

### The Big Picture of Martial Arts

By SBN Skyler Zoppi

I started my martial arts training when I was five years old. Growing up, I was mostly an unenthusiastic practitioner until I really started enjoying it as a teenager. Don't get me wrong, there were aspects about martial arts that I really liked such as sparring, tournaments, and seeing the friends I had made. But the day to day grind, going to the classes— sometimes I dreaded it. I wanted to play Nintendo or go to the beach or play with my friends. Now that I'm an adult, I have the luxury of being able to look back. I'm glad I stuck with my training. I'm happy that my parents got me in that car and took me to class twice a week, every week. That's because now I see the big picture of Martial Arts and I want to share it with you:

You will learn how to better be able to stay safe and defend yourself. You will learn life skills such as confidence, respect, and self-discipline.

Physically, your strength and stamina fitness levels will improve as well as your balance, toughness, flexibility, and coordination. Mentally, you'll become more focused, consistent, positive, disciplined, and better able to achieve your goals.

As you move along from belt rank to belt rank, you'll gain a greater degree of respect for yourself, people around you, and for the martial arts. You'll learn about what we mean when we say "The Black Belt Way." When you are eventually awarded your Black Belt, it will be well earned through hard work. You will feel a true sense of accomplishment and feel empowered to take on that next big challenge, whatever it may be!

### Annual School Picnic in September

The Annual TMA Picnic and Awards is scheduled for Saturday, September 17th. Please join us at Perrigo Park located at 9011 196th AVE NE in Redmond. We have the dome shelter reserved from 11 AM to 2 PM. We co-host this picnic along with our friends from TMA Overlake.

The rough schedule includes lunch and free time from 11 AM to Noon. Awards for Youth and Adult Student of the Year, Instructor of the Year, Special recognition, and SBN Zoppi lifetime achievement will be presented around noon. Drop in any time. Bring your picnic lunch and your family, and join us!

### September Schedule Changes

A few tweaks will be made **Tuesday, September 6th** in order to best accommodate the needs of our students:

- 1) Tuesday/Thursday 4:15 Level 1 class in Room C will now be a Level 2 class. Level 1 students will be reassigned to another class that best fits their schedule.
- 2) Advanced Yellow and Green belt members of the Monday/Wednesday 4:00 Level 2 class in room B will be moving either to room A at 4:15 or a class that better fits their schedule.
- 3) We'll be accepting students for a brand new Level 3 class: Monday/Wednesday at 4:00 in Room B. The Advanced Green Belts that were in the Monday/Wednesday 4:00 Level 2 class will be grandfathered in.
- 4) The Level 3 and 4 Blackcat class (youth Black Belt Club) will now be Level 4 only. Brown belts that were already in the class will be grandfathered in and we will be reassigning the Advanced Blue Belts to a level 3 class. No new Level 3 students will be accepted into the class.

# September FOCUS ON: Form

## Form Tournament Rules

**Judging:** Forms shall be judged by a panel of judges. Contestants receive a score between zero and ten, using tenth points. Judges base their score on three important criteria; 1. Correct technique 2. Speed & power 3. Reality. Reality means that the contestant's form looks real and that the contestant has good presence in the ring.

A contestant will be permitted to restart a form after a mistake, if he requests to do so within the first one-third of the form. However, restarting the form will constitute a deduction of a minimum of one tenth, and a maximum of five tenths of a point from each judges scorecard.

**Combining Forms:** Contestants may combine one, two or even three forms together for the tournament. Students may add a few moves to transition from form to form.

**Tie Scores:** Occasionally contestants' scores are tied. When this occurs the contestants will come back up and do their form again, one at a time. Higher ranking students may be asked to compete with an alternate form rather than the form that the contestant has already performed.

**Synchronized Forms:** For groups of 2 or more students. The judges shall base their score on five important criteria; 1. Staying together or synchronized 2 Correct technique 3. Speed & power 4. Reality 5. Creativity. A group will consist of 2 or more students. Higher scores will be considered for synchronization of groups with more participants. The group doesn't always need to stay together, there can be individual aspects to the performance.

## The Benefits of Form

*From March, 1998 TrueNews written by SBN Thomas Zoppi*

Forms, also known as kata (Japanese) hyung (Korean), and patterns were originally developed to allow martial artists to practice their movements alone, away from the prying eyes of government officials who banned the use of martial arts at various times and places throughout history. While some of the striking and blocking techniques in forms are not practical for sparring or self-defense, forms are still an important part of our school for many reasons.

**A History Connection.** Forms are an important part of the history and tradition of our martial arts style, *Tae Kwon Do Chang Moo Kwon*. Our forms are unique; they differentiate us from other styles. I often wonder how the originator of a form wanted it to look. Rather than just practicing the form, I try to put myself in the master's place, and capture his purpose and intent for the movements. This brings the art alive for me. This connects me to the history of the art.

**Strength & Conditioning.** When I want a good workout to improve strength and conditioning, often I do form. Practicing long low stances is great a leg workout, doing the strikes with power builds strength and speed, and doing several forms back-to-back improves cardio conditioning. Form is "art specific" practice. By that, I mean the type of strength that you gain from doing form is what you need to become a proficient Black Belt.

**Learning How To Move.** Forms are great for learning how to move from one technique to another in a smooth, balanced, and efficient way. Most forms are symmetrical so they force you to practice the moves from both the right and left sides. Forms are also a 'set pattern' of moves, so unless you're very athletic and coordinated, some of the movements are bound to be unnatural for you when you first learn them. This compels you to practice movements that are out of your "comfort zone", something that you wouldn't normally do in sparring or free form.

**Focus and Concentration.** A big benefit of doing forms is the focus and concentration that you gain. After learning the moves and the sequence of the moves, the biggest difference between an average form and a championship form, is focus. Focus includes both mental and physical focus. Physical focus means doing a move with an explosive surge of speed and power, stopping it at an exact spot in space, and having the body completely on balance at that moment. Mental focus means putting intention, confidence, and strong eyes in the form. Mental focus makes the form look real.

**Self-Discipline and Self-Control.** A student must impose discipline and control on himself, in order to become really good at form. This, of course, makes form practice much more than just an exercise in movement. Without the *discipline* of practice, a form won't be learned, and certainly won't be mastered. Without *control* over the body actions, arms and legs will fly all over the place, stances will be wobbly, and the form will not look as it was intended to look by that ancient Korean master. Practicing self-discipline and self-control is a must for Black Belt candidates. Individuals, who have martial arts skills without self-discipline and self-control, are less likely to truly benefit from their training in other aspects of their lives.

## Student of the Month

**Name:** David Shiroma **Age:** 11 years old  
**TKD rank:** Red belt **Arnis rank:** Brown belt  
**How long have you been training?** 5 years  
**Favorite Martial Arts move:**  
Temple punch attack and reverse crescent kick  
**Favorite thing outside of Martial Arts:**  
Bike riding with my friends  
**Martial Arts goal:**  
Achieve my 1st degree Black belt by high school  
**How has Martial Arts helped you?:** It has given me courage and I feel more confident in school.

## Training Anniversaries

**One Year:** Enrico Contrigiani, Annika Singh, Sahil Gupta, Aditi Goyal, Mason Dean, Kylie Venere, Peter Khawand, Martin Hundrup, Manoella Contrigiani, Sarah Khawand, Martin Sy-Quia, Logan Smith, Ryan Smith, Sebastian Gonzalez, Carlos Gonzalez, Daniel Gonzalez, Shaunak Roy, Nico Oja, Daniel Ashkar, Nate DeOliveira, Nora Oja

**Two Years:** Mehal Ashwin, Ben Baker, Megan Boss, Lisa Carskaden, Sean Chitberg, Alec Church, Rick Garcia, Spenser Horne, Peyton Hutchinson, Andrew Leinweber, Anish Nagareddy, Cole Ogren-Butail, Olivia Ogren-Butail, Sai Reddy, Joseph Safa, Samantha Vidos, Benjamin Zhang, John Apsley, Alyssa Bothwell, Cameron Stuart, Charles Pickering, Hari Madhu

**Three Years:** Raj Chaphekar, Oliver Zhang, Jayden Zhang, Afrah Shaik, Hana Shaik, Luigi Coltorti, Ashwin Madhavan, Anthony Algaw

**Four Years:** Madison Willis, Amogh Karanth, Raghu Tirumala, Rithvik Tirumala, Derek Schreiber, Patrick Hickman, Sreeja Stanam, Travis Hickman

**Five Years:** Diego Batres, David Shiroma

**Six Years:** Sophie Clemmons, Eniko Gulyas, Levente Gulyas, Baylee Wolfe, Lauren Wolfe, Scott Ray

**Seven Years:** Shayla Gutmann, Joseph Camp, Maizy Brewer

**Eight Years:** Ehmer Taj, Luis Delgado

**Nine Years:** Barath Kodungudi, Rachel Graham, Tom Kent Dobias, Raguram Kodungudi, Nihar Mahajan

**Ten Years:** Eric Strasik, Robert Parker

**Eleven Years:** Vyshnav Kakivaya, Andi Baker

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Apuroopa Kavikondala, Brandon Lowder, Lauren Luz, Regan Luz, Reid Riley, Justin Yang

**Yellow:** Emmalina Adkins, Gracy Ahuja, Cameron Baird, Matthew Begalli, David Glubochansky, Camille Lagron, Logan Sanborn

**Advanced Yellow:** Aditi Goyal, Sahil Gupta, Sarah Khawand, Simon Kurgan, Noah Shalaby, Sandy Studdard

**Green:** Alexander Fleming, Julia Gulyas, Caleb Kim, Charles Pickering, Yusuf Shahpurwala, Salina Zhang

**Advanced Green:** Trevor Asbery, Ben Baker, Sean Brainard, Sanya Cheeti, James d'Orgee, Kevin Xu, Oliver Zhang

**Blue:** Camille Adamson, Ashwin Madhavan, Ryan Patterson, Luke Patterson, Berkely Smith

**Advanced Blue:** Jeffery Cheng, Patrick Martin, Danny Martin, Hailey Roberts

**Advanced Brown:** Lisa Carskaden

**Red:** Joseph Camp, David Shiroma

### Arnis Promotions

**Yellow:** Sandy Studdard, Jayden Zhang, Daniel Gonzalez, Carlos Gonzalez, Aditi Goyal, Josh Hatch, Manjushree Magesh

**Green:** Isha Jodh, Nathan Wu, Nisha Kent-Dobias, Dennis Kritchko, Michael Padilla, Kenneth Ruslim

**Blue:** Sami Nemiroff, Rithvik Tirumala

**Brown:** Atul Madhugiri

**Black:** Darren McGraw, Robert Parker

### Happy Birthday!

Diego Batres, Jennifer Brewer, Lisa Carskaden, James Carskaden, Sophie Clemmons, Thales Correa, Jon Cory, Amanda Delgado, Emma Feng, Carlos Gonzalez, Chad Graham, Levente Gulyas, Emily Harig, Sara Hoyt, Alex Hugli, Aaron Jin, Isha Jodh, Swarathmika Kakivaya, Andrew Leinweber, Kaavyshri Magesh, Becky Kent Dobias, Roshni Patel, Reid Riley, Saumya Sahay, Luke Sala, Elena Scheiber, Logan Smith, Ankur Vanteru, Paven Varthakavi, Zachary Watkins, Justin Yang

### Welcome New Students

Ellora Ahuja, Mackenzie Gale, Kyle Gale, Apuroopa Kavikondala, Katie Sorrell, Kenny Sorrell

# TMA News Briefs

## 2011 Taekwondo Test Dates

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

### October Black Belt Testing Weekend

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

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

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

## September Pro Shop Special

**Weapons Bags are 10% off**



## September Black Belt Club Workouts

- Sunday, 4th **BBC Workout Cancelled** (Labor Day)  
Sunday, 11th **BBC Workout** 11:30 AM-1:00 PM  
Sunday, 18th **BBC Workout** 11:30 AM-1:00 PM  
Sunday, 25th **BBC Workout** 11:30 AM-1:00 PM

## Labor Day Closures

Classes **cancelled** Friday through Monday:

Friday makeup class, Saturday Makeup class, Sunday Black Belt Club Workout, and all classes on Monday including Cardio Kickboxing at 6 AM.

Classes **OPEN** Friday through Monday:

Friday morning teen/adult martial arts class, Extreme MMA Bag class on Saturday, September 3rd at 8 AM.

## September Makeup Class Schedule

You're welcome to make up classes missed. There's no deadline for completing makeup classes as long as you're an active student. If weekend makeup classes don't work, weekday classes are an option. Email, call, or ask at the front desk for help determining the best makeup class for you. 425-313-9680 or info@truemartialarts.com

- Friday, 9th: **All Ages Makeup** 7:00 PM  
Saturday, 17th: **Youth Makeup** 10:00 AM  
Friday, 23rd: **Teen/Adult Makeup** 7:00 PM  
Friday, 30th: **All Ages Makeup** 10:00 AM

## Instructor News

Congratulations to the following Instructors who were promoted this month:

**Tom Kent Dobias** and **Emily Harig**: promoted from Assistant Instructor Intern to Assistant Instructor.

**Addison Wong**: promoted from Assistant Instructor to Instructor.

## Fitness and Health News

### Super Cardio Kickboxing Class

There's a Super Cardio Kickboxing Class on Saturday, September 17th from 8:00-9:30 AM. More punching and kicking the bags, more cardio, and more calories burned!

### The Biggest Loser Returns

**September 17th– October 22nd**

The Biggest Loser is a 5 week fitness challenge designed to help with body fat loss, improved strength & conditioning, and an improved healthy lifestyle.

There is a Quick orientation meeting on Saturday, September 17th at 9:30 AM (You can still participate if unable to attend). There is a \$45 Registration Fee. The program consists of:

- Journal daily water intake and fill out a daily food journal and count calories.
- Participate and journal 6 workouts a week of 30 minutes or longer. Walking, Martial Arts, Cardio kickboxing, weightlifting, etc.
- Record your number of hours of sleep each day.
- Work with a partner or with Leslie Haye (our Fitness and Health Director). Check in with your progress once a week through a weigh-in.



### Pilates Special

To celebrate Instructor Tami's return to Pilates after being away for surgery, we are offering a "Friends Free Trial" class on Tuesday, September 6th. Show your friends what an amazing workout Pilates is!

### Core Fusion Moving to a New Night

Core Fusion class, which is A blend of three popular and complimentary types of movement: Core Strength, Booty Blast and Yoga, is moving from Monday nights to Tuesday nights from 7:30-8:15 PM.

The first Core Fusion class happening on its new night is Tuesday, September 6th in (still in Room C).

## **Fall Activities**

### **Black Belt Club Seminar: Submissions, Sweeps, Mounts and Guards**

- **September 12<sup>th</sup> Monday 7:15 – 8:45 PM**

All members of the Black Belt club are welcome to join us for a free seminar on ground sparring. We will be working on six basic submissions, which are ways to “tap out” your opponent and defeat them. We will also be working on our three basic Mounted positions, which are ways to control your opponent on the ground and our three basic Guard positions, which are ways to defend yourself should your opponent get on top of you. Sweeps are a method of gaining top position from the bottom position on the ground.

### **Annual School Picnic and Awards**

- **September 17<sup>th</sup> Saturday 11 AM – 2:00 PM**

Join us at Perrigo Park in Redmond. We have the dome shelter reserved. The rough schedule includes lunch and free time from 11 AM to Noon. Awards for Student of the Year, Instructor of the Year, Special recognition, and SBN Zoppi lifetime achievement will be presented around noon. Drop in any time. Bring your picnic lunch and your family, and join us!

### **Form Tournament**

- **September 24<sup>th</sup> Saturday 10 AM or 11:30 AM**

Competition in individual and synchronized form. Please arrive at least 15 minutes prior to your event.

10:00 AM: Individual Form: All ages White, Adv. White, Yellow, Adv. Yellow, Green, and Adv. Green Belts

11:30 AM: Individual Form: All Ages Blue Belt and higher.

Last Event: Synchronized Form: All ages and rank

Registration Fee: \$15

Location: Overlake True Martial Arts: 15123 NE 24th Street Redmond 98052. Phone: 425.747.9313

### **Board Breaking Seminar**

- **October 7<sup>th</sup> Friday 5:30 – 7:30 PM**

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.

### **Veteran’s Day Arnis Camp**

- **November 11<sup>th</sup> Friday 10 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 (if you don’t have any, we have a limited amount to loan out.). The cost is \$25.

### **Sparring Tournament**

- **November 12<sup>th</sup> Saturday 10 AM or 11:30 AM**

Competition in sparring.

10:00 AM: All ages White, Advanced White, Yellow, Advanced Yellow, Green, and Advanced Green Belt

11:30 AM: All Ages Blue Belt and higher

All fighting divisions will be grouped together by similar age, rank, and size. Registration Fee \$15.

Location: Our school

# **Black Belt: What It Is and What It Takes**

By YDJN Chris Brewer

The black belt is a symbol of dedication, perseverance, integrity, and self-awareness. To achieve the rank of black belt in the martial arts one must be dedicated to training their mind and body to become strong and flexible. To achieve the rank of black belt one must persevere through hardship and adversity. One who attains the rank of black belt must have the integrity to use their skills and knowledge in a responsible and honorable way. The black belt must also have an awareness of how their actions affect their surroundings.

The physical nature of war (martial) makes it impossible to be a good fighter without great strength. This strength is different for every individual. Some are physically strong while others are mentally strong. Knowing your own strengths and weaknesses are critical in ones journey to becoming a black belt. Constantly pushing yourself to become stronger physically and mentally is a huge part of becoming a black belt.



In our fast paced high pressure society we are constantly pulled in different directions with multiple demands placed on our time and resources. It is not always easy to make the time to train in the martial arts. Only through persistence will we succeed in the quest for black belt. For some, injuries step in our path. The black belt does not let this stop them. They may have to modify how they do certain things or make use different strengths. The black belt does not give up.

When someone has trained in the martial arts for many years they learn many things. A great deal of that knowledge and skill are in the area of causing physical harm to others. We learn these skills to be able to defend ourselves if necessary. It is critical to only pass this knowledge on to those who have the integrity to use their abilities responsibly. The ability to injure another human being can be catastrophic when placed in the wrong hands.

Being a black belt is recognizing when something needs attention and then making the effort to give whatever it takes to make it work. At age 36, I was out of shape, unbalanced and lacking the discipline that I had as a student athlete in high school and college. I worked long hours and was neglecting my health and my family. Something needed to change. I needed an activity that I could do with my family while still challenging me mentally and physically.

When I started training at TMA, Maizy had been training for two years and Jennifer and Clara had been training one year. I enjoyed watching their tests and was interested in joining, but did not think that I could fit it into my schedule. After failed attempts at running, cycling and weight-lifting as a means of exercise, I decided to give Taekwondo a try.

Training was difficult both on and off the floor. At the dojo, flexibility, balance, and stamina were my biggest challenges. These challenges were relatively easy to overcome. I just had to keep pushing myself. Away from the dojo, my relationship with my job was the most challenging. My associates and boss had grown accustomed to me being one of the first to arrive in the morning and the last to leave at night. I had a conversation with my boss about starting to train and needing to leave early two nights a week. He said he understood, but on some occasions it felt like he did not. My colleagues are supportive, yet they would still razz me a bit (to some, I am known as “the white tiger” or as they say it “el Tigre Blanco”.) It was awkward leaving work while others were still there. I take pride in outworking everyone else and I felt that I was losing that by leaving earlier than most of my co-workers.

Even though I struggle with that at times, continuing to train at TMA and reaching for black belt has helped me understand that I can be both an extremely dedicated employee as well as a martial artist. And I realize that there is continued work on my behalf before I achieve the balance I am striving for. Being a black belt is a never-ending endeavor of self-awareness and improvement.

***Chris is an adult student and Instructor at TMA. He started training at True Martial Arts 5.5 years ago.***

## Fitness Participant of the Year

### Sally Oveson

*"Sally is incredible. A year ago she was more than 30 pounds heavier and rarely wore any workout outfits that weren't her husband's big shirts hiding her body. Then, she decided to start counting calories and going to weight watchers, along with working out ,playing soccer, and running on her other days! Well, she had lost over 20 pounds by mid February and everyone was talking about her to me! She also started wearing Lulu lemon! You could now see the changes in her shape. She has always had a positive, willing -to- try- anything attitude and is so supportive of our classes. What a true inspiration she is. She decided that 40 was a perfect age to try a triathlon! The last race she ran, she placed 2nd in it! It is my pleasure to award her our 2011 fitness award, she is so very deserving of it!"*

-Written by YDJN Leslie Haye, Fitness & Health Director/Instructor

### "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!

### New Arnis Seminar Times

New starting times for Arnis Seminars will go into effect with the September 10<sup>th</sup> Arnis Seminar:

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 Group	9:30-11:30 AM (Test to Follow)
Red & Black Non-Testing Group	11:00 AM-12:30 PM.



### Instructor Titles/Etiquette

When you are at the school, a school function or communicating through other means about official school "business" you should address your instructor either as "Instructor" or with their Korean title. You can also include their first, last or full name after using an appropriate title. If you see your Instructor out in public, it is not necessary to address them with any formal title. If you have any questions about Instructor titles or etiquette please don't hesitate to ask.

<b>Bo Ja Nim</b>	(BJN)	Instructor, not yet a 1 <sup>st</sup> Degree black belt
<b>Yu Dan Jan Nim</b>	(YDJN)	Instructor, 1 <sup>st</sup> or 2 <sup>nd</sup> Degree black belt
<b>Kyo Bum Nim</b>	(KBN)	Instructor, 3 <sup>rd</sup> Degree or higher
<b>Sa Bum Nim</b>	(SBN)	Instructor, 4 <sup>th</sup> Degree or higher and Chief Instructor

# Full Day Summer Camp Notes

August 15th-19th

**Team Leaders:** Jillian Backman, Deven Kent-Dobias, Melanie Goddard, Anna Carskaden, Andi Baker

**Winning team:** Melanie Goddard, Eniko Gulyas, Meghana Amruthur, Rishi Kavikondala, Konsta Velitchko, Nolan Hawkins, Alex Hugli, Sebastian Blackheart

The camp participants brought in donations of \$282 and 4 large bins of animal food for the Humane Society



## E-Mail Addresses for Directors and Senior Instructors

SBN Skyler Zoppi	Chief Instructor & Executive Director	skyler.zoppi@truemartialarts.com
KBN Leah Zoppi	Senior Instructor & Taekwondo Director	leah.zoppi@truemartialarts.com
KBN Laurel Zoppi	Senior Instructor & Program Director	laurel.zoppi@truemartialarts.com
KBN Jon Cory	Senior Instructor & Arnis Director	jon.cory@truemartialarts.com
KBN Tami Parker	Senior Instructor & Pilates	tami.parker@truemartialarts.com
KBN Amy Nibert	Senior Instructor	amy.nibert@truemartialarts.com
YDJN Leslie Haye	Senior Instructor & Fitness Director	leslie.haye@truemartialarts.com
YDJN Kirsten Smith	Senior Instructor	kirsten.smith@truemartialarts.com
YDJN Donna Curley	Senior Instructor	donna.curley@truemartialarts.com
YDJN Nicole Smelson	Senior Instructor	nicole.smelson@truemartialarts.com
YDJN Mike Shappell	Senior Instructor	mike.shappell@truemartialarts.com
YDJN Anh Vo	Instructor & Pee Wee Kickers Director	anh.vo@truemartialarts.com
YDJN Trisha Ballata	Sr. Instructor & Administrative Director	trisha.ballata@truemartialarts.com

## TMA September Calendar

Saturday, 3rd:	<b>Extreme MMA Bag Class</b>	8:00-9:00 AM. One punch on your punch card.
Monday, 5th:	<b>TMA Closed</b>	Labor Day Holiday
Thursday, 8th:	<b>Extreme MMA Bag Class</b>	7:00-7:55 PM. One punch on your punch card.
Saturday, 10th:	<b>Arnis Seminars &amp; Tests</b>	See Page 7 for new start times
Monday, 12th:	<b>BBC Seminar: Ground Fighting</b>	7:15-8:45 PM. Members of the black belt club welcome-no fee
Friday, 16th:	<b>Taekwondo Test</b>	6:30 PM
Saturday, 17th:	<b>Super Cardio Kickboxing</b>	8:00-9:30 AM Extra 1/2 hour no additional charge
Saturday, 17th:	<b>Biggest Loser Starts</b>	9:30 AM Orientation
Saturday, 17th:	<b>TMA Picnic &amp; Awards</b>	11 AM-2:00 PM @ Perrigo Park in Redmond
Wednesday, 21st:	<b>Red Belt Test</b>	7:30 PM. For anybody Advanced Red, Provo or higher
Saturday, 24th:	<b>Form Tournament</b>	10 AM White-Advanced Green 11:30 AM Blue and higher