

# Pine Lake TrueNews

March 2011



## 22nd Annual TMA School Championships



**Saturday, March 19th at Pacific Cascade Middle School**  
Doors open for check-in at 9 AM Competition begins at 10 AM  
**Form and Sparring Competition**  
**Black Belt Demonstrations**  
**Team Sparring Competition**

Once a year, students, instructors, and supporters get together to celebrate our school and our art! We hope you and your family can join us for a morning and afternoon full of True Martial Arts' biggest and best event of the year!

### The purpose of the School Championships is to:

- Provide a safe, friendly & positive environment for competition
- Promote good sportsmanship
- Further introduce & motivate students about martial arts



Students who've never been to a Martial Arts tournament sometimes aren't sure if they should participate. Many students will be competing for the first time and we are going to have several divisions just for beginners. This tournament is for EVERYBODY: people of all different levels of skill, age, and experience.

[More Information on Page 6](#)

## Presidents Day/Snow Makeup Classes

You're welcome to makeup missed classes anytime, as long as you're current on your monthly tuition. You can find a similar class offering for your rank/age during the week (Monday-Thursday) or participate in the following special weekend classes:

<b>Friday, March 4th</b>	7 PM	All ages	<b>Friday, March 11th</b>	7 PM	Teen/Adult
<b>Saturday, March 12th</b>	10 AM	Youth	<b>Friday, March 18th</b>	7 PM	All ages
<b>Saturday, March 26th</b>	10 AM	All ages			

## TMA March Calendar

Saturday, 5th:	<b>Arnis Seminars &amp; Tests</b>	9:30 AM: white-blue. Noon: brown & up
Thursday, 10th:	<b>MMA Bag Class</b>	7:15 PM
Saturday, 19th:	<b>School Championships</b>	Check-in starts at 9 AM, Events start at 10 AM
Tuesday, 22nd:	<b>Super Pilates Class</b>	9:30-11:00 AM Extra 1/2 hour no additional charge
Friday, 25th:	<b>Taekwondo Test</b>	6:30 PM
Saturday, 26th:	<b>Instructors Meeting</b>	11:15 AM-12:30 PM

## February Student of the Month

**Name:** BJN Michelle Szeto

**Age:** 14 years old

**TKD rank:** Provisional Black Belt

**Arnis rank:** Brown belt

**How long have you been training ?** 6 years

**Favorite Martial Arts moves:** Flying kicks

**Favorite thing about Martial Arts:**

Having fun in class and learning new things.

**Favorite thing outside of Martial Arts?** Hang out with friends, shopping, and movies.

**What is your Martial Arts goal?**

To get my Arnis black belt (this year's goal).

**How has Martial Arts helped you?**

It's helped me become stronger and a better leader.

## March Student of the Month

**Name:** Pat Schreiber

**Age:** Adult

**TKD rank:** Advanced Red Belt

**Arnis rank:** Brown belt

**How long have you been training ?** 3 years

**Favorite Martial Arts move:** Crescent kick

**Favorite thing outside of Martial Arts?** Play guitar

**What is your Martial Arts goal?** 1st degree black belt

**How has Martial Arts helped you?** Improved my confidence, strength, stamina, and health.

## Not too Late to Join Tiger Club!

The Tiger Club program provides incentive for students to explore different aspect of martial arts. Students will earn a t-shirt for completing the different objectives. The Tiger Club is a 4 month program that starts March 1st and ends on June 30th. Registration is due by March 18th.

### Objectives to Complete

- 1) Perfect attendance You can make up classes.
- 2) Submit a short essay about a thought of the week.
- 3) Submit a short essay about a mental requirement.
- 4) Attend the School Championships
- 5) 4 Arnis events: seminars, classes, camp, or tournament
- 6) WILDCARD- Choose one: attend full day camp in June, attend any seminar other than Arnis, attend 4 fitness classes, or attend 1 Private lesson.

To enroll: Pick up a Tiger Club registration at the front desk and pay the \$10 registration fee



# NOTEWORTHY

## Taekwondo Promotions

**Advanced White:** Alexander Fleming, Andrew Maciver, Shaunak Roy, Elena Schreiber, Ankur Vanteru

**Yellow:** Ryan Alexander, Kyle Karupiah, Manjushree Magesh, Catalina McKenna, Georgia Newmann-Taylor, Emily Stuart, Senlin Sun, Ike Wang, Jayden Zhang

**Advanced Yellow:** Joshua Cardwell, Sahasra Kasturi, Anish Nagareddy, Nikki Narayana, Martin Sy-Quia, Jacob Whitney

**Green:** Trevor Asbery, Mehal Ashwin, Ben Baker, Ryan Garcia, Revanth Gopiseti, Isha Jodh, Akash Muddaraj, Eli Schrier, Ari Schrier

**Advanced Green:** Spenser Horne, Luke Patterson, Ryan Patterson

**Blue:** Melina Carino, Afrah Shaik

**Advanced Blue:** Nick Biro

**Brown:** Vinny Palaniappan

**Advanced Brown:** Manisha Tirumalai

**Advanced Red:** BJN Delaney Aydel, BJN Zaviar Brown, BJN Sophie Clemmons, BJN Darren McGraw, Pat Schreiber, Marianna Steiner, BJN Lauren Wolfe

*Black Belt Test results will be announced in April TrueNews*

## Arnis Promotions

**Yellow:** Hanshal Dabbiru, Isha Jodh, Caleb Kim, Cole Ogren-Butail, Saumya Sahay, Yusuf Shahpurwala, Martin Sy-Quia, Kevin Xu

**Green:** Spencer Horne, Jacob Kicha, Avinash Koya, Zachary Tenorio

**Blue:** Marko de Jager, Ryan Knutson

**Brown:** Vinny Palaniappan

## Happy Birthday!

Anthony Algaw, Jack Brennan, Raturaj Chaphekar, Jane Dickinson, Lucas Ferreira, Shayla Gutmann, Gage Gutmann, Josh Hatch, James Hollinsworth, Arghya Kannadaguli, Jillian Kent-Dobias, Dennis Kritchro, Manjushree Magesh, Amber McGraw, Anish Nagareddy, Sami Nemiroff, Michael Padilla, Medha Rawat, Logan Reid, Shaunak Roy, Kenneth Ruslim, Pat Schreiber, Sreeja Stanam, Pamela Stuart, Raghu Tirumala, Shelli Wanamaker, Salina Zhang

## Welcome New Students

Emmalina Adkins, Rahul Bothra, Easton Elsbree, Noah Elsbree, James Hollinworth, Durga Nair

# TMA News Briefs

## 2011 Taekwondo Test Dates

**\*Dates are subject to change**

Friday, March 25th	6:30 PM
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**

## March Pro Shop Special

\$20 off a Sparring Bundle

**Bundle includes:**

- Head Gear
- Hand Gear
- Foot Gear
- Mouth Guard
- Mouth Guard Case
- TMA Sports Bag



No substitutions please

## Training Anniversaries

**One Year:** Kenneth Ma, Avinash Koya, Shanmugam Meyyappan, Yasmeen Ahmed, Saumya Sahay

**Two Years:** Miles Kim

**Three Years:** Pat Schreiber, Ryan Knutson, Ilana Poznanski, Josh Poznanski

**Five Years:** McKenna Wolfe, YDJN Heidi Wolfe

**Seven Years:** YDJN Trisha Ballata

**Eight Years:** Jeremy Kaelin

**Twelve Years:** YDJN Jillian Backman, BJN Damian Banki, BJN Delaney Aydel

**Twenty-Five Years:** KBN Leah Zoppi

## New Black Belt Club Member!

Welcome to our newest member: **Akkshay Khoslaa**

### Sweatshirts

Sign up for your custom ordered TMA sweatshirt at the front desk from now until March 25th. We have many colors to choose from including white, pink, tallow, green, black, blue, red, and many more. Make sure to check which sweatshirts can be worn in class.

## Fitness and Health News

### Special Classes Planned

Come try our Mixed Martial Arts bag class on Thursday, March 10th from 7:15 – 8:10 PM. The cost is \$15 or one punch on your fitness punch card.

There's a Pilates Super Class on Tuesday, March 22nd 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.

### 15 ways to Burn More Fat

Compiled by YDJN Leslie Hays

1. Eat enough calories each day or your body will eat muscle for its fuel and lower your metabolism by doing so.
2. Get more sleep, a study on 2 identical twins found the one that got less sleep had more stress and fat!
3. Eat more protein. It ups your post meal burn too! .5 gram per pound of body weight is recommended
4. Go organic with all fruits and salads. Avoid pesticides as they interfere with your metabolism as well.
5. Stand up often and walk around at work every hour or so. Sitting a lot causes a enzyme cancelation that is used to break down fat.
6. Drink very cold water. 6 icy cups a day raise setting metabolism to burn an extra 50 calories a day
7. Eat the Heat! Spices raise metabolisms by 23 percent.
8. Eat breakfast. People who skip breakfast are 4 and a half times more likely to be obese.
9. Drink coffee or tea. Coffee revs metabolism up 8 percent. Tea boosts metabolism up to 12 percent!
10. Fight fat with FIBER Those who eat the most fiber gain the least over time. 25 grams a day folks.
11. Eat Iron rich food for oxygen to get to your muscles. Shellfish, lean meats, beans, and fortified foods and spinach are great sources.
12. Get more vitamin D to preserve your muscle tissue. Salmon, eggs, fortified milk, tuna....and sunshine!
13. Drink some milk. Calcium reduces the fat absorption.
14. Eat watermelon which enhances oxidation of fat and glucose. Eat your nuts and seeds for this as well
15. Stay well hydrated. Drink 8 to 12 cups of water a day. You burn 2 percent fewer calories when dehydrated!

# Lessons From Winning and Losing

By SBN Skyler Zoppi

**If you lose there is still tomorrow.** Everyone starts their next match with the same chance to win because the score is 0 to 0. The results of previous matches doesn't carry over into the next match unless you let it.

**Losing does not make you a loser.** We each have our own blessings and skills. When they are measured against another person in competition, the results don't always translate to victory. What we should avoid is having a "losing attitude". A losing attitude is allowing yourself to believe that you'll be defeated, before or during the match.

**Winning does not make everything all right.** Winning at something that you've spent a great deal of time and energy trying to accomplish is especially rewarding. However... it passes, just like losing. This should teach us that winning should be treasured for a short time and then let go because there will always be tomorrow and the next challenge.

**The real victory is in meeting the challenge of competition.** Often, we hear successful people say that the journey is more important than the result. They believe that meeting all the challenges and adversities along the way is more rewarding than the actual result. That's why successful people are always looking for that next big challenge. They don't get satisfied with one success or get derailed by one failure.

Help children see their accomplishments and build on those. Competition is a vehicle to help people stretch themselves in ways that they may not otherwise stretch. Even if they don't win that day, there is always tomorrow. The fact that they're competing and making effort is a victory in itself not to be undervalued.

Sometimes these ideas don't sink in right away. I've seen parents or coaches give some of the most well-meaning pep talks, attempting to immediately comfort a competitor, that went in one ear and out the other. Let the emotions of competition play themselves out before attempting to use a recent loss as something to take away from.

The pitcher who holds the record for the most losses also happens to hold the record for the most wins. You might have heard of him; his name is Cy Young. Baseball named the award for being the best pitcher in a season after him. Kids need to learn that in order to win they need to compete. Protecting them from competition only serves to protect them from the lessons of losing and the joys of winning... so I say go compete at the School Championships!

## The Trophy

By KBN Chris Aprecio, Chief Instructor of Trinity Martial Arts

During my "Competitive Martial Arts Career" I have had ups and downs. I loved to compete. So much so, that I practiced every day for over an hour and a half 5 times a week on top of my normal classes. I gave it everything I had when sparring in class. I can remember sparring so much I wouldn't be happy until the sweat from my brow would burn into my eyes and I could taste the salt in my mouth guard. Only then had I worked hard enough that day. As the competition would get closer, the thrill of winning was all I could think of. I had to be first!

I gave it my all at the tournaments and sometime I would win and sometimes lose. Years would pass and the trophies would accumulate in my room, then to the garage, then finally to the box in the garage.

Now that I'm older and a bit wiser, I now know it wasn't the trophy that I was really after. It was not the short feeling of happiness I would have that would only last until the next class. Looking back, I now realize that the real trophy wasn't the gold figure on the plastic base. It wasn't looking at all them stacked on a shelf. I could hardly remember the details of the competitions that each trophy represented. It wasn't for the glory, pride, or anything in between. It was for the trophy inside of me that I won no matter what the judges thought of how low my stances were or how fast I did that roundhouse kick to get in. It was inside of me!

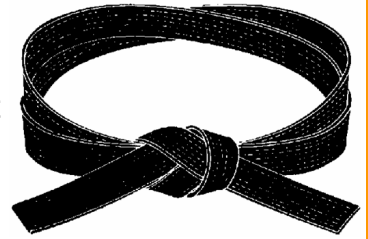
I now realize what I was working so hard for. As the competition came closer, I would try harder. I would spar faster. I would become better at Martial Arts and therefore become a better person. Now I understand that is the real trophy and that is something that will stay with me forever...

# Black Belt: What It Is and What It Takes

By BJN Ben Terry

I've been training now for eight years and each day of training I feel like I'm closer and closer to achieving my goal. I have wanted to quit TMA several times, but with the help and support of my parents and instructors each time I came back and each time I loved training even more.

Training has never been easy physically or mentally. I do it not only because I enjoy it but because being a black belt means that I am an example and a motivation to other students reaching for this rank. Lower ranks look at black belt and want to emulate us because we are respectful, friendly, and know a lot about Taekwondo.



I personally have faced a lot of challenges in becoming a black belt. I progressed through the ranks fairly quickly at first then around green belt I started to have trouble learning everything. The forms were harder and there were more kicks and form-basics to remember. That lasted for about 3 years and then when I reached about advanced blue belt I started to enjoy training more.

Loving training is an important attitude to have, because if you don't love going to TMA and practicing then you aren't going to go very far. If you asked every provisional black belt and above if they love to train each and every one would say "Yes!".

To be a black belt you need a strong spirit and a drive never to give up. Without this it would be a lot more challenging to reach any of your TMA goals. For lower ranks, it's hard to have their goal in TMA just to become black belt. You need to have smaller goals that lead up to it, like get to your next rank or learn your form. If you don't then you'll feel discouraged and want to quit. Even though it was extremely challenging to reach provisional black belt there are still more goals and higher ranks to achieve.

Getting to this rank isn't easy, you don't just need indomitable spirit, but a well conditioned body, too. As you advance through the ranks, there are more advanced classes to go to, and it's important that you do. If I were still training in a beginner class I'd never get to where I am today. Even though I had to leave some of my friends and the new classes got longer I still had fun making new friends along the way.

Being a black belt means that you try your best every time and you never give up. It's an honor, but it is also something that can be taken away. Black belts need to be respectful and work hard or else they will have their rank stripped away. This rank is a probationary period where you prove yourself to be worthy of first degree black belt.

Black belts have a responsibility to be a good example to new students. That means coming to all of your classes when able and following all of the school rules. I remember admiring black belts because I saw how hard they worked and how respectful they were. I hope that is how new students see me.

*Ben started training at True Martial Arts eight and a half years ago. He is also an Assistant Instructor at TMA. Ben just turned 13-years-young not long ago.*

## Summer Camps 2011

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 20th-24th**
- **July 18th-22nd**
- **August 15th-19th**

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



# March FOCUS ON: School Championships

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

## School Championships: Need to know info

**Early Bird Registration Fee:** The registration fee is \$50 on the day of the event. If you register between March 14th and 18th the fee drops to \$45. If you register between now and March 13th, you pay the Early Bird fee of \$40.

**Food:** There will be food and drink concessions. We will be serving lunch items as well as snack items.

**Trophies / Souvenirs:** There will be over 250 trophies awarded at this year's event. In addition, every competitor will receive a souvenir from the tournament, so nobody will walk away empty-handed.

**Uniforms:** Wear your white top for the forms competition. Uniforms should be clean without holes or stains and be fit to the correct size. For sparring, wear your uniform top or wear your TMA T-shirt.

**Equipment:** Bring your sparring gear. Advanced Yellow Belts and higher are required to have their own sparring gear. Everyone needs their own mouth guards and male competitors are required to wear groin cups for sparring. If you don't have sparring gear or if you forget something, extra gear will be available to borrow and we will have mouth guards for sale at the event. When everyone has their own equipment, sparring divisions run much more efficiently. There's a special sale on sparring gear this month to help out this cause!

**Tournament Rules:** Rules will be posted on the bulletin boards, gone over in classes, and also at the event.

**Judging/Questions/Appropriate Behavior:** Our judges will be practicing for weeks leading up to the tournament. They will do the best job they can. Arguing with judges by spectators or competitors and heckling will not be tolerated. Please keep in mind our goal to promote good sportsmanship and to provide a positive experience for everyone involved. If you have any questions direct them towards tournament administrators. Feel free to cheer and take pictures and videos!

**How long will the tournament last, When will I compete?:** Some groups finish at 2 PM, higher ranking students usually finish around 4 PM. Unfortunately, that is specific as we're able to be.

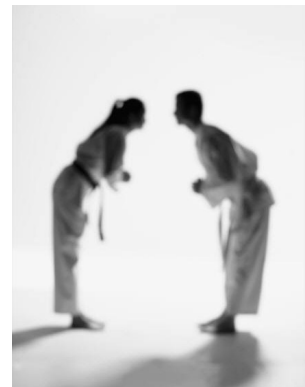
**Do I have to go to the tournament?:** The School Championships happens only once a year and it's the one extra event outside of the school that we'd love to have EVERY STUDENT at True Martial Arts attend and participate in.

## The Benefits of Competition

Competition is part of life! Competition can be a positive, character-building experience with the right attitude.

### **Competitive sports help participants to:**

- · Learn to work in a group or as part of a team
- · Learn to manage success and disappointment
- · Learn patience and perseverance, particularly when pursuing goals
- · Learn responsibility and time management: by balancing training and other activities
- · Learn to manage stress
- · Learn to interact and relate with a variety of other people in a variety of situations
- · Learn to set and achieve goals
- · Learn respect for others and good sportsmanship
- · Gain physical fitness and develop body awareness
- · Gain confidence in their abilities and improve their self esteem
- · Learn about Resilience. Deal with disappointment and misfortune in a controlled environment.



For all of these reasons, competition can be very positive. It is also possible for competition to be negative. Problems can arise when someone distorts competition by overemphasizing the values of winning and losing. We all have the responsibility to embrace the positive and discourage the negative.