

# TRUENEWS - OVERLAKE

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



June, 2016

Edition 110

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## True Martial Arts' Graduating Class

We are very fortunate to have a wealth of great students who train and teach here at True Martial Arts. This year, some of our great leaders are graduating, and we wanted to take some time to acknowledge them and their accomplishments. Over the next few months, we will profile our graduating seniors. Here are the first:

### Beatriz Sousa

Bea is a 2<sup>nd</sup> Degree Black Belt Instructor, graduating from Interlake High School. She expects to spend the next five years at the University of Southern California to study Engineering. She says:

*Creativity is something that I'll definitely take with me from martial arts. From attempting to plan my classes with something new every week, to sparring and reacting to my opponents' fighting styles, creativity has definitely become a large part of my training. Her advice to students? Find your passion and pursue it. There's no benefit from participating in something that you don't enjoy. If you want to do something that isn't available to you, create the opportunity yourself. You'll be surprised to see how many people will support you and how much you'll grow from that experience.*

And, she adds, *I want to thank everyone who's ever taken a class of mine, trained with me, or helped bring someone into this school. This community has been amazing to me these past years and I have grown so much from every interaction that I've had within it. You've definitely made me who I am today and thus deciding to go out-of-state for college was a difficult choice to make, but knowing that I have such a strong community to come back to makes it worth it.*

### Harika Dabbara

Harika is a 2<sup>nd</sup> Degree Black Belt Instructor, graduating from the International School in Bellevue. In the fall she will attend Boston College as a Biology major. What has she taken away from her martial arts? She says:

*I've learned a lot about not making excuses and making decisions for myself. When I hurt my ankle during the [Black Belt] test I knew that I had two options and both were valid; I think my training really helped me make a decision and stick to it. This applies to all aspects of my life as well. I've learned to make a decision and not make excuses for it.*

Her advice for students is this: *It can be really hard to continue training with school and other things going on but the family and positive influences you gain from continuing to train is priceless.*

## Summer at True Martial Arts

Summer is coming upon us quickly, so this is a good time to remember that martial arts classes run on regular schedule all summer long. To make summer even more fun, though, think about coming to a summer camp. Summer camps are a great way to supplement your martial arts training and also a great way to introduce your friends to our school. We have full day camps June 20<sup>th</sup> - 24<sup>th</sup>, July 11<sup>th</sup> - 15<sup>th</sup>, and August 8<sup>th</sup> - 12<sup>th</sup>. Full day camps run 9:30 - 2:30 and extended care will be available. We will also have half day camps July 25<sup>th</sup> - 29<sup>th</sup> (Black Belt Club only), and August 22<sup>nd</sup> - 26<sup>th</sup>. At the end of the summer, on August 28<sup>th</sup>, we will have our school picnic. It will be a potluck event with fun for all. We hope to see you there!

## Upcoming Activities for June/July

June 4 <sup>th</sup>	Arnīs Seminar, 10:00 am (no make up class)
June 20 <sup>th</sup> - 24 <sup>th</sup>	Full Day Summer Camp, 9:30 am - 2:30 pm
June 24 <sup>th</sup>	Private Black Belt Test, 6:30 pm
June 25 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm
July 2 <sup>nd</sup>	Arnīs Seminar, 10:00 am (no make up class)
July 4 <sup>th</sup>	Independence Day, TMA Closed
July 11 <sup>th</sup> - 15 <sup>th</sup>	Full Day Summer Camp, 9:30 am - 2:30 pm
July 22 <sup>nd</sup>	Tae Kwon Do Test, 6:30 pm
July 25 <sup>th</sup> - 29 <sup>th</sup>	Half Day Summer Camp - BBC only 9:30 am - 12:30 pm

### NOTABLES

**CONGRATULATIONS STUDENTS OF THE MONTH –GRADUATING SENIORS!**

#### Welcome Our Newest Students

Ryan Fitter, Anu John, Srivennela Koduri, and Kyra Mohr

#### Welcome to the Black Belt Club

Benjamin Davies, Sophie Davies, and Veeral Goradia

#### Arnīs Promotions for May

**Yellow Belt:** Harinisri Prakash and Nithyasri Prakash

**Green Belt:** Rishit Behera, Rachel Davies, and Pranav Takrani

**Blue Belt:** Rachel Benincasa

#### Tae Kwon Do Promotions for May

**Adv White Belt:** Aafreen Aafreen, Gavin Cooper, Swara Patil, Asim Gouse Kaja Shaik, and Niyathi Ventrpragada

**Yellow Belt:** Zoe Mayclin, Harinisri Prakash, Nithyasri Prakash, Mangai Sundaram, Venkat Sundaram, and Keya Tople

**Adv Yellow Belt:** Achintya Agrawal, Isolde Ansell, Romy Baror, Isabella Guo, Bar Shalev Merin, Scott North, and Nicola Tzenov

**Green Belt:** Aditya Kulkarni

**Adv Green Belt:** Benjamin Davies, Sophie Davies, and Rajas Nanda

**Blue Belt:** Evan Spangler

**Brown Belt:** Irika Sinha

#### May Training Anniversaries

**One Year:** Niya Chouhan, Genevieve Spangler, and Katherine Xu

**Three Years:** Sai Hrishi Kalagara

**Six Years:** Scott Horchover

**Seven Years:** Richard Nguyen and Jon Kuntz

**Twelve Years:** Matthew Solomon

**Nineteen Years:** Nancy McKinley



#### June Birthdays

Daniel Berg, Ryan Fitter, Chahek Gupta, Maya Gurman, Tanner Jakobsen, Ariel Kiesler, Genevieve Spangler, Deniz Terek, and Darren Yuet

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