

# Pine Lake TrueNews

February 2012



## Coming Soon: Our Biggest Event of the Year!

23rd Annual TMA School Championship on Saturday, March 24th

Pacific Cascade Middle School  
24635 SE Issaquah Fall City Road, Issaquah

\*\*Doors open for check-in at 9 AM

\*\*Competition begins at 10 AM

Form and Sparring Competition

Martial Arts Demonstrations

Once a year, we get together to celebrate our school and our art!

We hope every student regardless of age or rank can participate and experience this unique event!

250+ Trophies Awarded Souvenir for all participants Free admission for all spectators



## 30 Big Things in Year 30

2012 is the 30th year anniversary of True Martial Arts! To celebrate all year long, we will roll out 30 big announcements and special events. Stay tuned for details as we try to make year 30 unforgettable at TMA!

#1: 30th Year logo unveiled to be used all year January

#2: New Requirements January

#3: New Big Dog class logo unveiled January

#4: Meet Daniel Perez, our new Martial Arts tricks and acrobatics coach!

See more on page #6



## Presidents Day-Snow Make-up

Usually TMA Closes on Presidents Day, but this year we will be staying open as a snow make-up day on Monday, February 20th.

## Student of the Month

**Name:** Manisha Tirumalai

**Age:** 10 years old

**TKD rank:** Red belt      **Arnis rank:** Brown belt

**How long have you been training?** 6.5 years

**Favorite move:** Crescent kick

**Favorite thing about Martial Arts:**

I love practicing and learning new moves

**Favorite thing outside of Martial Arts:**

Play piano, soccer, and singing Indian classical music

**Martial Arts goal:**

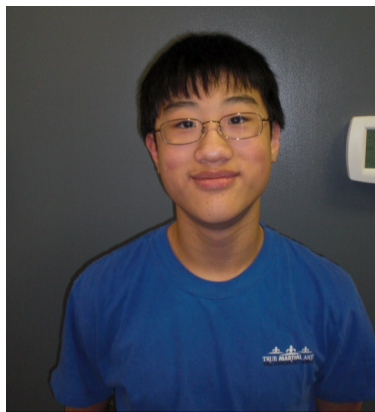
To become an Instructor and earn my Black belt.

**How has Martial Arts helped you?:** It has made me stronger as a person and has given me stronger focus in my life.



**Manisha Tirumalai**

February Student of the month



**Charles Liu**

January Student of the month

## Private Lessons

Are you looking to get extra one-on-one help with your training? Private lessons are available and easy to arrange! Private lessons are great for getting ready for tests, learning new requirements after you get a new rank, catching up if you've been absent, and for students that want to supplement their group lessons. Here's how it works:

- 1) Choose an Instructor you want to work with.
- 2) Arrange a lesson with the Instructor of your choice. The Instructor you choose will help determine when space on the training floor is available.

### Student Private Lesson Rates with Paid Tuition

Assistant Instructor/Instructor	\$25 ½ Hour/\$40 Hour
Senior/Chief Instructor	\$30 ½ Hour/\$50 Hour

### Public Private Lesson Rates

Assistant Instructor/Instructor	\$40 ½ Hour/\$60 Hour
Senior/Chief Instructor	\$45 ½ Hour/\$75 Hour

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Kyle Gale, Kendra Haddad, Sofia Maczulajtus, Laasya Nagareddy, Anthony Perederiy, Nakul Prabakaran, Shane Tobey, Jason Zhang

**Yellow:** Tiffany Chiang, Grace Hattori, Matthew He, Anirudh Koya, Euan Mackinnon, Brenda Studdard, Mason Wilkerson

**Advanced Yellow:** Shiksha Arun, Jack Sherwood, Apuroopa Kavikondala, Camille Lagron, Tyler Shek, Logan Smith, Zachary Watkins

**Green:** James Hollinworth, Sarah Khawand, Andrew Widner

**Advanced Green:** Nickie Alexander, Heather Cardwell

**Blue:** Ben Baker

**Advanced Blue:** Isaac Pefaur, Berkley Smith

**Brown:** Patrick Hickman, Sam Firnhaber, Riddhi Patel, Cameron Stuart

**Advanced Brown:** Tejasvi Rao

**Red:** Manisha Tirumalai, Vikram Tirumalai

### Arnis Promotions

**Yellow:** Euan Mackinnon, Kaavyshri Magesh

**Green:** Georgia Newmann-Taylor, Salina Zhang

**Red:** David Shiroma, Baylee Wolfe

### Happy Birthday!

Alle Ballata, Sammy Ballata, Noah Elsbree, Daniel Gonzalez, Vinayaka Gupte, Holly Heitsch Hoyt, Shruti Karanth, Amogh Karanth, Eily Karupiah, Ashwin Madhavan, Garv Maheshwari, Erin Murphy, Cole Ogren-Butail, Nico Oja, Ruslan Romanenko, Derek Schreiber, Marianna Steiner, Lukas Whatley, Heidi Wolfe, Addison Wong, Kevin Xu

### Welcome New Students

Alina Alm, Ben Carollo, Ilyya Gubenko, Atharva Kamat, Jeremy Lewis-small, Prathyush Manda, Molly Miller, Alka Narayana, Surya Pasupuleti, Abigail Smith, Bridger White, Ethan Wong, Jason Zhang

# TMA News Briefs

## 2012 Taekwondo Test Dates

*\*Dates and times are subject to change*

Friday, March 23rd	6:30 PM	
Friday, April 20th	6:30 PM	<i>If a large # of</i>
Friday, May 18th	6:30 PM	<i>students are</i>
Friday, July 20th	6:30 PM	<i>testing, we will split</i>
Friday, August 24th	6:30 PM	<i>to 2 tests.</i>
Friday, September 21st	6:30 PM	
Friday, November 16th	6:00 PM	White-Advanced Yellow
	7:00 PM	Green and higher
Friday, December 21st	6:30 PM	

## Black Belt Testing Weekends February, June and October

- Red Belt and higher:
  - Friday, February 24th 6:30 PM
  - Friday, June 15th 6:30 PM
  - Friday, October 26th 6:30 PM
- White, Advanced White & Yellow Belts:
  - Saturday, February 25th 4:45 PM
  - Saturday, June 16th 4:45 PM
  - Saturday, October 27th 4:45 PM
- Green belt and higher:
  - Saturday, February 25th 6:00 PM
  - Saturday, June 16th 6:00 PM
  - Saturday, October 27th 6:00 PM

## February Pro Shop Special

Donate your old, usable sparring gloves to the school and receive \$10 off the purchase of new sparring gloves.

## Instructor News

Congratulations to **Nihar Mahajan, Zaviar Brown, Raghu Tirumala**, and **Barath Kodungudi** who were promoted from Assistant Instructor Intern to Assistant Instructor.

Congratulations to **Ben Terry** and **Jennifer Brewer** who were promoted from Assistant Instructor to Instructor.

## Weather Closures

- We usually follow the Issaquah school district schedule. If school is canceled for weather conditions, TMA will be closed. If school has a late start, TMA will be open.
- If snow or power outages occur later in the day then call TMA, check your email, visit our facebook or twitter page, or visit our website for the latest information.

**We want everyone to be safe!**

425.313.9680 [truemartialarts.com](http://truemartialarts.com)  
[facebook.com/truemartialarts](https://www.facebook.com/truemartialarts)  
[twitter.com/truemartialarts](https://twitter.com/truemartialarts)

## Training Anniversaries

**One Year:** Easton Elsbree, Noah Elsbree, Emmalina Adkins, James Hollinworth, Rahul Bothra

**Two Years:** Sami Nemiroff, Jacob Kicha, Sam Xiao, Berkely Smith

**Three Years:** Ryan Garcia, David Garratt

**Four Years:** Anumita Chopra

**Six Years:** Meghana Amruthur

## TMA February Calendar

Friday, 3rd: **Breaking Seminar** 5:30-7:30 PM

Saturday, 4th: **Arnis Seminar & Test** (See times below)

Friday, 10th: **Acrobatic Tricks Seminar** 5:30 PM

Saturday, 18th: **Super Cardio Kickboxing** 8:00-9:30 AM

Monday, 20th: **Arnis Mini Camp** 9:30 AM– Noon

Tuesday, 21st: **Super Pilates** 9:30-11:00 AM

Friday, 24th: **Private Black Belt Test** 6:30 PM

Saturday 25th: **Taekwondo Test:** White, Advanced White, and Yellow Belts @ 4:45 PM

Saturday 25th: **Taekwondo Test:** Advanced Yellow Belts and higher @ 6:00 PM

## Arnis Seminar Times

**Yellow & Green Belts** 9:30-10:30 AM (Test to Follow)

**Blue & Brown Belts** 9:30–11:00 AM (Test to Follow)

**Red & Black Testing** 9:30–11:30 AM (Test to Follow)

**Red & Black Non-Testing Group** 11:00 AM–12:30 PM

## Summer Camp Dates Announced

One of our most popular and anticipated activities 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. There are discounts available if you sign up for more than 1 camp. Camp is Monday-Friday from 9 AM to 3:30 PM. Here are the dates:

- **June 25th-29th**
- **July 23rd-27th**
- **August 20th-24th**



## Morning Adults Martial Arts Class

Come join our fun group of adults that train in the morning! Beginners are welcome! Class is held every Tuesday from 10:30-11:30 AM and Fridays from 9:30-10:30 AM.

# What a Black Belt is and What it Takes

By James Carskaden

Earning a black belt means you can dodge bullets and defeat Agent Smith like in the movie The Matrix, right? We all will be like Neo and Trinity. Well, not really. Achieving black belt is so much more than what Hollywood producers portray. The journey to black belt has many obstacles. It requires physical and mental strength and a strong spirit. Everyone encounters challenges, whether it's age, physical limitations, injury or motivation. The Black Belt Way is to recognize the challenge, making and carrying out a plan to overcome.

My challenge is to not give up while training. Height has always been an issue for me, and now that I am in the Big Dog class I spar and street fight bigger, older and stronger opponents. This is very discouraging for me and I sometimes find myself giving up before the match starts. Knowing this about myself, I have been working on how to use my strengths to my advantage. I am a good student and have been researching and practicing different techniques on challenging opponents. With perseverance and experience, I am learning that no matter what the outcome of the match; it is better to lose fighting hard than winning without trying your best.

Desire and physical strength work together towards earning your black belt.

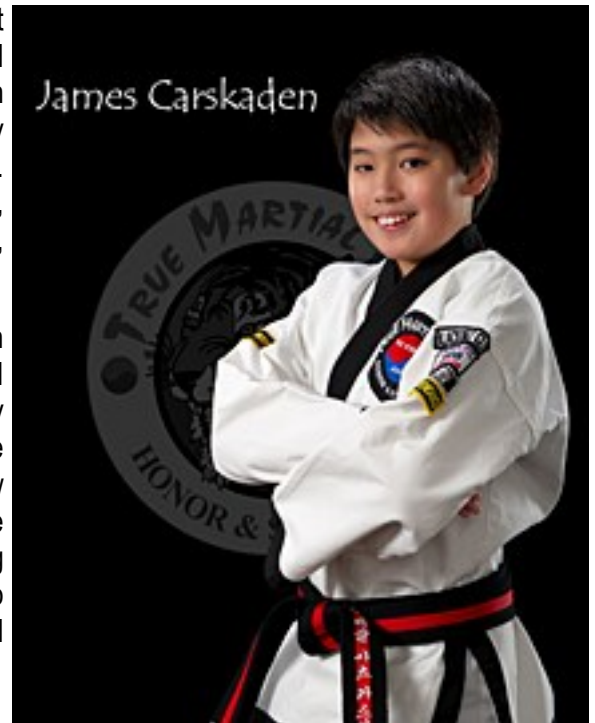
I remember when I was an advanced green belt I thought to myself, "One day I am going to be a black belt." I've never said these words out loud but I've always believed in them. This feeling grows stronger everyday as I approach testing for 1<sup>st</sup> degree. Desire helps with the conditioning part of your training. I have to admit this isn't my favorite part of martial arts. The number of push-ups, sit-ups, lunges and other creative exercises they have in class are insane! But I know it's necessary to make you strong enough to perform all the physical requirements of black belt. It also builds your ability to power through. So every time I think that my arms are going to fall off from these pushups or my quads won't take another lunge, I remind myself of the big picture. This really helps me get through those tough work outs.



Teaching students is one of my favorite things to do at Tae Kwon Do. I've learned that if you connect with your students that they will more likely listen to what you're trying to teach. Also, you have to be friendly but stern with them so they don't goof around in class. And it doesn't matter what age the students are, they all like well-deserved compliments. Teaching helps me in so many ways: I'm more organized in school, more confident in public speaking and I work well with others. Most importantly, I'm more patient with my students and myself. When I teach my students, I am also teaching myself how to be a better martial artist and a better person.

Another thing I've learned through Martial Arts is respect. To me, it means that you treat others as you would like to be treated. This is easy when everyone cooperates. But sometimes you'll come across someone that disagrees with you. This is where you have to be aware of their opinions and feelings and try and work on a solution. This is a requirement of all students. So when you walk into TMA you feel at home because everyone accepts and respects you for yourself.

True Martial Arts has made me the person I am today; perseverance, teaching skills, respect, and friendship are all life skills that will help me throughout my entire life. I cannot imagine myself without all the things that have helped me along the way to black belt. TMA is my second family and I love being there.



*James is 13 years old. He started training at TMA 8.5 years ago. He is also an Assistant Instructor.*

## **Health & Fitness News**

### **Super Classes– Extra Challenging, No Extra Fee**

Come check out Super Pilates Class: 60 minutes of mat-based Pilates and 30 minutes of Cardio Kickboxing on Tuesday, February 21st from 9:30-11 AM. The Cardio Kickboxing is optional and there's no additional fee. Super Cardio Kickboxing will take place Saturday, February 18th from 8:00-9:30 AM.

### **What They are Saying about our Fitness Program**

Thank you so much Leslie! I really appreciate you encouraging me! I have to say I do feel stronger! Even though the workouts have been intense, I feel motivated to keep going and your kind words & motivation will help me reach my goal!

### **Valentines Day Couples/Partners Core Class**

Join us Tuesday, February 14th from 7:30-8:00 PM for a Couples/Partners core class. Bring your significant other or your favorite workout buddy and come get a great core workout! We will also have people there with out a workout buddy that you can match up with too so everyone is welcome!

### **Tips to Excuse-Proof Your Workout**

Accountability helps you monitor progress while providing extra willpower to stay on track. Here are some strategies:

- 1) **Be Specific.** You are more likely to follow through if you say "I will attend a cardio kickboxing class on Monday at 6 AM" rather than saying "I will work out this week".
- 2) **Team Up.** Plan to meet a partner or group. It's easier to make it when you know someone is waiting for you.
- 3) **Treat Yourself.** Rewards provide a boost when your willpower needs it.

## **February 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, 10th:	<b>Teen/Adult</b>	7:00 PM	Saturday, 11th:	<b>Youth</b>	10:00 AM
Friday, 17th:	<b>Teen/Adult</b>	7:00 PM	Saturday, 18th:	<b>Youth</b>	10:00 AM
Saturday, 25th:	<b>All Ages</b>	10:00 AM			

## **Presidents Day Arnis Camp**

**Monday, February 20th**

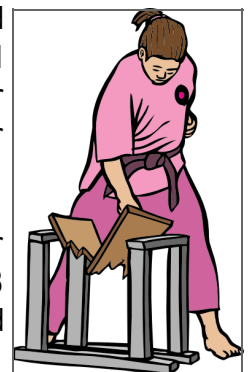
**9:30 AM-12:00 PM**

The kids are out of school on Monday, February 20th for President's Day. Might as well bring them in for a fun and productive morning of Arnis training. We will be working on requirements for achieving the next Arnis rank as well as reviewing old requirements, practicing Arnis sparring, and playing Arnis games. Bring your Arnis and sparring equipment. Beginners are very welcome! If you don't have any Arnis equipment, we have some to loan out.

## **Board Breaking Seminar**

The next board breaking seminar is Friday, February 3rd 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 martial arts training. Breaking is required for the advanced ranks as part of their Taekwondo tests. You are required to attend at least one board breaking seminar before your advanced brown 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. 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. Space is limited.



## SBN's Training Tip of the Month (New!)

By SBN Skyler Zoppi

With the school championships coming up, it's time to start polishing your form for competition. Here are a few tips that turn a good form into a great form:

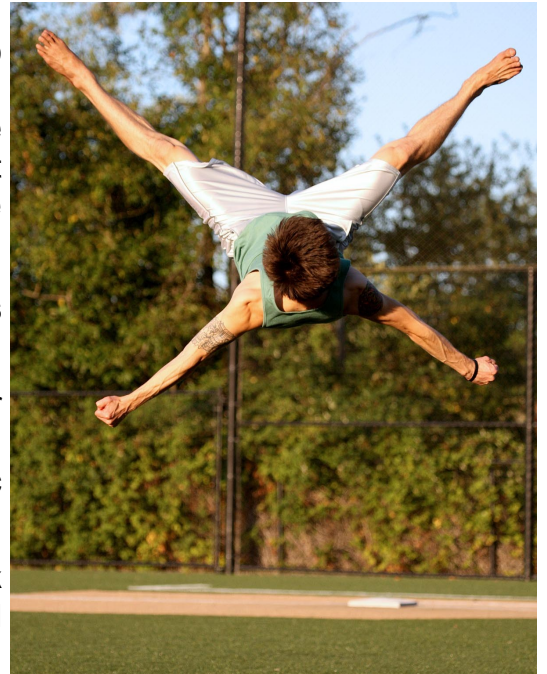
- 1) **Stay in a line**– For correct movement in our style of martial arts, it's important to keep your head, shoulders and hips aligned and tall. Very few movements in our forms call for you to lean forward or backwards. Try to stop yourself from leaning and have good posture. This can be challenging when standing still, let alone when you're throwing blocks, punches and kicks with all of your power.
- 2) **Pretend like you have an egg on your head**– When blocking, kicking or punching don't allow any head movement. Try not to jerk your head forward like you are nodding yes when you kick or punch.
- 3) **Move silently, let the technique do the talking**– Power should extend out of your blocks, punches and kicks and not from your steps. Try not to stomp your feet, put all of that power into your technique.

## Welcome Daniel Perez to True Martial Arts

Martial Arts is practiced around the world by millions and millions of people. There are so many great styles and so much fascinating knowledge to explore. That is why we are happy to bring in a Martial Arts Tricking and Acrobatics master, Mr. Daniel Perez to complement and expand what we already study. Please do your best to make him feel welcome. He is not only new to our school, he is also new to our area, having just moved here from Colorado.

There are several ways you can get to know Mr. Perez better, see his fascinating style, and learn from him yourself:

- Mr. Perez has started working with and coaching one of our demonstration teams for the School Championships. See them perform at our biggest event of the year on Saturday, March 24th at Pacific Cascade Middle School.
- Mr. Perez will be introducing himself and giving us a quick demonstration at our board breaking seminar on Friday, February 3rd at 5:30 PM.
- Mr. Perez will be teaching a seminar at our school called "Martial Arts Acrobatic Tricks" on Friday, February 10th at 5:30 PM. Anyone age 10 and above can attend, you do not need to be a TMA student.
- If there is enough interest, Mr. Perez will be teaching a 6-10 week session of classes to share his art. If the class goes well and we receive enough demand, we will add it on a long-term basis.



Here is a description Mr. Perez submitted about his Martial Arts Tricking and Acrobatics style and how he instructs:

*"The program material I offer is centered around aerial kick tricks, sampling techniques from various styles including Tae kwon do, Kung Fu, and Capoeira. I also provide instruction on gymnastic-style skills of other disciplines, including butterfly kicks and tumbling. My highest priority in teaching is to maintain safety in learning acrobatics; I use simple movements like those found in common exercise drills and build upon them in precise order so that students are able to progress based on moves they can already perform (this eliminates the risk involved with "attempting" inversion without guaranteed favorable outcome.) In this way I do not require special crash mats or a gymnastic apparatus of any kind to procure results in learning martial arts acrobatics; an open mat is the only tool needed. My priorities include ensuring students' fun and progression to introduce them to the exciting world of martial arts tricks."*