

# Pine Lake TrueNews

November 2011



## November FOCUS ON: Sparring

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

**Pro Shop Special** Sparring Gear is 10% off this month.

**Increased Emphasis** We will be practicing Sparring more than usual in November classes.

### 19<sup>th</sup> Annual TMA Sparring Tournament

**WHERE:** Our School **COST:** \$15 registration fee  
**WHEN:** Saturday, November 12<sup>th</sup>  
**10:00 AM** All ages White through Advanced Green Belt competition  
**11:00 AM** SPECIAL ANNOUNCEMENT  
All ages Blue Belts and above competition



**WHAT:** The Sparring Tournament promotes improved sparring ability, good sportsmanship and friendly, fair competition. Tournaments are an important part of martial arts tradition. Many students will be competing in their first martial arts tournament! The rules will be explained and each match will be supervised. All sparring divisions will be grouped together by similar age, rank, and size.

## Thanksgiving Class Schedule

### Wednesday, November 23rd:

Martial Arts– Regular schedule- All martial arts classes are in session  
Fitness- 6 AM Cardio Kickboxing is in session

### Thursday, November 24th:

Martial Arts– All classes are cancelled  
Fitness- Turkey Trot fitness classes 8:00-9:30 AM & 9:45-11:00 AM 7 PM Kickboxing– NO class

### Friday, November 25th:

Martial Arts– Friday makeup class is cancelled  
Fitness- 6 AM Cardio Kickboxing is in session

### Saturday, November 26th:

Martial Arts– Saturday makeup class is cancelled  
Fitness– 8 AM Cardio Kickboxing is in session

### Sunday, November 27th:

Martial Arts– No SNAP class. No Black Belt Club workout  
Fitness- No classes scheduled



## Veteran's Day Arnis Camp

**Friday, November 11th**

**10:00 AM-12:30 PM**

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.

## Friday, November 18th Taekwondo Testing Schedule

**Because of a projected large number of students testing, the November testing schedule is as follows:**

For white, advanced white and yellow belts: 6:00 PM

For advanced yellow belts and higher: 7:00 PM

## New Tuition Schedule

It's been 4 years since our last tuition increase. Effective November 1<sup>st</sup> for new students and December 1<sup>st</sup> for current students, our new tuition schedule is:

### Monthly Group Classes

40 Minute Classes	\$92
55 Minute Classes	\$97
70 Minute Classes	\$102
90 Minute Classes	\$107

You are invited to pre-pay at your current rate plus receive a percentage discount by paying tuition in advance during the month of November.

### Pre-Paid Tuition

3 Months	5% off monthly rate
6 Months	10% off monthly rate
12 Months	15% off monthly rate



## Student of the Month

**Name:** Anton Vilkotski      **Age:** 13 years old

**TKD rank:** Advanced Brown belt    **Arnis rank:** Brown belt

**How long have you been training?** 5 years

**Favorite Martial Arts move:** Shoulder roll

**Favorite thing about Martial Arts:** Great way to get active and get rid of stress.

**Favorite thing outside of Martial Arts:** Longboard

**Martial Arts goal:** Become at least a 1st degree black belt

**How has Martial Arts helped you?:** It has helped me channel anger and not show it as much, and its helped me deal with stress.

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Ansh Chavda, Weston Graham, Grace Hattori, Ruslan Romanenko, Jack Sherwood, Connor Sherwood, Kenny Sorrell, Aaron Zhang, Vera Oja

**Yellow:** Rahul Bothra, Max Hattori, Emma Hattori, Apuroopa Kavikondala, Lauren Luz, Nora Oja, Rahul Remany, Shaunak Roy, Levi Sklaroff, Katie Sorrel

**Advanced Yellow:** Nikki Berces-Mardenly, Payton Lo, Kaavyshi Magesh

**Green:** Joshua Cardwell, Enrico Contrigiani, Rohan Singh, Arjun Singh

**Advanced Green:** Mehal Ashwin, Sebastian Blackheart, Daniel Chen, Holly Heitsch Hoyt, Alex Hugli, Peyton Hutchinson, Swarathmika Kakivaya, Sahasra Kasturi, Anish Nagareddy, Nikki Narayana, Jacob Whitney

**Blue:** Yogesh Banala, Diego Batres, Sam Xiao

**Advanced Blue:** Emily Harig

**Brown:** Kevin Parker

**Advanced Brown:** Charles Liu, Raghu Tirumala

**Red:** Luke Sala, Olivia Ding

**Advanced Red:** Raguram Kodungudi

### Arnis Promotions

**Yellow:** Ashwika Budhiraja, Emma Hattori, Max Hattori, James Hollinworth, Payton Lo, Dean Mardenly, Pavan Varthakavi, Angie Zoppi

**Green:** Aarya Gupta, Sean Hickman, Srilasya Reddy, Julia Zhang

**Blue:** Camille Adamson, Samuel Andrus, Spenser Horne, Derek Schreiber, Sreeja Stanam

**Brown:** Samuel Sala, Tejasvi Rao

**Red:** Raguram Kodungudi

### Happy Birthday!

Trevor Asbery, Anton Bezruchkin, Alyssa Bothwell, Mallory Donovan, Alexander Fleming, David Garratt, Jeremy Kaelin, Vyshanv Kakivaya, Andre Lagron, Robert Parker, Max Pickering, Hana Shaik, Nicole Smelson, Kirsten Smith, Vanessa Tang, Anh Vo, Benson Wheeler, Baylee Wolfe

### Welcome New Students

Jaya Banala, Sebastian Batres, Samuel Bigsby, Andrew Clemmons, Ashton Dunn, Jadyndunn, Owen Hyatt, Jack Kaesur, Tyler Rubio, Hannah Tang, Shane Tobey, Conner Tobey

# TMA News Briefs

## Upcoming Taekwondo Test Dates

### November Tests

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

### December Test

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

## November Pro Shop Special

**Sparring Gear is 10% off**



## Fitness and Health News

**Core Fusion class** has moved to Thursday mornings from 6:00-6:45 AM. Core Strength is now known as **hardCORE** and has returned to Tuesday nights from 7:30 to 8:00 PM.

**Super Seeds:** Don't toss that Halloween pumpkin! Pumpkin seeds contain 5 grams of protein and fiber per 1-ounce serving and are a good source of zinc and magnesium. Easy recipe: spritz with cooking spray, sprinkle with sugar, cinnamon, salt and chili powder. Roast on a baking sheet at 325 degrees for 10 minutes.

## Message from Lynne Banki

To My True Martial Arts family,

I wanted to thank you so much for the SBN Thomas Zoppi Award. I am humbled and honored. Trying to talk at the picnic was more than difficult. I don't know if I got across to everyone what a special place this school is to me. In trying to talk through my emotions, I forgot to thank the most important person at the school for me: my SNAP co-instructor, my hero, my son Damian. I have so much respect for Damian. Given all he has been through in his young life, his perseverance, both on and off the training floor, amazes me. He is a compassionate, patient, and thorough teacher – and a truly gifted martial artist. I have learned so much from him over the years and look forward to our future adventures at TMA.

To all of the TMA families: if you are training, consider teaching. If you are observing, consider training. There is so much this school, our school, has to offer.

Thank you,  
Lynne Banki

## Instructor News

Welcome to our newest Assistant Instructor interns:

**Eniko Gulyas, Levente Gulyas and Tarushi Verma**

Congratulations to **Raguram Kodungudi** who was promoted from Assistant Instructor Intern to Assistant Instructor this month.

## Training Anniversaries

**One Year:** Noah Shalaby, David Glubochansky, Reid Riley, Sebastian Blackheart, Caleb Kim, Heather Cardwell, Elena Scheiber

**Two Years:** Jeffrey Cheng, Josh Hatch, Leila Uomoto

**Three Years:** Preston Fournier, Sean Hickman, Polina Kritchko, Dennis Kritchko, Evan Riccio, Vanessa Tang, Nolan Hawkins

**Four Years:** Kevin Do, Shruti Karanth, Chip Mauzy

**Eight Years:** Niveda Ganesh

**Ten Years:** Samantha Shappell

**Eleven Years:** Kirsten Smith

## TMA November Calendar

Saturday, 5th: **Arnis Seminar & Test** (See times below)

Friday, 7th: **Arnis Camp** 10 AM-12:30 PM

Saturday, 12th: **Sparring Tournament** 10 AM & 11 AM

Monday, 14th: **Black Belt Club Seminar: Kicks** 7:15 PM

Friday, 18th: **Taekwondo Test** 6 PM & 7 PM

Saturday, 19th: **Super Cardio Kickboxing** 8:00-9:30 AM

Saturday, 19th: **BB Club Seminar: Teaching Arnis** 11 AM

Tuesday, 22nd: **Super Pilates** 9:30-11:00 AM

Thursday, 25th: **Thanksgiving** TMA Closed except Turkey Trot

Friday, 26th: **TMA Closed** except 6 AM Cardio Kickboxing

## 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

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

Friday, 4th: **All Ages** 7:00 PM

Friday, 11th: **All Ages** 7:00 PM

Saturday, 19th: **All Ages** 10:00 AM

# Black Belt: What It Is and What It Takes

By Meena Sethuraman

What is a black belt? What does it mean to be a black belt? To those that do not study martial arts, it represents a person who has reached the highest rank possible. To those that do, a black belt is more than that. Black belt is not an end; it is merely the beginning. A black belt shows much more than the achievement; it represents the journey. The journey, which takes hard work and effort, involves going above and beyond, and requires confidence, perseverance, dedication, and so much more.

My journey began when a few of my friends started Taekwondo here at True Martial Arts. They had a great time and urged me to join as well. I wanted to learn a fascinating art with my friends so I enrolled at TMA. I enjoyed coming to class. I did what I was told to do, went through the first few ranks, and was eventually moved up to an intermediate class. The bar was set higher here than my first classes, and more was expected of me. Getting advanced green belt and blue belt was not that easy for me. I was a shy kid. I didn't like to spar much and it was hard to put more power and reality into my moves. There were many times when I felt like quitting. But, my friends kept training, and I was determined to keep going with them; I did not want to be left behind. I worked harder and harder in class. Because I have persevered and put in a lot of time towards my training, I have been able to get where I am today, at provisional black belt.



Another important part of my journey was when I was an advanced brown belt. Up to this point, I had been working and trying hard in class. I was thinking it would be nice to test for provisional at the upcoming test. However, I didn't change my habits; I just came to class twice a week and did what I normally did. The test came and passed, and I was not a part of it. I wondered what else I needed to do; I came to class twice a week and I knew all my requirements. Then I realized that the minimum work wouldn't cut it; black belts go above and beyond. I began coming to class regularly, went to extra classes like the black belt workout, and I spent more time practicing outside of class. I also worked on my conditioning knowing that I would need to be in shape for the test. Finally, I passed my pretest about a month before the actual test. I knew that even though I had the shiny new red stripes on my belt, I couldn't stop working and that I had to work much harder; if I stopped, I wouldn't be able to make it through the test. I kept on going with my new routine and made sure I was physically ready for the test. Confidence also played a huge role not only while preparing for the test, but also during the test. When the time came for board breaking, I lost my confidence quickly: the first few people had gone and it had taken them three or four tries to break the board. I started getting very nervous, but stopped worrying immediately. I knew that the only way to break that board was to believe in myself. When I went up to break my board, I was able to do it on the first try. Thanks to my hard work and indomitable spirit, I was able to pass the test and I went in and came out feeling like I could do anything.

While I was working towards provisional black belt, I also realized that taekwondo was not just a regular class for me; I found that taekwondo was something that I really enjoyed. In the past, I had just been thinking, "How can I get to the next rank?" Now, I think, "What can I do to get better? How can I make the most out of every class?"

The time leading up to receiving black belt is one journey; the time after receiving is another journey, one that doesn't end. As I work towards first degree, I am already eager to embark on the next journey, one that will be just as difficult and just as memorable as the first. What will be the same for both journeys? In order to make the most out of both, I have to live them both the black belt way.

*Meena is 16 years old. She was just promoted to Instructor at TMA. She started training 7 years ago.*

## Black Belt Promotions

Results from the October 14th and 15th Black Belt Test

Cho Dan 1st Degree Black Belt: ●Jaron Jin ●Meena Sethuraman ●Aaron Jin ●Allen Kim ●James Carskaden

I Dan 2nd Degree Black Belt: ● Karthik Palaniappan

# Parent Appreciation in November

November is the perfect month to give thanks. We want to acknowledge all of the parents of our TMA students. We sincerely appreciate the opportunity to teach your children (and some of you)! We know some of the challenges involved with participation: time, scheduling, resources, motivating, and navigating the plateau roads during rush hour traffic. We are committed to making TMA a place where the benefits of attending far outweigh the sacrifice in meeting those challenges. The benefits can be lifelong and provide a solid foundation.

We are providing a months worth of weekly specials that we hope you can take advantage of, as our way of saying "Thanks!" to all parents of TMA students.

## **Week 1: Free Arnis Seminar**

You are welcome to attend the Arnis seminar on Saturday, November 5th for free. If you are not a student at TMA, wear something comfortable and we will provide you with Arnis sticks to borrow.

## **Week 2: Free Fitness Classes**

From Monday, November 8th through Saturday, November 12th no punch card is necessary for TMA parents. Tell the front desk staff you are talking a free class for Parent Appreciation Month when you check in.

## **Week 3: Pro Shop Discount**

From Monday, November 14th through Saturday, November 19th take 15% off any item in the pro shop. Mention the Parent Appreciation Month discount with your purchase!

## **Week 4: Free Martial Arts Classes**

From Monday, November 21st through Wednesday, November 23rd you are welcome to participate in martial arts class with your child, or attend a beginner teen/adult class for free. Teen/Adult class times for beginners: Monday 6:15 PM, Tuesday 10:30 AM, Tuesday 6:30 PM and Wednesday 6:15 PM.

## **Week 5: Free Pilates Class**

You are welcome to attend Pilates class on Tuesday, November 29th for free from 9:30-10:30 AM. Tell us at the front desk that you are talking a free class for Parent Appreciation Month when you check in.

## Black belt Club Seminars in November

The Black Belt Club (BBC) is for students who have an outstanding attitude and good work habits. To be eligible to join the BBC you must be a **Brown Belt** (or higher). Everyone who joins must sign a BBC pledge. Joining the Black Belt Club is your personal commitment to become a Black Belt. Joining a club of like-minded students makes the journey of earning your Black Belt more enjoyable and attainable. Black Belt Club members are invited to attend the following free seminars this month:



### **Connecting with your Core for Better Kicks**

Monday, November 14th from 7:15 –8:45 PM

*Presented by YDJN Kirsten Smith*

Come learn how to draw from the strength of your core to get better reach, create more power and have better technique in every kick.



### **Teaching Arnis**

Saturday, November 19th from 11 AM-12:30 PM

*Presented by KBN Jon Cory*

Gain a greater understanding of some of the most difficult Arnis drills. Learn simplified methods on how to teach these drills.

# TMA Orientation

By YDJN Trisha Ballata, Administrative Director & SBN Skyler Zoppi, Chief Instructor

The following information is being presented to get you more familiar with the rules and policies of our school:

## Checking In/Entering the School:

Students-Stop at the front desk and say "Hello" and give your name to the person at the desk.

When students enter the school, take your shoes off in the lobby

Walk your shoes to the locker room and store your belongings neatly in the provided cubbies.



## Appearance:

Uniforms need to be clean

- As the student get higher in rank the class becomes more intensive therefore they sweat more and produce more bodily odors, especially preteen and teens.
- Please wash the uniforms between classes
- Help your students to remember to wear deodorant
  - Preteens- this might be something new for them
  - Teens need reminders

Hair needs to be pulled back from the face

- Ponytails or headbands
- Boys follow this rule as well



## Attendance:

Students should attend class twice a week

- We feel it helps teach life skills such as discipline and commitment
- It helps the student to remember their requirements, reinforcement

Please be on time

- Disruptive to the other students who showed up on time
- Respectful to the teachers to come on time
- Enforces what we want to teach about discipline and respect

If for some reason there is difficulty in attending classes please come talk to us

- Arrange different class times or work out some kind of solution

If a student is going to be absent from class for more than one week, please inform the school.

## LOA Policy:

It is for leave of 1 month or more for any reason.

- Vacation
- Injury

Fee is \$19 for 2x a week classes and \$10 for 1x a week classes (SNAP and Pee Wee's)

There is a form that needs to be filled out at the front desk

- Payment made at the time the form is turned in



## Class Make-ups:

Friday and Saturday classes

- Exceptions: Makeup classes are sometimes cancelled for school events like Tests and Arnis Seminars
- As long as you are a student there is no time limit as to when those classes need to be made up

Classes during the week

- Students may attend age/rank appropriate classes during the week to make up classes they miss
- If you aren't sure what classes to use a make-up then call, e-mail or ask us at the front desk.

...Continued next Month...