

TRUENEWS - OVERLAKE

The TRUE way of the warrior is honor, strength, and love.

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Gratitude

By SBN Jennifer

It is easy, day-to-day, to focus on the negative things around us or that happen to us. The mind latches onto things and doesn't want to let them go. If we can take time to look for, remember, and focus on the positive, though, we find that we are happier and healthier and that our lives are better because of it.

I believe it was Gertrude Stein who said "Silent gratitude isn't very much use to anyone." With that in mind I'd like to take some time this month to share some of the things that I am grateful for, both personally and as an instructor.

We've had some exciting days at TMA recently. Just weeks ago we had a black belt test where eleven students tested for provisional black belt, first degree, second degree and third degree black belts. What an accomplishment for them all! And for us as a school, too. For so many years, we've been helping people achieve their martial arts dreams and helping students develop into successful black belts and people.

We had a fantastic food drive where our school brought in more than 1600 items of food and other household necessities to benefit Hopelink and those in need. The promise of a pizza party and some good, healthy competition helped to spur on the collection, but more than anything it shows the spirit of generosity that is alive in our school.

I am thankful for my family – my husband and daughter who bring me joy daily, who not only allow me to spend the bulk of my time at TMA, but who have made it an important part of their lives, too. They help teach and watch people and train and by their very presence make it possible for me to enjoy my time more.

I am thankful for good friends. Many of my friends are here at TMA, and it is a blessing to share the art with them and be connected in this community with them. I also have friends that I've known for more than half my life and having that solid friendship is very important to me.

Most of all, I find that the community here at TMA brings me joy. Although everyone starts their martial arts journey for different reasons, we all become connected by a desire to improve ourselves, to become stronger – physically and mentally, fitter, and happier. To advance in rank and to learn more about our art and ourselves. Beyond what we each are trying to accomplish for ourselves, though, students and teachers here at TMA are dedicated to helping each other become better and achieve the best they can. I am inspired by students who come in to extra classes or on their own time before and after classes to help one another practice or create new things. I am inspired by and grateful for the instructors that give their time to teach, and who come in extra to help pretest classes or work extra with students who need and ask for it.

So, thank you all for being a part of our TMA family. I hope that you can find time to find the fabulous things in your life, too...and come share them with us, if you'd like!

Upcoming Activities for November/December

November 7 th	Arnis Seminar, 10:00 am (no make up class)
November 20 th	Tae Kwon Do Test, 6:30 pm
November 26 th	Thanksgiving, TMA Closed
November 27 th	TMA Closed, no make up class
December 5 th	Arnis Seminar, 10:00 am (no make up class)
December 10 th	Black Belt Club Seminar, 6:00 pm
December 18 th	Tae Kwon Do Test, 6:30 pm
December 21 st – 23 rd	½ day camp, 9:30 am – 1:00 pm
December 24 th & 25 th	TMA Closed
December 28 th – 30 th	½ day Arnis camp, 9:30 am – 1:00 pm
December 31 st	New Year's Eve Sleepover (closed for regular classes)

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –IAN YUM!

Ian has always come into class with a great positive energy and zeal for learning. Over this past summer, he stepped up his game, striving for even more excellence by coming to summer camps and classes and giving his all every day. That great spirit has kept going into the fall, and it's been a great pleasure to watch Ian progress. Keep up the great work, Ian!

Welcome Our Newest Students

Raehan Baliga, Rohan Baliga, Rachel Davies, and Min Qi

Welcome New Black Belt Club Members

Matthew Solomon and Etta Spangler

Arnis Promotions for October

Yellow Belt: Saharsh Baroorkar, Rishit Behera, Aditya Kulkarni, Bhoomika Kulkarni, Mihika Shetty, Amy Shrivastava, and Ayan Vikram Wani

Green Belt: Claire Benincasa, Rachel Benincasa, Anya Nanda, Evan Spangler

Provisional Black Belt: Richard Nguyen

Tae Kwon Do Promotions for October

Adv White Belt: Isolde Ansell, Alon Lavy, Emily Michaud, and Nicola Tzenov

Yellow Belt: Bhuvan Gajarla, Narasimha Kade, Jotroop Kaur, Shreyas Pai, Ronak Singh, and Pranav Takrani

Adv Yellow Belt: Naomi Megiddo and Mihika Shetty

Green Belt: Saharsh Baroorkar, Rishit Behera, Rachel Benincasa, Veeral Goradia, Chahek Gupta, Ayan Vikram Wani, and Joyce Zhou

Adv Green Belt: Aniket Das, Sagnik Sinha, Etta Spangler, and Estella Wollny

Blue Belt: Maddie Kawasaki, Amiya Madhurakuzhiyil, Zairah Madhurakuzhiyil, and Sophie Miller

Adv Blue Belt: Ido Horovitz, Deva Mitra Junu, and Deva Nanda Junu

Adv Brown Belt: Isabel Mullins

Look next month for the Black Belt results!

November Training Anniversaries

One Year: Kajsa Lukmanmihardja

Two Years: Keya Tople

Eight Years: Cynthia Wessling

Nine Years: Sudheesh Dabbara

November Birthdays

Yuvraj Abrol, Noya Bar-Nathan, Alex Becker, Deva Mitra Junu, Deva Nanda Junu, Maddie Kawasaki, Jon Kuntz, Tanisi Mattu, Naomi Megiddo, Brian Rockwell, Evan Spangler, Harry Stephenson, and Joyce Zhou

We apologize if any of the above information is incorrect. Please submit corrections, in writing, at the front desk.