

Celebrating our New Room!

A short time ago, we signed a lease extension to remain at our current location for another ten years, plus expand to the unoccupied space next door. Starting Monday, June 6th, our third training floor will be ready to start hosting classes. You will continue to see some remodeling and touching up to the inside and the outside of our whole school throughout the summer. When our new room is ready to host classes, it won't be yet completed.

We are very excited for some of the other benefits that will come as a result of having increased space and more flexibility including:

New Rank Groupings

In the past, we had three rank groupings:
Intermediate is Green through Advanced Blue Belt.

Beginners are White through Advanced Yellow Belt.
Advanced/Black Belt Club is Brown Belt and higher.

This is our new system of rank groupings:

Level 1: White, Advanced White & Yellow Belts

Level 4: Advanced Brown, Red & Advanced Red Belts

Level 2: Advanced Yellow, Green & Advanced Green Belts

Level 5: 1st Degree Black Belt and higher

Level 3: Blue, Advanced Blue and Brown Belts

Having five groupings instead of three will allow Instructors to be better able to focus their teaching with less ranks in their class. Students will be more closely grouped with classmates that are similar in rank and skill level.

Longer Class Times for Higher Ranks

Higher ranking students will enjoy increased class time to train and learn.

- Level 3 youth students will see their classes increase from 40 to 55 minutes.
- Teen/Adult Intermediate and Youth Black Belt Club classes will increase from 55 to 70 minutes.
- Level 5 Teen/Adult Black Belt Club students will get an extra 15 minutes devoted to them every Monday.

Additional Benefits

- * More space for our crowded Arnis classes
- * More space for our congested Arnis seminars
- * New weekly Sparring-only class
- * Open floor time for self-study

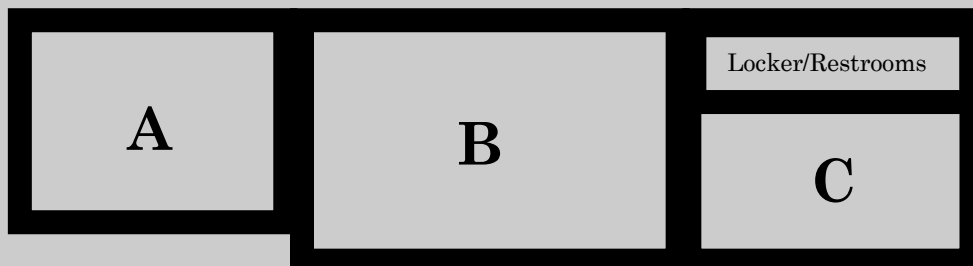
New Schedule

See the new schedule on pages 2 and 3. The new schedule starts June 6th. Everyone should have received their new class assignment. Contact us if you have any questions: 425-313-9680 or info@truemartialarts.com

Classroom Names

The Classroom names are: A, B, and C. Look for new signs that will note each room by name.

- Classroom A is the new room
- Classroom B is the existing bigger room
- Classroom C is the existing smaller room



New Schedule Starts June 6th

Level 1 Beginners

White Belt, Advanced White Belt and Yellow Belt

Pee Wee Kickers (Ages 5 and under):

Wednesday	9:30 AM to 10:15 AM	Floor B
Wednesday	11:00 AM to 11:45 AM	Floor B
Wednesday	2:00 PM to 2:45 PM	Floor B
Wednesday	3:00 PM to 3:45 PM	Floor B

Youth (Ages 5-7):

Monday & Wednesday	4:00 PM to 4:40 PM	Floor C
Monday & Wednesday	4:45 PM to 5:25 PM	Floor C
Tuesday & Thursday	4:15 PM to 4:55 PM	Floor C
Tuesday & Thursday	5:00 PM to 5:40 PM	Floor C

Youth (Ages 7-12):

Monday & Wednesday	5:30 PM to 6:10 PM	Floor C
Tuesday & Thursday	4:00 PM to 4:40 PM	Floor A
Tuesday & Thursday	5:45 PM to 6:25 PM	Floor C

Teen & Adult:

Tuesday & Thursday (Levels 1-2)	6:30 PM to 7:25 PM	Floor C
Tuesday & Friday (Levels 1-4) Tuesday:	10:30AM to 11:30 AM	Floor B
Friday:	9:30 AM to 10:30 AM	Floor B

Mixed Class (All Ages):

Monday & Wednesday	4:15 PM to 4:55 PM	Floor A
Monday & Wednesday (Levels 1-2)	6:15 PM to 7:10 PM	Floor C



Level 2

Advanced Yellow Belt, Green Belt & Advanced Green Belt

Youth (Ages 5-12)

Monday & Wednesday	4:00 PM to 4:55 PM	Floor B
Monday & Wednesday	5:00 PM to 5:40 PM	Floor A
Monday & Wednesday	6:45 PM to 7:25 PM	Floor A
Tuesday & Thursday	4:00 PM to 4:40 PM	Floor B
Tuesday & Thursday	4:45 PM to 5:25 PM	Floor A
Tuesday & Thursday	5:30 PM to 6:10 PM	Floor A

Teen & Adult:

Tuesday & Thursday Levels 1-2	6:30 PM to 7:25 PM	Floor C
Tuesday & Friday (Levels 1-4) Tuesday:	10:30AM to 11:30 AM	Floor B
Friday:	9:30 AM to 10:30 AM	Floor B

Mixed Class (All Ages):

Monday & Wednesday (Levels 1-2)	6:15 PM to 7:10 PM	Floor C
Monday & Wednesday (Levels 2-3)	6:15 PM to 7:10 PM	Floor B



**** Some Classes May Have a Waiting List ****

New Schedule

Level 3

Blue Belt, Advanced Blue Belt & Brown Belt

Youth (Ages 5-12)

Monday & Wednesday (Levels 3-4)	5:00 PM to 6:10 PM	Floor B
Monday & Wednesday	5:45 PM to 6:40 PM	Floor A
Tuesday & Thursday	4:45 PM to 5:40 PM	Floor B
Tuesday & Thursday (Levels 3-4)	5:45 PM to 6:55 PM	Floor B
Tuesday & Thursday	6:15 PM to 7:10 PM	Floor A

Teen & Adult:

Tuesday & Thursday (Levels 3-4)	8:00 PM to 9:10 PM	Floor B
Tuesday & Friday (Levels 1-4) Tuesday:	10:30AM to 11:30 AM	Floor B
Friday:	9:30 AM to 10:30 AM	Floor B

Mixed Class (All Ages):

Monday & Wednesday (Levels 2-3)	6:15 PM to 7:10 PM	Floor B
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Level 4

Advanced Brown Belt, Brown Belt, and Advanced Red Belt

Youth (Ages 5-12)

Monday & Wednesday (Levels 3-4)	5:00 PM to 6:10 PM	Floor B
Tuesday & Thursday (Levels 3-4)	5:45 PM to 6:55 PM	Floor B

Teen & Adult:

Monday & Wednesday (Levels 4-5)	7:15 PM to 8:45 PM	Floor B
Tuesday & Thursday (Levels 3-4)	8:00 PM to 9:10 PM	Floor B
Tuesday & Friday (Levels 1-4) Tuesday:	10:30AM to 11:30 AM	Floor B
Friday:	9:30 AM to 10:30 AM	Floor B

Level 5

All levels of Black Belt

Teen & Adult:

Monday (Levels 4-5)	7:15 PM to 9:00 PM	Floor B
Wednesday (Levels 4-5)	7:15 PM to 8:45 PM	Floor B

**** Some Classes May Have a Waiting List ****

Other Classes

Arnis

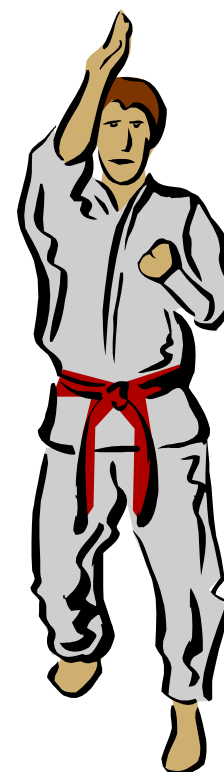
Wednesday	3:15 PM to 3:55 PM	Floor C
Thursday	7:15 PM to 8:15 PM	Floor C

Sparring

Tuesday (Levels 2-5)	7:15 PM to 7:55 PM	Floor A
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Make-up:

Friday (teen/adult)	7:00 PM to 8:00 PM	Floor B
Saturday (youth)	10:00 AM to 11:00 AM	Floor B



**** Check weekly for availability, make-up classes are sometimes cancelled for special events ****

May Student of the Month

Name: Clara Brewer **Age:** 11 years old
TKD rank: Advanced Brown Belt **Arnis rank:** Red belt
How long have you been training? 6 years

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

June FOCUS ON: Kicks

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

June Pro Shop Special

TMA T-shirts are 10% off.

Whether it's time to move up to the next size or just a way to make sure you always have an extra, clean TMA shirt for class, this is always one of the more popular sales of the year.

Training Anniversaries

One Year: Julia Zhang, Jack Corazin, Ryan Cheung, Andrew Widner, Jacob Whitney, Daniel Chen

Two Years: Yusuf Shahpurwala, Jackson Sparks, Greg Sparks, Adil Islam, Yury Sudzilouski, Daniel Sudzilouski, Leonardo Ribeiro De Brito, Hanshal Dabburu, Garima Maheshwari

Three Years: Benson Wheeler and Isaac Pelfaur

Four Years: Shelli Wanamaker

Six Years: Luke Sala, Sam Firnhaber, Carolina Delgado

Eight Years: Michael Ko, YDJN Addison Wong

Twelve Years: KBN Amy Nibert

Instructor News

Congratulations to the Instructors who were promoted this month:

Olivia Ding: promoted from Assistant Instructor Intern to Assistant Instructor.

Alex Ballata, Sammy Ballata, Chris Brewer, and Chase Steiner: promoted from Assistant Instructor to Instructor.

Trisha Ballata: promoted from Instructor to Senior Instructor.

Welcome to our newest Assistant Instructor Interns:

Tom Kent-Dobias, Raghu Tirumala, Logan Saxe, Hailey Roberts, Phillipa Poznanski, Vinny Palaniappan.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Gracy Ahuja, Shiksha Arun, Payton Lo

Yellow: Arya Jodh, Juwon Jung, Nico Oja, Logan Smith, Sandy Studdard

Advanced Yellow: Ryan Alexander, Julia Gulyas, Alexander Fleming, Josh Hatch, Dennis Kritchko, Georgia Newman-Taylor, Arjun Singh, Rohan Singh, Daniel Sudzilouski, Indu Vanteru, Ike Wang

Green: Jack Corazin, James d'Orgee, Preston Fournier, Aarya Gupta, Alex Hugli, Ronav Kiran, Anish Nagareddy, Nikki Narayana, Cole Orgen-Butail, Saumya Sahay, Jacob Whitney

Advanced Green: Anthony Algaw, Cameron Fleming, Nicolas Guianasso, Hannah Kicha, Jacob Kicha, Hari Madhu, Scott Ray, Leonardo De Brito, Marcus Sanches, Mckenna Wolfe

Blue: Evan Schrier

Advanced Blue: John Apsley, Rijk de Jager, Marko de Jager, Ryan Knutson, Polina Kritchko, Amber McGraw, Sean Saxe

Brown: Vita de Jager, Krishna Rao

Arnis Promotions

Yellow: Kyle Karupiah, Anish Nagareddy, Nikki Narayana, Artem Romanenko, Noah Shalaby, Jacob Whitney

Green: Yan Correa, Nolan Hawkins, Josh Poznanski, Scott Ray, Leila Uomoto, Kevin Xu

Blue: Matthew Mead, McKenna Roberts, Hailey Roberts, Logan Saxe, Cameron Stuart

Brown: Lisa Carskaden, Akkshay Khoslaa, Ehmer Taj, Raghu Tirumala

Happy Birthday!

Medha Ganjam, YDJN Melanie Goddard, Byron Jin, Polina Kritchko, BJB Darren McGraw, BJB Deann Miller, YDJN Karthik Palaniappan, Kevin Parker, YDJN Connor Pomeroy, Krishna Rao, BJB Carson Reid, Sam Sala, Ashvin Sriram, Matthew Tenczar, Sanya Cheeti, Jeffrey Cheng, Daniel Sudzilouski, Marcus Angiuli, Grayson Bruch, Nolan Hawkins, Payton Lo, Dean Mardenly, Adam McAllen, Nora Oja, Sandy Studdard

Welcome New Students

Nickie Alexander, Mathew Begalli, Anthony Butler, Heather Davis, Ben James, Zachary Watkins, Lauren Luz, Regan Luz, Thom Stuart

TMA News Briefs

Emelia Grace Zoppi

Born on Friday, May 6th at 8:32 PM, she weighed in at 7 pounds and 4 ounces. Everyone is healthy and we are loving parenthood! Thank you to everyone that wished us well and a big thank you to all the Instructors who stepped up and allowed me some time away from the school!

Coming/Going/Storage Procedure

Our locker rooms sure can be crowded at times! With a new room being added they're only going to get more crowded, right? Hopefully not— here's the plan:

All students should enter the school through the main lobby area, check-in at the front desk, and remove their shoes (as usual).

Students training in Room A (the new room) will then walk along the new walkway in the back of Room B (existing big room) to their class. There is a large cubby space to store their shoes, sparring gear, Arnis weapons, and other belongings.

Students training in Room B (the existing big room) will store all their belongings in the locker rooms.

Students training in Room C (the existing small room) will also have new cubbies underneath the benches in your classroom, eliminating the need to use the locker rooms.

All students are still welcome to change in the locker rooms as needed. Students may **exit** through the main lobby or through the door in your classroom. **Parents** are welcome to come and go freely through whichever door they choose.

2011 Taekwondo Test Dates

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 14th **6:30 PM**
- Advanced Green Belt & lower (red shirts):
 - Saturday, June 18th & October 15th **4:00 PM**
- Blue belt and higher (blue and black shirts):
 - Saturday, June 18th & October 15th **6:00 PM**

Pee Wees-New Classes June 1st

Are you interested in signing up a child ages 5 and under for Pee Wee Kickers? We're offering an 11 AM and a 2 PM class on Wednesdays starting June 1st. Email us at info@truemartialarts.com or let us know at the front desk if you'd like to reserve your spot.

New Sparring Class starts this month

A sparring-only class has been added to our class schedule. This class is from 7:15-7:55 PM on Tuesday nights. All students in Levels 2-5 are welcome. The class format will be a quick stretch and warm up followed by sparring rounds. Point sparring will also be practiced regularly. There's no extra fee for this class.

Fitness and Health News Special Classes Planned

There's a Pilates Super Class on Tuesday, June 28th 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, June 18th from 8:00-9:30 AM. More punching and kicking the bags, more cardio, more calories burned, but normal price.

Have You Tried Our New Classes?

EXTREME MMA BAG CLASS

A fast paced high energy cardio bag workout. Focus is on punches, kicks, knees and elbows on our equipment and overall conditioning for a wonderful "skill based" workout.

CORE FUSION

A low-impact blend of three popular and complimentary types of movement: Core Strength, Booty Blast and Yoga that each gets an equal 15 minutes of emphasis.

CORE STRENGTH: Tone your middle section and improve your core strength, balance and posture.

BOOTY BLAST: Tap out your quads, gluts and hamstrings!

YOGA: Builds strength and flexibility using fundamental poses.

Updated Fitness Schedule

(Changes underlined)

Cardio Kickboxing

Monday & Wednesday 6:00 AM to 7:00 AM
Tuesday & Thursday 7:00 PM to 7:55 PM
Saturday 8:00 AM to 9:00 AM

Pilates

Tuesday 9:30 AM to 10:30 AM

Core Strength

Tuesday On break for summer

Cardio Strength

Wednesday 7:15 PM to 8:00 PM
Friday 6:00 AM to 7:00 AM

Core Fusion

Monday 7:15 PM to 8:00 PM

Extreme MMA Bag Class

1st Saturday of every month: 8:00 AM to 9:00 AM
2nd Thursday of every month: 7:00 PM to 7:55 PM

TMA June Calendar

Saturday, 4th:	Extreme MMA Bag Class	8:00-9:00 AM. One punch on your punch card.
Saturday, 4th:	Arnis Seminars & Tests	9:30 AM: white-blue. Noon: brown & up
Thursday, 9th:	Extreme MMA Bag Class	7:00-7:55 PM. One punch on your punch card.
Friday, 17th:	Private Taekwondo Test	6:30 PM. Closed to the public.
Saturday, 18th:	Red Shirt Taekwondo Test	4:00 PM. For those students testing for Advanced White-Blue
Saturday, 18th:	Blue/Black Shirt Test	6:00 PM. For those students testing for Advanced Blue & higher
Saturday, 18th:	Super Cardio Kickboxing	8:00-9:30 AM Extra 1/2 hour no additional charge
Monday-Friday 27th-1st	Full Day Summer Camp	9:00 AM-3:30 PM.
Tuesday, 28th:	Super Pilates Class	9:30-11:00 AM Extra 1/2 hour no additional charge

Makeup Classes

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

June Weekend Makeup class schedule:

Friday, 3rd:	All Ages Makeup Class 7:00 PM	Friday, 10th:	Teen/Adult Makeup Class 7:00 PM
Saturday, 11th:	Youth Makeup Class 10:00 AM	Saturday, 18th:	All Ages Makeup Class 10:00 AM
Friday, 24th:	Teen/Adult Makeup Class 7:00 PM	Saturday, 25th:	Youth Makeup Class 10:00 AM

Black Belt Club Workouts

June schedule:

Sunday, 5th	BBC Workout 11:30 AM-1:00 PM	Sunday, 12th	BBC Workout 11:30 AM-1:00 PM
Sunday, 19th	BBC Workout 11:30 AM-1:00 PM	Sunday, 26th	BBC Workout 11:30 AM-1:00 PM

Summer at TMA

Keep you or your child's consistency in martial arts training through the summer. It should be attainable to budget two hours during the week to practice martial and still enjoy your summer! Anytime you're following a program or have a goal in mind, persistence is key. The ultimate result of a break is that usually it can slow down or stop your progress and sometimes even erase your previously successful gains.

If you're going out of town remember: inform the school in advance if you'll be absent from training for a week or more. Inform the front desk in person, call (313-9680) or e-mail (info@truemartialarts.com). This helps students to form the understanding of responsibility.

A complete summer events schedule is on page 8.



Leave of Absence Policies at TMA

Time off for periods of two to three weeks may be prorated, if we are informed in advance. Otherwise, any missed classes may be made up without time restriction. Students should inform the school in advance if they will be absent from their training for a week or more. For longer planned absences, apply for a "Leave of Absence":

Leave of Absence Fee: \$19 per student, for each month

- * For extended leave from TMA for 1 month or longer due to injury or out of town travel.
- * **For approval, fill out a leave of absence form at the front desk**
- * Not to exceed 3 months within a 12-month period
- * Under extreme circumstances, periods longer than 3 months will be considered on a case by case basis

Special Offer– We Want More Morning Teen/Adult Students!

We are running a joining special for our teen/adult morning martial arts class. Sign up now and you'll receive 3 months of training for \$199 (includes registration). If you refer a new student who takes advantage of this special we'll give you a free month of training.

Black Belt: What It Is and What It Takes

By YDJN Alex Ballata

I started when I was four years old. At a couple of belts I wanted to quit, but I wouldn't quit with my twin sister at the same rank as me and my parents supporting me. I've always come to class and loved training in my TMA class.

You need indomitable spirit and a great attitude about training and practicing or you won't get far. The first couple ranks may be easy but after those ranks, the ranks will get harder and harder but it will be at a level you can reach but you will have to push yourself to reach the level.

Black belt is not just a rank you are given, you need to earn it, Mentally, Emotionally, and physically. You need a strong spirit. You also need to have a big goal to get to black belt or higher, and little goals leading up to your big goal. I had little goals like remembering forms or mental requirement or even getting to the next rank, but I also had a big goal to get to black belt.

I loved seeing myself grow as a person and a TMA student. It's been tough a couple of ranks but I never gave up, I kept trying. I make sure I give my best all the time. I love practicing and training at TMA. The TMA camps really helped me go through the ranks and learn the moves in my requirements.

Being a black belt doesn't mean you just stop training or stop trying your best and quit. It's not a belt where you say "oh I got my black belt now I can sit down and do nothing and not give my best." Black belt is an honor that can't be taken away from you.

When you are a black belt you have to make sure you work your hardest, be to class on time when you are able to, follow the rules, and show a good attitude to all the time you train and practice, to be a good example to the new students and the students already training who have a goal to reach black belt.

You will have to push your limits and black belt will bring you to understand to push you to your limits. Black belt is a lifetime reward for anyone who achieves the rank.

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



“Has a positive attitude, on and off the training floor.”

By Maizy Brewer

This mental requirement really speaks to me. I think it is wonderful that it is introduced at such an early rank, as I feel this is perhaps one of the most, if not the most, important aspects of our martial arts training. Many Thought of the Weeks have also been focused on the results of having a positive outlook on life. All of them have relayed the message that while something may seem impossible or difficult, it certainly doesn't help to go into the task thinking of all the negative outcomes.

It is most important, over being physically and knowledgably prepared, that we choose to believe in and act on the positive and rewarding possibilities of a task or new experience. For example, my Black Belt test was a wonderful opportunity for me to exercise the happy section of my brain. If I had stepped into the dojo with all my requirements perfectly practiced and memorized, yet was unconsciously convincing myself that somehow I would forget something or mess up badly on my form, I would have not turned up a couple weeks later sporting a new Provisional Black Belt around my waste.

As well as at the dojo, I use positive, confident thinking to help me through grueling tests at school and nerve-racking track meets. Every instance that I have been telling myself that I'll do great, I always do! But that's the other thing. We must not just tell ourselves that we'll be just fine. We must really *tell* ourselves that it's going to be alright! If you don't truly believe, feel, breathe waves of confidence, you have not told yourself to think and act positively. If you have, you will undoubtedly notice a significant difference in the results of your ordeal. The saying 'Anything is possible' really is true, if you have a positive attitude!

TMA SUMMER ACTIVITIES

Full Day Camps

- | | | |
|----------------------|---------------|--------------|
| ○ June 27th-July 1st | Monday-Friday | 9 AM-3:30 PM |
| ○ July 18th-22nd | Monday-Friday | 9 AM-3:30 PM |
| ○ 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-Camps

- | | | |
|-------------------------|------------------|--------------------|
| ○ July 6th, 7th & 8th | Wednesday-Friday | 10:00 AM -12:30 PM |
| ○ 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 Sleepover

- | | | |
|-------------|---------------------------------|-------------------|
| ○ July 23rd | Saturday evening-Sunday morning | 7:00 PM – 9:00 AM |
|-------------|---------------------------------|-------------------|

Kids have fun and parents get a night without kids! There is training, movies, games, and dinner & breakfast provided. Cost is \$40. You must be a TMA student to participate. Hosted by SBN Skyler Zoppi.

3rd Annual Perfect Attendance Party

- | | | |
|---------------|----------|------------------|
| ○ August 13th | Saturday | Time & place TBD |
|---------------|----------|------------------|

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!

Friends & Family Free Trial Week

- | | | |
|---------------------------|-----------------|-------------|
| ○ August 22nd-August 27th | Monday-Saturday | 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.

Summer Board Breaking Seminar

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|---------------------------|----------|---------------------|
| ○ August 25 th | Thursday | 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.

Regular Monthly Events

- Arnis seminars and tests: * Saturday, June 4th * Saturday, July 9th * Saturday, August 6th
- Taekwondo promotion tests: * Friday & Saturday June 17th-18th * Friday, July 22nd * Friday, August 19th
- Private lessons are available all summer. Schedule with the Instructor of your choice.

The Fabulous Five High School Graduates

This is Part 1 of 2 featuring our five TMA High School Graduates. Part 2 will be in July TrueNews

Addison Wong

I am graduating from Skyline High School while being a full-time Running Start Student for my senior year. I am moving to Seattle University's dorms on campus, I will be studying Engineering as a Major. After college, I would like to become an Electrical Engineer while continuing my love for music and martial arts. True Martial Arts is like no other martial arts school in Washington, let alone the world. They taught a skinny, wimpy, clumsy kid (the ten-year-old me) and made him into a first-degree black belt by the time he was sixteen! This school is like a second home to me where the instructors and students are like my family, I wish everyone good luck in their own future endeavors and follow your dreams!

How did you first get involved in martial arts? How old were you?

Martial arts has always been a significant piece of my life. I have two family members (my father and cousin) who were black belts and that alone inspired me to become a black belt. I began my martial arts career at about seven years old.

Who were some martial arts teachers or martial artists that inspired you, and how did they inspire you?

Three instructors were a significant impact on me because they all taught me consistent discipline while training and were kind and supporting for me in the process. KBN Laurel Zoppi was one of the first people that I met at TMA actually, she was the one who told my family and me about TMA. She was ultimately the one who let me into the school to begin training. SBN David Barrett taught the Black Belt Club class when I joined it and brought a whole new level of training to the table that helped me get to the level that I am currently. Finally, SBN Skyler Zoppi was the one who taught me for many years, then later on taught me in the Black Belt Club Teen/Adult class until now. I believe that he saw something in me because I was the first and last one to borrow his provisional black belt for that rank.



What do you think was most important reason why you made it all the way to your rank?

I believe that it was the sense of family that I have achieved with my fellow students and instructors at TMA that got me to where I am. I had been to another martial arts school in California previous to joining TMA and there were very little black belts there while not maintaining a sense of family there. I believe that this makes a student feel more connected to their school, thus benefiting them in the short and long run.

What advice would you give someone first starting out in martial arts?

Martial arts requires three things, discipline, consistency, and respect. If one has all three of these abilities, he/she will be able to continue on in martial arts without many setbacks, also as SBN Thomas Zoppi said: "There is a difference between good pain and bad pain." This means that there is good pain, the idea of soreness and bad pain, the pain that would make you cry or feel bad, utilize good pain and keep fighting it; it will be worth it in the long run.

Zach Evans

I'm graduating from Eastlake High School. I'll be attending Western Washington University in Bellingham. I plan to study either chemistry or computer science. I would like to become a chemist or computer programmer. I love science, but computers have been a big part of my life for as long as I can remember. TMA has been a big part of my life for the past seven years. I want to thank all of you for being part of this wonderful family.

When did you first get involved in martial arts? I started in October 2003 when I was ten.

Who were some martial arts teachers or martial artists that inspired you?

YDJN Donna, SBN Skyler, & YDJN Leslie inspired me to work hard and push towards my goals.

What do you think was most important reason why you made it to your rank?

By persevering and going to class even when it didn't seem like the fun thing to do.

What advice would you give someone first starting out in martial arts?

Taekwondo is a huge commitment and takes up a lot of time and energy, but the payoff is worth every ounce of work.



The Fabulous Five High School Graduates

Andi Baker

I'm graduating from Skyline High School. I will be attending Digipen Institute of Technology in Redmond for a Degree in Real Time Interactive Simulation (Video Game Programming). I want to program video games, duh! what other possible ambitions could a teenage girl have? :) I love TMA and I'm going to miss it so much. The people there are some of the most incredible and inspiring you will ever meet and I can't imagine where I'd be without them. To all the students I've trained with and the instructors I've had, thank you so much for being such a big part of my life.

How did you first get involved in martial arts? How old were you?

Apparently when I was little my mom was worried that I was too shy so when I was about 7 so she signed me up at True Martial Arts and that solved that problem :P

Who were some martial arts teachers or martial artists that inspired you, and how did they inspire you?

When I was little I loved the movie Mortal Kombat. Looking back on that now, I can't believe my mom let me watch that as a kid...Anyway, there weren't very many female martial artists in the movie but the ones that there were, were really good. To be really honest, I think it's cool that women are stereotyped as fragile and delicate because overcoming stereotypes like that feels pretty awesome and that's what I wanted to do :)

What do you think was most important reason why you made it all the way to your rank?

My mom. When I was 10 years old I was a brown belt and I loved going to class; but that didn't stop me from quitting. Things got busy and I forgot about TMA and had no intention of every coming back. Every time we drove past though my mom would ask me when we were going to go back and I'd just shrug and blow her off. But finally, four years later, we decided to go inside and it was amazing to see all the familiar faces. I hadn't been there since elementary school and then I was starting my freshman year of high school. When we came back I was one rank ahead of my mom...I didn't manage to keep it that way, but she's definitely been the supportive and competitive drive I've needed to get to first degree.

What advice would you give someone first starting out in martial arts?

Be sure you're ready for the commitment. You have to go into it knowing that you want to be a black belt. So many people linger at early ranks for months and even years because they because they simply don't care and then, when it gets hard, they quit. If you aren't dedicated to it, it's just a waste of your time. I'm not saying don't try, I'm saying that once you do, don't give up.

