

TRUENEWS - OVERLAKE

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

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True Martial Arts' Class of 2017 (Part 2)

Every year some of our great student leaders graduate. We are taking some time to acknowledge them and their accomplishments. Here are our final profiles of this year's graduating seniors:

Rahul Prasad

Rahul is a 1st degree black belt, graduating from The Overlake School. What's next for him?

This fall I am enrolling into the Arts and Sciences College at the University of Washington, where I plan on majoring in Economics.

What will he take away from martial arts?

Martial arts has taught me a lot about the importance of self-discipline, which I think is hugely important in all aspects of life, whether it be focusing on academic goals, or setting personal fitness goals. It's all about the idea of being accountable to yourself.

His advice for students?

My only advice is that high school is way too short, and a lot of the opportunities you have in high school disappear in college, so make sure you don't leave with any regrets (try everything).

Irika Sinha

Irika is a Provisional Black Belt, graduating from Redmond High School. She will be studying biochemistry at the University of Washington.

When asked what she'll take away from martial arts, Irika says:

Martial arts is a good way to see that there isn't any one way to be amazing. People don't learn and stylize the same way- it is really dependent on each individual. (If you look, all the terrifying people are terrifying in a variety of ways!)

Her advice for students is:

Go to a variety of classes if possible! Different people teach differently and it's always interesting. Also, do what you enjoy and try new things. No time like the present!!

Lastly, we received a letter from one of our younger students that we wanted to share:

Dear TMA Overlake,

Thank you for teaching me so much about Tae Kwon Do, Arnis, Leadership, and Indomitable Spirit! What I learn at TMA helps me and will help me a lot in life. I've learned self-confidence, leadership, and responsibility. All these qualities have made me so much better in school, at home, and literally anywhere else! Y'all have been Training me to become who I am for seven years!

Thank you,

Apuroopa

We were very touched to receive this letter and hope that all our students take these lessons away from us!

Upcoming Activities for August/September

Aug 5th	Arnis Seminar, 10:00 am (no make up class)
Aug 7th - 11th	Black Belt Club Summer Camp, 9:30 am - 2:30 pm
Aug 21st - 25th	Summer Camp, 9:30 am - 2:30 pm
Aug 25th	Tae Kwon Do Test, 6:30 pm
Sept 2nd	Arnis Seminar, 10:00 am (no make up class)
Sept 4th	Labor Day, TMA Closed
Sept 9th	TMA Picnic, 11:00 am - 2:00 pm at Perrigo Park
Sept 22nd	Tae Kwon Do Test, 6:30 pm
Sept 30th	Arnis Tournament, 10:00 am at Overlake TMA

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – CHRIS SPANGLER!

Chris is an Advanced Blue Belt who has been training for just over a year and a half. He started training in our Adult Advanced Class as soon as he was able and has constantly strived to grow and improve his martial arts. He is also a skilled assistant instructor, helping out with a variety of classes. Chris's dedication to making his own art better and helping others is outstanding. Keep it up, Chris!

Welcome to the Black Belt Club

Alon Lavy

Welcome Our Newest Students

Ananya Dasari, Zeph Gardler, Sanskriti Gupta, Sanskar Gupta, Alshimaa Ibrahim, Anahita Jain, Arya Kiran, Omkar Page, Harini Sathishkumar, Tanya Sathishkumar, Advaii Srivastava, Maria Tarapova, Vishwa Thiriveedhi, and Dylan Verallo

Arnis Promotions for July

Yellow Belt: Alina Potapjev and Gene Yang

Green Belt: Elizabeth Berg and Shivani Jayaprakasam

Provisional Black Belt: Aiden Lim and Ian Yum

Tae Kwon Do Promotions for July

Adv White Belt: Carson Chandler and Amy Chilel

Yellow Belt: Neev Ansel and Amit Attota

Adv Yellow Belt: Aarav Srivastava

Adv Green Belt: Dafna Apple, Elizabeth Berg, and Ganesh Chittella

Adv Blue: Shreyas Pai

August Training Anniversaries

One Year: Shivani Jayaprakasam, Lohitaksh Maheshwari, Pratyush Maheshwari, and Vasudha Sundaravaradan

Two Years: Isolde Ansell and Atishay Jain

Four Years: Deva Mitra Junu and Deva Nanda Junu

Six Years: Apuroopa Kavikondala

August Birthdays

Isolde Ansell, Dafna Apple, Sanjay Chittella, Tiernan Conklin, Gavin Cooper, Linnea Eng, Hannah Foley, Tom Li, Karen Rodriguez, Eldin Vallius, Michael Voskanyan, and Eugene Yum

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