinny Palaniappan

Arnis Promotions

Yellow: Ryan Alexander, Alyssa Bothwell, Julia Gulyas, Andrew Maciver, Nikki Berces-Mardenly, Kyle Heller, Sarah Khawand, Peter Khawand, Calille Lagron, Andre Lagron, Andrew Leinweber

Green: Sanya Cheeti, Medha Ganjam, Holly Heitsch Hoyt, Alex Hugli, Jacob Whitney, Diego Batres

Blue: Jeffrey Cheng

Brown: Shruti Karanth, Amogh Karanth, Charles Liu, Krishna Rao, Luis Delgado

Red: Alisa Billig

Happy Birthday!

Gracy Ahuja, Mehal Ashwin, Andi Baker, Ben Baker, Sean Chitberg, Jonathan Chu, Ryan Garcia, Rick Garcia, Leslie Haye, Patrick Hickman, Adil Islam, Hannah Kicha, Bharathram Kodungudi, Avinash Koya, Samantha Krahling, Lauren Luz, Ali Mahmoud, Lindsey Marsh, Katie Nakasone, Nikki Narayana, Cole Pickering, Josh Poznanski, Ashwin Rao, Hailey Roberts, Logan Sanborn, Evan Schrier, CJ Segura, Tyler Shek, Greg Sparks, Brenda Studdard, Ehmer Taj, Zachary Tenorio, Konstantin Velitchko, Samantha Vidos, Douglas Winegarden, Mckenna Wolfe, Sam Xiao, Jackson Zariski, Benjamin Zhang

Welcome New Students

Emma Hattori, Grace Hattori, Max Hattori, Katie Nakasone, Levi Sklaroff, Justin Yang, Angie Zoppi

New Black Belt Club Member

Amrit Puri

TMA News Briefs

2011 Taekwondo Test Dates

Friday, August 19th **6:30 PM**

Friday, September 23rd **6:30 PM**

October Black Belt Testing Weekend

- Red Belt and higher:
 - Friday, October 14h **6:30 PM**
- Advanced Green Belt & lower (red shirts):
 - Saturday, October 15th **4:00 PM**
- Blue belt and higher (blue and black shirts):
 - Saturday, October 15th **6:00 PM**

Friday, November 18th **6:00 PM** White-Advanced Yellow
7:00 PM Green and higher

Friday, December 16th **6:30 PM**

August Pro Shop Special

Uniform Tops are 10% off

Time to move up to the next size?

Blackcats



Congrats to Konstantin Velitchko, who came up with the winning entry...the youth black belt club will now be known as the Blackcats. Look forward to new logos and fun new things with that. Also a logo will be developed for the Bigdogs. If you liked the Tribulation MMA logos, the same guy will be in charge of creating the logos for this project.

August Black Belt Club Workouts

Sunday, 7th **BBC Workout** 11:30 AM-1:00 PM

Sunday, 14th **BBC Workout** 11:30 AM-1:00 PM

Sunday, 21st **BBC Workout** 11:30 AM-1:00 PM

Sunday, 28th **BBC Workout** 11:30 AM-1:00 PM

August Makeup Class Schedule

You're welcome to make up classes missed. 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

Friday, 5th: **All Ages Makeup** 7:00 PM

Friday, 12th: **Teen/Adult Makeup** 7:00 PM

Saturday, 13th: **Youth Makeup** 10:00 AM

Saturday, 20th: **All Ages Makeup** 10:00 AM

Friday, 26th: **Teen/Adult Makeup** 7:00 PM

Saturday, 27th: **Youth Makeup** 10:00 AM

Sparring Class

A sparring-only class has been added to our class schedule from 7:15-7:55 PM on Tuesday nights. All students in Levels 2-5 are welcome. There's no extra fee for this class.

Fitness and Health News

Super Cardio Kickboxing Class

There's a Super Cardio Kickboxing Class on Saturday, August 20th from 8:00-9:30 AM. More punching and kicking the bags, more cardio, and more calories burned!

Party For Fitness Class Participants

Leslie and Mark Hays are hosting our annual "End of Summer Kickboxer party" on Sunday, August 21st from 5 until 8 PM. We have a wine, chocolate and cheese theme again this year. Save that day for socializing and laughing with your new or old friends! Spouses and pals are invited as well. Directions will be available at the front desk.

Fitness Class Participants Accomplish off the Mats!

Stacia Pache competed in her very first triathlon. Stacia placed 7th in her age group!

Tami Hunt ran a race the same week-end and placed 1st in her age group, while **Sally Oveson** ran in a different race, and placed 2nd in her age group!!! Sally ran her first triathlon last year and has continued to drop almost 30 pounds since this January! How wonderful is that right?

These gals didn't just train by running for their races, but cross trained in many different fitness classes. They are proof you need to be well rounded in body strength to do so well. Also, their confidence was so amazing to witness and they are fearless!!! I would love to hold them up as examples as to what can be accomplished if you just "get in the ring" of life! To run, you don't just need good leg strength. You also need a great core, strong shoulders and arms because all of these are components of running, swimming, or biking!

Contributed by Health & Fitness Director, Leslie Hays

Pilates News

Tami is having surgery August 1st and will be away from teaching for the entire month. She is super excited that Karen Hanrieter will be teaching every other week. She has been practicing Pilates for several years now and has a background in Yoga. It is wonderful to try different teachers and learn new things.

Here is the August schedule:

8/2 No class

8/9 YES class

8/16 No class

8/23 YES class

8/30 No class

Perfect Attendance Results 2010-2011

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.

This year, **85** students attended at least 104 classes from August 1st, 2010 through July 31st, 2011. This is a nice improvement from the 71 students that accomplished perfect attendance last year. Congratulations to **Michael Ko**, who trained 238 times, the most over the past year: He trained just over 4.6 times per week on average. WOW! This is the 5th year in a row that Michael has been in the top 10 for attendance and the second year in a row he has trained the most out of everyone.

The ten people with the most attendance receive a "perfect attendance" or "outstanding attendance" patch for their uniform tops. Those ten people were: Michael Ko, Eniko Gulyas, Levente Gulyas, Steven Ko, Vinny Palaniappan, Nisha Kent Dobias, Phillipa Poznanski, Sami Nemiroff, Lisa Carskaden, and Raghu Tirumala.

Regular attendance in class is the best way to make progress towards your short term and long term martial arts goals. It's a great accomplishment to achieve perfect attendance for the year, so we hope you will join in and make it your goal in the years to come! Here are the people that achieved perfect attendance over the past year:

238	Michael	Ko	127	Benson	Wheeler	107	Delaney	Aydel
208	Levente	Gulyas	125	Anton	Vilkotski	107	Hailey	Roberts
207	Eniko	Gulyas	121	Alisa	Billig	106	Sandy	Studdard
199	Steven	Ko	120	Charles	Pickering	106	Patrick	Martin
192	Vinny	Palaniappan	119	Chris	Brewer	106	McKenna	Roberts
179	Nisha	Kent-Dobias	119	Ben	Terry	105	Arjun	Singh
177	Phillipa	Poznanski	119	Konstantin	Velitchko	105	Rohan	Singh
155	Sami	Nemiroff	119	Jaron	Jin	105	James	d'Orgee
155	Lisa	Carskaden	118	Jeffrey	Cheng	105	Lukas	Whatley
152	Raghu	Tirumala	118	Ryan	Knutson	105	Niveda	Ganesh
140	James	Carskaden	117	Arghya	Kannadaguli	105	Meena	Sethuraman
139	Anna	Carskaden	117	Jacob	Whitney	105	Julia	Gulyas
139	Neel	Sahay	117	Noah	Rosenberg	105	Berkeley	Smith
138	Polina	Kritchko	116	Matthew	Mead	104	Ben	Baker
135	Karthik	Palaniappan	116	Jonathan	Chu	104	Sammy	Ballata
135	Dennis	Kritchko	116	Deven	Kent-Dobias	104	Chad	Graham
135	Cameron	Stuart	116	Trishan	Amruthur	104	Rachel	Graham
134	Jillian	Kent-Dobias	114	Camille	Adamson	104	Ryan	Alexander
133	David	Shiroma	114	Benjamin	Zhang	104	Rishi	Kavikondala
132	Jack	Corazin	114	Olivia	Ding	104	Vanessa	Tang
131	Sean Kei	Brainard	113	Meghana	Amruthur	104	Baylee	Wolfe
130	Emily	Harig	111	John	Apsley			
129	Saumya	Sahay	110	Danny	Martin			
128	Ilana	Poznanski	109	Spenser	Horne			
128	Cole	Pickering	108	Adil	Islam			
128	Evan	Schrier	108	Greg	Sparks			
127	Josh	Poznanski	108	Allex	Ballata			
127	Allen	Kim	108	Anthony	Algaw			
127	Lillie	Adamson	108	Yan	Correa			
127	Sanya	Cheeti	108	Zaviar	Brown			
127	Susheel	Cheeti	107	David	Garratt			
127	Max	Pickering	107	McKenna	Wolfe			

Did You Know?

The all-time record for training in the most classes in one year was set by Annie Gockel in 2003-2004. She trained 376 times! It's a record that might not be beaten because someone would have to train over 7 times a week to do so!

Black Belt: What It Is and What It Takes

By Rachel Graham

A black belt isn't just something you wear around your waist. Most people think it is. But being a black belt is so much more than that. The whole point is that you can use your self-defense to help you in a real life situation, so you know what to do and how to get out safe. That's why once you're a black belt; you get the respect you deserve. Getting your black belt is something that took sweat, time and commitment. It's something you should be proud of, and once you get it, you should want to continue your studies at Tae Kwon Do, so you can advance to an even higher rank.

Once you start Tae Kwon Do you probably thought it would take you 1 year to get your black belt any you wouldn't go through a long, hard journey. But the journey is the best part. You make friends and learn so much on the way. Every time you go to class you should be excited and want to go. That's even a mental requirement; likes coming to class and you should always follow your mental requirements.

Once you get to about blue belt, you can join the Black Belt Club class. It's an advanced class and you're considered a leader of the school (which is really cool!) You get a wake-up call that this is when you really perfect your martial arts and you get to take as much time as you need to advance to your next rank.

When I started, there was no way I thought I would ever be a black belt. I couldn't do a front kick correctly and it took me forever to become a yellow belt, and when I got my belt, I was SO proud of myself, You should also, every time you advance as well.

Once you get to advanced brown belt, you get ready for a really hard test. You have a private test on Friday night that is for people testing for provisional black belt or higher. You cannot tell anyone about the test unless they're your rank or higher. So all I can tell you is... Good Luck!

If you pass the Friday night test you go to the regular test on Saturday. That test is public and is really cool because you get to break a board. If you pass that test you get a provisional black belt. It's a borrowed belt that belongs to the school. Most of the time you get a belt that someone really good wore. My belt Erica Smith wore, which is pretty cool. You might get a really old belt, or you get to start your own brand new belt. Whatever you get you should be proud of yourself.

A black belt is a really big step from advanced brown belt. You have to learn a long form learn every kick in Korean, and write an essay on what a black belt is and what it takes. But as I said before, the journey is the best part.

This is always something to work on. So every class you should ask yourself, what something that you need to get better at? Whatever it is, as long as you work at it you will know it really well.

No matter what, as long as you push through any struggles you may face in becoming a provisional black belt. Getting the belt and being able to say "I did it!" is the best reward a person could have. But even though you got the belt the journey doesn't stop there, push even harder and advance to the best you can be.

Rachel is 13 years old. She started training at True Martial Arts almost 9 years ago.

Congratulations to our newest Black Belts Maizy Brewer and Chris Brewer. Congratulations to Nicole Smelson for achieving 2nd Degree Black Belt. They tested on June 17th and 18th and were awarded their belts on Wednesday, July 6th.



TMA AWESOME AUGUST ACTIVITIES

Black Belt Club Seminar: Submissions

- August 8th Monday 7:15 PM – 8:45 PM

This seminar is free and it's only for Black Belt Club members. Learn submissions for street fighting and MMA sparring such as chokes, arm bars, and more!

Full Day Camp

- August 15-19th Monday-Friday 9 AM-3:30 PM

One of our most popular and anticipated activities of the year is our full day summer camps. 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 and all about the history of our school and our art. All TMA youth and teenage students are welcome. As they are a part of a team, participants are required to attend everyday. There are discounts available if you sign up for more than 1 camp. \$200 1 camp/\$360 2 camps/\$480 3 camps.

Arnis Mini-Camp

- August 2nd, 3rd & 4th Tuesday-Thursday 10:00 AM -12:30 PM

Attend all 3 days or on a daily drop-in basis. The cost is \$50 for 3 days or \$20 a day. We will be working on requirements for achieving the next Arnis rank as well as reviewing old requirements, Arnis sparring, and games. On the final day of camp there's an Arnis test for those that are ready.

Summer Board Breaking Seminar

- August 12th Friday 10:30 AM – 12:00 PM

The summer seminar is our only board breaking seminar that takes place in the afternoon. Board breaking is a way to bring together the physical, technical, and mental aspects of your martial arts training. If under the age of 18, please get both parent and instructor permission. Not appropriate for some smaller-bodied youth.

3rd Annual Perfect Attendance Party

- August 13th Saturday Ebright Creek Park 11:30 AM - 2:00 PM

We keep track of the number of classes that all students attend starting on August 1st of each year and ending the following year on July 31st. Additional attendance is given for extra activities such as camps, tournaments, Arnis seminars, Arnis classes, breaking seminars, etc.

All students who attend at least 104 classes from August 1st, 2010 through July 31st, 2011 will be eligible for our Perfect Attendance party. Be sure to make up any classes that you've missed to be eligible to attend!

Once you receive your invitation please RSVP so we know how many people will be attending for planning purposes. If you don't make it to 104 classes this year, we hope you will make it your goal to be eligible for next year's party. Remember, if you miss class, you can always make it up!

Teen Night

- August 18th Thursday 7:00 PM – 11:00 PM

A new event just for TMA teen students. There will be Arnis and Taekwondo training, food, socializing, games and a discussion hosted by SBN Skyler about making Good Choices. Register at the front desk up until the event.

Friends & Family Free Trial Week

- August 29th-September 2nd Monday-Friday All classes

Friends and family members are welcome to attend all TMA classes for free during this week (except Black Belt Club classes). Parents are welcome to join youth classes as well as youth can join in with their parents who already train.

Full Day Summer Camp Notes

June 27th-July 1st

Team Leaders: Ben Terry, Sammy Ballata, Alex Ballata, Samantha Krahling, & Chris Clark

Winning team: Sammy Ballata, Damian Banki, Travis Hickman, Danny Martin, Rithvik Tirumalai, Adam Moe Lange, Nisha Kent Dobias, Sara Hoyt, & Kyle Keller

The camp participants brought in donations of \$75 and 7 large bins of food for Issaquah Food Bank



July 18th-22nd

Team Leaders: Lowell Troyer, Ben Terry, Eiko Gulyas, Levente Gulyas, & Nihar Mahajan

Winning team: Eiko Gulyas, Sophie Clemmons, Noah Rosenberg, Konsta Velitchko, Lillie Adamson, Emily Stuart, & Logan Sanborn

The camp participants brought in 941 articles of used, quality clothing for the Snoqualmie Valley Alliance Mission



TMA August Calendar

Tues-Thurs 2nd-4th:	Arnis Mini Camp	10:00 AM-12:30 PM. Attend all 3 days or drop-in any day
Saturday, 6th:	Extreme MMA Bag Class	8:00-9:00 AM. One punch on your punch card.
Saturday, 6th:	Arnis Seminars & Tests	9:30 AM: white-blue. Noon: brown & up
Monday, 8th:	BBC Seminar: Submissions	7:15-8:45 PM. Members of the black belt club welcome-no fee
Thursday, 11th:	Extreme MMA Bag Class	7:00-7:55 PM. One punch on your punch card.
Friday, 12th:	Board Breaking Seminar	10:30 AM-12:00 PM
Saturday, 13th:	Perfect Attendance Party	11:30 AM-2:00 PM @ Ebright Creek Park
Mon-Friday 15th-19th	Full Day Summer Camp	9:00 AM-3:30 PM.
Thursday, 18th:	Teen Night	7:00-11:00 PM
Friday, 19th:	Taekwondo Test	6:30 PM
Saturday, 20th:	Super Cardio Kickboxing	8:00-9:30 AM Extra 1/2 hour no additional charge
Mon-Friday 29th-2nd	Friends & Family Free Trial	Guests are welcome for free all week