

TRUENEWS - OVERLAKE

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

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Black Belt Thoughts

Our Black Belts continue to inspire me. This month I bring you an essay about being a Black Belt by Kira Eng. Thank you, Kira, for your permission to publish it. – SBN Jennifer

After training for five years, if there is one thing that I have learned, it would be that black belt is more than just a rank, a test, or what you know. Earning a black belt takes practice, a good attitude, confidence, discipline, courage, hard work and doing the best that you can every single day. Above all, a black belt is someone who is trustworthy, determined, and strong. A black belt is that person whom you can look up to, day in and day out, no matter what is happening.

At white belt, black belt isn't even on the horizon. You look up to the advanced white belts; to the yellow belts; and think, 'That is my goal. That is where I want to be.' And when you reach yellow belt, you look up to the advanced yellow belts and to the green belts, and you make those ranks your goal. Becoming a black belt means taking things one step at a time and creating both long term and short term goals. As you are progressing in rank, you are climbing up a mountain. Getting stronger and stronger with each step towards the top; towards black belt; weaker every time you let yourself stop. With each step, you find yourself more determined to get to the top, and more reluctant to look back and begin the journey down. As you are climbing up that mountain, reaching advanced green belt, reaching blue belt, you glimpse the top of the mountain; the person who has made it to black belt, you see that person who has made it to the top of the mountain and think, 'I can do this, too.' When you finally reach the top, you are able to post a flag that states to all the world, 'I am capable, I am strong and determined and confident. I may not be fearless, but I am not afraid.'

Reaching the top of the mountain, you look around and realize that there is another mountain. And another. You realize that there will always be another mountain. But these mountains will only make you drive harder and faster and stronger and they will only make you more courageous and determined than before. Becoming a black belt isn't only a challenge to be met. Becoming a black belt is *so* much more. A black belt is the validation, the payoff, from a whole lot of hard work. So, in summary, a black belt is not the belt, it is what the belt ways. A black belt is someone who can be looked up to, someone who worked incredibly hard to get here. Reaching black belt is an incredible journey to be embarked on.



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.

Upcoming Activities for February/March

February 6th	Arnis Seminar, 10:00 am (no make up class)
February 13th	Black Belt Club Seminar, 11:30 am
February 15th	President's Day Camp, 9:30 am – 1:00 pm
February 26th	Private Black Belt Test, 6:30 pm
February 27th	Tae Kwon Do Test (all ranks), 6:30 pm
March 5th	Arnis Seminar, 10:00 am (no make up class)
March 19th	SBN Thomas Zoppi Championship Tournament – Save the date!
March 25th	Tae Kwon Do Test, 6:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –SANSKRUTI KURAVALLI!

Sanskruti joined our school almost three years ago, having earned her brown belt in another school. She started over here at TMA and with cheerful hard work, and persistence, she has reached brown belt in our style, too – and is swiftly progressing toward higher levels. Sans is eager to learn and is a pleasure to teach and train with and we're very happy she found us. Keep it up, Sanskruti!

Welcome Our Newest Students

Ryan Boparai, Spencer Jarrard, James Klecan, John Klecan, Monica Klecan, Charles Smith,
Mangai Sundaram, Venkat Sundaram, and Kian Johnson

Arnis Promotions for January

Yellow Belt: Pranav Takrani

Green Belt: Noya Bar-Nathan and Shira Levi

Blue Belt: Sai Hrishi Kalagara, Amiya Madhurakuzhiyil, and Zairah Madhurakuzhiyil

Brown Belt: Lisa Owen

Provisional Black Belt: Jonah Byther

Tae Kwon Do Promotions for January

Adv White Belt: Arie Tai and Elliott Tai

Yellow Belt: Achintya Agrawal, Isolde Ansell, Beth Benincasa, Amelie Gomez, Isabella Guo, Rina Miller, Scott North, Chris Spangler, Joseph Trohimovich, and Nicola Tsenov

Adv Yellow Belt: Adam Davies, Rachel Davies, Barbara Espinoza, Pranav Takrani, and Vasyil Tarapov

Green Belt: Maya Gurman

Adv Green Belt: Rachel Benincasa, Ben Booganim, Simon Mullins, Anya Nanda, Evan Spangler, and Ayan Vikram Wani

Blue Belt: Noya Bar-Nathan, Shira Levi, Emily Schuman, Etta Spangler, and Reed Wessling

Brown Belt: Rakesh Velagapudi

February Training Anniversaries

One Year: Romy Baror, Claire Benincasa, Matan Gurman, and Cade Prusch

Two Years: Aniket Das, Sagnik Sinha, and Isaac Tolman

Three Years: Yatharth Sharma and Irika Sinha

Nine Years: Kyle Jamison, Isaac Mullins, Kaarina Tulleau, and Michael Voskanyan

February Birthdays

Núria Coe, Harika Dabbara, Sanskruti Kuravalli, Alon Lavy, Rajas Nanda, Fred Stephenson, and Kaarina Tulleau

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