

# TRUENEWS - OVERLAKE

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

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[www.truemartialartsredmond.com](http://www.truemartialartsredmond.com) – email [info@truemartialartsredmond.com](mailto:info@truemartialartsredmond.com)



## Setting Goals

*By SBN Jennifer*

January is traditionally a time that people look to the future and make plans for the new year. New Year's resolutions, unfortunately, have almost become the punchline of a joke – they're those things that you break the second week of January. Regardless, goal-setting is an important part of success, and can truly be set at any time. Without goals, we are likely to drift aimlessly through our days, never becoming the best we can be.

Being able to deliberately plot your objectives is so important, in fact, that it is a mental requirement for our students at Advanced Yellow belt. In martial arts, the goals are easy to see and to mark: start at white belt, progress to yellow belt, then green, and so on up to black belt. And, as with nearly everything in martial arts, we should take the principles that we learn on the training floor and apply them to our lives outside the dojang, too. Goal-setting is an easy principle to apply. And, as the mental requirement says, it's important to set both short term and long term goals.

Look at what you want to accomplish in life in five years, or in the next year, or next week. Each longer goal will have shorter, "stepping-stone" goals. Sometimes it's hard to figure out how you're going to get to that big goal until you break it into pieces. It's like the old joke: *How do you eat an elephant? One bite at a time.* Now, I'm not recommending that anyone eat an elephant, mind you, but if you take a goal that is so big that it seems insurmountable and chip away at it a little bit at a time, it makes the goal much more achievable.

It is important to remember that setting our goals is just the beginning. We have to work on the goals, once they've been made. As Calvin Coolidge said, "All growth depends on activity. There is no development physically or intellectually without effort, and effort means work." It is up to us to work on the goals we've set, to check in from time to time to see how we're doing on them, and to make them happen.

After you've reached your goal, you're not really done. It's important to look back and acknowledge what you've done, if only to yourself. Sometimes it's easy to get so focused on what's coming next that we forget to look back. It can be a tricky balance – you don't want to spend all your time looking back because you won't advance and might miss opportunities, but you don't want to only look forward, because you could get discouraged by how much there still is to do if you forget how far you've come.

So, as we enter this new year, ask yourself: what do I want to accomplish this week? This month? This year? Set your goals, work hard at them, ask for help when you need it, and then reflect back on your accomplishments. Remember to be proud of what you've done. And most of all, remember to set that next goal so that you can keep working on becoming the best you that you can be.

### **Tuition increase**

Starting this month, our state is going to change the classification for martial arts studios. Our services will now be taxed as "products." Martial arts school owners were given no warning, no chance to participate in the process or voice our concerns. Unfortunately, due to this classification change, we have been forced to increase tuition. We will also have to collect sales tax on all seminars, test fees, camps, and any other services we offer.

We appreciate your understanding. A letter should already have come to you, but if you have any questions regarding the new tuition rates, please feel free to contact us.

### **Upcoming Activities for January/February**

<b>January 1<sup>st</sup></b>	<b>New Year's Day, TMA Closed</b>
<b>January 9<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>January 29<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>February 6<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>February 15<sup>th</sup></b>	<b>President's Day Camp, 9:30 am – 1:00 pm</b>
<b>February 26<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>March 19<sup>th</sup></b>	<b>SBN Thomas Zoppi Championship Tournament – Save the date!</b>

### **Inclement weather**

If the Bellevue and/or Lake Washington school districts close due to weather conditions, TMA will also be closed. If you are ever unsure whether the school will be open, please call the school or check the website for more information.

### **NOTABLES**

#### **CONGRATULATIONS STUDENT OF THE MONTH –THERESA FANCHER!**

Theresa started training at TMA six years ago, and although her training has sometimes suffered interruptions, her drive and positive attitude have never flagged. She comes to every class ready to learn with such a joyful spirit, that it is an extreme pleasure to have her in our school. Keep it up, Theresa!

#### **Welcome Our Newest Students**

Omri Menache, Suven Nair, and Chris Spangler

#### **Arnis Promotions for December**

**Yellow Belt:** Matan Gurman and Maya Gurman

**Green Belt:** Ran Booganim and Reed Wessling

**1<sup>st</sup> Degree Black Belt:** Alex Becker, Ruta Dhaneshwar, and Karol Jamison

#### **Tae Kwon Do Promotions for December**

**Adv White Belt:** Veronica Featherly, Tanisi Mattu, and Siddarth Shankar

**Yellow Belt:** Romy Baror and Elizabeth Berg

**Adv Yellow Belt:** Shreyas Pai, Tanvi Patil, Cade Prusch, and Ronak Singh

**Blue Belt:** Sai Hrishi Kalagara

**Adv Blue Belt:** Irika Sinha

**Brown Belt:** Sanskruti Kuravalli

#### **January Training Anniversaries**

**One Year:** Nakul Kade and Núria Coe

**Two Years:** Estella Wollny

**Three Years:** Ido Horovitz

**Four Years:** Eliana Coe, Nikita Sharma, and Harvey Yang

**Seven Years:** Theresa Fancher, Hannah Miller, Seth Miller, and Rishi Kavikondala

**Eight Years:** Fauzia Lala

**Twelve Years:** Darren Yuet

#### **January Birthdays**

Pranav Balaji, Jennifer Berg, Ruta Dhaneshwar, Ameya Gadkari, Veera Goradia, Tyler Hammond, Aiden Lim, Zairah Madhurakuzhiyil, Sophie Miller, Anastasia Mullins, Drew Pocza, Irika Sinha, Etta Spangler, Elliott Tai, Matt Tolman, Keya Tople, Joseph Trohimovich, Rakesh Velagapudi, Felan Wessling, Owen Wessling, and Ella Xu

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