

## Exciting News!

### New Lease and New Space for TMA

On Thursday, April 28<sup>th</sup>, True Martial Arts signed a lease extension to remain at our current location for another ten years, plus to expand to the unoccupied space next door. Adding a third training floor for our school is a recognizable triumph in itself, but we are very excited for some of the other benefits that will come as a result of having increased space and more flexibility.

### New Rank Groupings and how it will affect your class

Currently we have three rank groupings:

**Beginners** are White through Advanced Yellow Belt.

**Intermediate** is Green through Advanced Blue Belt.

**Advanced/Black Belt Club** is Brown Belt and higher.



Starting June 1<sup>st</sup> (if construction is completed on time), we will use a new system for 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 be a positive change for our school. Instructors will be better able to focus their teaching when less ranks are in their class. Students will be more closely grouped with classmates that are more closely similar in rank and skill level.

### New longer Classes for Higher Ranks

Having this new space gives us the ability to increase class time for some higher ranking students. Youth Intermediates who are now in the new Level 3 groupings will see their classes increase from 40 to 55 minutes. Our Teen/Adult Intermediate and Youth Black Belt Club classes will increase from 55 to 75 minutes. Our 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 new schedule on pages 2 and 3. Starts June 1<sup>st</sup> (if construction is completed on time)

We will send notice to students whose class schedule has been affected.

Contact us if you have any questions: 425-313-9680 or [info@truemartialarts.com](mailto:info@truemartialarts.com)

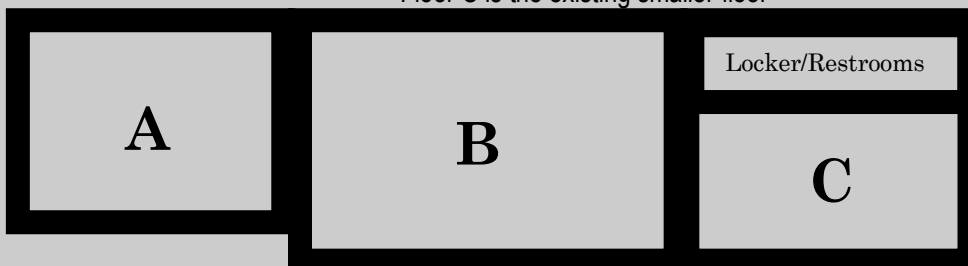
### Floor Names

To keep things simple the floor names are: A, B, and C

Floor A is the new floor

Floor B is the existing bigger floor

Floor C is the existing smaller floor



# New Schedule

## 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
Wednesday	11:00 AM to 11:45 AM
Wednesday	2:00 PM to 2:45 PM
Wednesday	3:00 PM to 3:45 PM

### **Youth (Ages 5-7):**

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

### **Youth (Ages 7-12):**

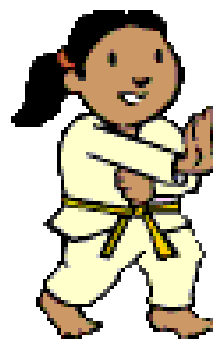
Monday & Wednesday	5:30 PM to 6:10 PM
Tuesday & Thursday	4:00 PM to 4:40 PM
Tuesday & Thursday	5:45 PM to 6:25 PM

### **Teen & Adult:**

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

### **Mixed Class (All Ages):**

Monday & Wednesday (Levels 1-2)	6:15 PM to 7:10 PM
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## Level 2

Advanced Yellow Belt, Green Belt & Advanced Green Belt

### **Youth (Ages 5-12)**

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

### **Teen & Adult:**

Tuesday & Thursday	8:15 PM to 9:10 PM
Tuesday & Friday (Levels 1-4) Tuesday:	10:30AM to 11:30 AM
Friday:	9:30 AM to 10:30 AM

### **Mixed Class (All Ages):**

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



\*\*\*\* 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 6:15 PM
Monday & Wednesday	5:45 PM to 6:40 PM
Tuesday & Thursday	4:45 PM to 5:40 PM
Tuesday & Thursday (Levels 3-4)	5:45 PM to 6:55 PM
Tuesday & Thursday	6:15 PM to 7:10 PM

### **Teen & Adult:**

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

### **Mixed Class (All Ages):**

Monday & Wednesday (Levels 2-3)	6:15 PM to 7:10 PM
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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 6:15 PM
Tuesday & Thursday (Levels 3-4)	5:45 PM to 6:55 PM

### **Teen & Adult:**

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

## Level 5

**All levels of Black Belt**

### **Teen & Adult:**

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

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

## Other Classes

### **Arnis**

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

### **Sparring**

Tuesday (Levels 2-5)	7:15 PM to 7:55 PM
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### **Make-up:**

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



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



### **April Student of the Month**

**Name:** BJN Delaney Aydel      **Age:** 15 years old  
**TKD rank:** Advanced Red Belt    **Arnis rank:** Red belt  
**When did you start training?** 12 years ago  
**Favorite Martial Arts move:** All of them  
**Favorite thing about Martial Arts?** Kicks and form  
**Favorite thing outside of Martial Arts?** Math homework and hanging out with friends.  
**What is your Martial Arts goal?** To get 1st degree Black Belt  
**How has Martial Arts helped you?** Given me confidence, kept me fit, and helped me with goal setting and achieving.

### **Instructor of the Quarter April-June**

**Name:** YDJN Jillian Backman **Age:** 16 years old  
**TKD & Arnis rank:** 2nd Degree Black Belt  
**How long have you been training?** 12 years  
**How long have you been teaching?** 1.5 years  
 volunteer at Discovery Elementary and 4.5 years at TMA  
**What class do you teach?** Tuesday 4:15 PM youth ages 5-7



### **Autism Seminar & Pizza Party**

Pizza Party!!! With a mission...join us for an Autism Seminar for all Instructors and leaders in the school who want to learn more. It's Saturday, May 14th, from 11:00-12:00. As instructors, you will hear more about how people learn differently. Come learn about autism, a difference affecting 1 in 100 people nationwide. Seeing things from another perspective will give you the insight to adapt your teaching to different kinds of learners. And who doesn't like pizza?

### **May Pro Shop Special**

All Arnis Weapons are 10% off:  
 Sticks, Daggers, Long Bo, Short & Long Sword

## **NOTEWORTHY**

### **Taekwondo Promotions**

**Advanced White:** Lucas Ferreira, Ashwika Budhiraja, Reid Compton, Andre Lagron, Durga Nair, Jack Quintana, Rahul Remany, Logan Sanborn  
**Yellow:** Aayush Budhiraja, Sean Chitberg, Emma Feng, Simon Kuvgan, Andrew Maciver, Elena Schreiber, Noah Shalaby  
**Advanced Yellow:** Sebastian Blackheart, Sara Hoyt, Caleb Kim, Emily Stuart, Pamela Stuart, Salina Zhang, Julia Zhang  
**Green:** Josh Poznanski, Lelia Uomoto  
**Advanced Green:** Rick Garcia, Elise Hoyt, Sai Reddy, Yury Sudzilouski, Sam Xiao  
**Blue:** Jeffrey Cheng, Logan Saxe, Cameron Stuart  
**Advanced Blue:** Dominique Alvarado-Holden, Susheel Cheeti, Travis Hickman, Patrick Hickman  
**Brown:** Steven Ko  
**Advanced Brown:** Bharathrham Kodungudi, Matthew Tenczar

### **Arnis Promotions**

**Yellow:** Ryan Alexander, Sebastian Blackheart, Aarya Gupta, Pamela Stuart, Emily Stuart  
**Green:** Sean Kei Brainard, Shreyas Jagalur, Marcus Sanches  
**Blue:** Dominique Alvarado-Holden, Ruturaj Chaphekar, Amber McGraw  
**Brown:** Arghya Kannadaguli  
**Red:** Lauren Wolfe, Clara Brewer

### **Happy Birthday!**

Laurel Zoppi, Dominique Alvarado-Holden, Trishan Amruthur, Brooks Barton, Susheel Cheeti, Marko De Jager, Carolina Delgado, Travis Hickman, Rishi Kavikondala, Deven Kent-Dobias, Raguram Kodungudi, Patrick Martin, Danny Martin, Amy Nibert, Isaac Pefaur, Vikram Tirumalai, Manisha Tirumalai, Lauren Wolfe, Lillie Adamson, Delaney Aydel, Joshua Cardwell, Revanth Gopisetti, Peyton Hutchinson, Vinny Palaniappaan, Joseph Penarczyk, Sebastian Blackheart, Ricardo Brito, Heather Cardwell, James d'Orgee, Sahasra Kasturi, Noah Shalaby, Rohan Singh, Arjun Singh, Ryan Smith, Diego Yanez, Julia Zhang

### **Welcome New Students**

Shiksha Arun, Cameron Baird, Adhya Kona, Payton Io, Dean Mardenly

# TMA News Briefs

## 2011 Taekwondo Test Dates

**\*Dates are subject to change**

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

### **Black Belt Testing Weekends June and October**

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

### Training Anniversaries

**One Year:** Rohan Singh, Arjun Singh, Sahasra Kasturi, Jordan Wilkerson

**Two Years:** Camille Adamson, Emma Feng, Alex Hugli, Lillie Adamson

**Three Years:** Jack Brennan, Darren McGraw

**Five Years:** Charles Liu

**Six Years:** Christopher Clark

**Seven Years:** Eli Schrier, Ari Schrier, Evan Schrier

**Eleven Years:** Samantha Krahling

### 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](mailto:info@truemartialarts.com) or let us know at the front desk if you'd like to reserve your spot. A minimum of 5 students is needed to open a new class, so tell your friends!

### Summer Camp Dates

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

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



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

### Celebrate Teacher Appreciation Week

Teacher appreciation week is widely celebrated in the first full week of May. You can participate by writing thank you notes to any instructor(s) that you appreciate.

## Fitness and Health News

### Free Pilates Trial Class

We are offering a free Pilates trial lesson for those that have never taken our TMA Pilates class on Tuesday, May 3rd.

### Biggest Loser Results

Congratulations to the Biggest Loser winner, Mary Pat! All together the 9 participants lost 43 pounds in just 4 weeks!

### Special Classes Planned

There's a Pilates Super Class on Tuesday, May 24th 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, May 21st from 8:00-9:30 AM. More punching and kicking the bags, more cardio, more calories burned, but normal price.

### Fitness Schedule—New Classes

#### **EXTREME MMA BAG CLASS**

A fast paced high energy cardio bag workout. Not for the faint of heart, but doable for all levels of fitness. Just know when you show there will be a higher level of intensity in this workout. Focus will be on punches, kicks, knees and elbows on our equipment and overall conditioning for a wonderful "skill based" bag workout.

#### **CLASS TIMES**

First Saturday of every month: **8:00-9:00 AM**  
Second Thursday of every month: **7:15-8:10 PM**

#### **CORE FUSION**

A 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.

#### **CLASS TIME**

Monday Evenings: **7:30-8:15 PM**

### New TMA Website

Check out our new TMA website. There is an improved schedule of events and calendar. There's a link to our TMA youtube page and our monthly newsletters.

There is a special student section for TMA students only. The password is [tma1995pinelake](http://tma1995pinelake).

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

## TMA May Calendar

Saturday, 7th:	<b>Extreme MMA Bag Class</b>	8:00-9:00 AM. One punch on your punch card.
Saturday, 7th:	<b>Arnis Seminars &amp; Tests</b>	9:30 AM: white-blue. Noon: brown & up
Thursday, 11th:	<b>Extreme MMA Bag Class</b>	7:15-8:10 PM. One punch on your punch card.
Saturday, 14th:	<b>Autism Seminar &amp; Pizza Party</b>	11AM-Noon. For Instructors and leaders who want to learn more
Friday, 20th:	<b>Taekwondo Test</b>	6:30 PM
Saturday, 21st:	<b>Super Cardio Kickboxing</b>	8:00-9:30 AM Extra 1/2 hour no additional charge
Saturday, 21st:	<b>Arnis Tournament</b>	10 AM @ our school. 6 events-compete in as many as want.
Tuesday, 24th:	<b>Super Pilates Class</b>	9:30-11:00 AM Extra 1/2 hour no additional charge
Monday, 30th:	<b>Memorial Day</b>	No Taekwondo classes.

## 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](mailto:info@truemartialarts.com)

### **May Weekend Makeup class schedule:**

Friday, 6th:	<b>All Ages Makeup Class</b> 7:00 PM	Friday, 13th:	<b>Teen/Adult Makeup Class</b> 7:00 PM
Saturday, 14th:	<b>Youth Makeup Class</b> 10:00 AM	Friday, 27th:	<b>All Ages Makeup Class</b> 10:00 AM

## Black Belt Club Workouts

### **May schedule:**

Sunday, 8th	<b>BBC Workout</b> 11:30 AM-1:00 PM	Sunday, 15th	<b>BBC Workout</b> 11:30 AM-1:00 PM
Sunday, 22nd	<b>BBC Workout</b> 11:30 AM-1:00 PM	Sunday, 29th	<b>BBC Workout Cancelled</b> – Memorial Day

## Families/Instructors Raise \$ For Japanese Tsunami Victims

TMA Instructors made themselves available to teach private lessons on Saturday, April 16th to raise money for Japanese Tsunami victims. The fundraiser was organized by YDJN Melanie Goaddard and her Skyline High School Japanese club. Students and families donated **\$900**.

A special thank you goes to all the Instructors that participated by donating their time and teaching for the fundraiser: KBN **Tami Parker**, YDJN **Donna Curley**, YDJN **Melanie Goddard**, BJB **Meena Sethuraman**, YDJN **Karthik Palaniappan**, KBN **Amy Nibert**, KBN **Leah Zoppi**, YDJN **Chad Graham**, YDJN **Addison Wong**, KBN **Jon Cory**, KBN **Laurel Zoppi**, and SBN **Skyler Zoppi**.

## 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](mailto:info@truemartialarts.com)). This helps students to form the understanding of responsibility.

A complete summer events schedule will be included in the June newsletter.

## 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 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 your 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 8 1/2 years ago.*



## **New Sparring Only Class to start in June**

A sparring class will be added to our class schedule as soon as our 3rd training floor open in late May/early June. This class will be from 7:15-8:00 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.

## May FOCUS ON: Arnis

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

### Arnis at True Martial Arts

True Martial Arts students train and obtain rank in Arnis as they progress and obtain rank in Taekwondo. As you advance higher in the Taekwondo ranks, it's a requirement to hold the same rank in Arnis. The policies:

- Arnis Yellow is a prerequisite to test for TKD Green
- Arnis Blue is a prerequisite for TKD Advanced Blue
- Arnis Red is a prerequisite for TKD Advanced Red
- Arnis Green is a prerequisite for Taekwondo Blue
- Arnis Brown is a prerequisite for TKD Advanced Brown
- Arnis Black is a prerequisite for 1st degree Black



Holding ranks in both arts is a significant distinction for our school. Black Belts at True Martial Arts are Black Belts in two different arts that complement each other very well; Taekwondo is a hard style and Arnis is a soft style.

**Hard and soft** in martial arts refer to the way techniques deal with the force of an attack. In a **soft technique** the receiver uses the aggressor's force and momentum against him by leading the attack in a direction where the receiver will be positioned in advantage. A **hard technique** by contrast meets force with force, either by directly blocking the technique with a head-on force or by cutting through at an angle with one's own force.

### Arnis Training

Arnis seminars are typically held the 1st Saturday of each month and cost \$20. The seminar is from 9:30-11:00 AM for those working on Arnis yellow, green and blue. Those working on Arnis brown and higher, your seminar is noon-1:30 PM. Arnis tests immediately follow each seminar for those that are ready. The testing process is less formal in Arnis. It is acceptable and encouraged to ask your Instructor if you should test or not.

Students learn some of their Arnis requirements during regular class time. In addition, there are two weekly Arnis classes available Wednesdays from 3:15-3:55 PM and Thursdays from 7:30-8:30 PM (*Class schedule will be changing in June*). The Wednesday class focuses on Arnis yellow, green, and blue but all students are welcome. There are no additional charges for Arnis class; it is included with your paid monthly tuition.

There is a different focus for the classes and the seminars. The *Seminars* focus on teaching all of the requirements for your appropriate Arnis rank. The *classes* focus on the finer points of the requirements and more deeply examine the theory and application of each drill. That's not to say you won't learn your requirements in the class, or the finer points in the seminars! It's just less of the focal point. Classes and seminars are a great complement to each other.

### TMA Arnis Tournament

This year's Arnis tournament will take place at our school on Saturday, May 21st. Check in starts at 9:30 AM and events start at 10 AM. Several events such as Synchronized Form and 2 Man Sets require practicing ahead of time, so find your partners now and start practicing! A majority of students have never participated in an Arnis Tournament so we hope you are ready to expand your martial arts experiences and join in on the fun. Registration is a flat fee, so you can enter as many events as you want (there are 6 events) for the same price.

#### Schedule of Events

##### Arnis Form events:

**Arnis forms** – Any form, or combine any 2 forms    **Created form** – Any created form, any weapon.

**Synchronized form** – 3 or more person team, any form or combine 2 forms

##### ½ Hour Break for snack/lunch

##### Free Form events:

**Single competitor** – Contestants will compete for 45 seconds of free form, using any Arnis weapon. Contestants can supply their own music or use the music provided by the school (No explicit content please).

**2 Man Set** – Up to one minute long, will be judged on creativity and technique.

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