

# TRUENEWS - OVERLAKE

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

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Edition 150

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## You Can't Get There from Here

*By SBN Thomas Zoppi  
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On occasion things look impossible. Maybe you want something very much. Maybe there is something that you can't do, but really wish you could. You have the desire, but for whatever reason, you don't have the capacity. The goal is visible but how to attain the goal isn't so you can't get there from here.

This phenomenon can cause you to lose your dreams and lower your aspirations. If you don't know how to achieve the goal, quite possibly you will forget the goal you have or change it to be something more attainable, however, less desirable.

At True Martial Arts, achieving ranks is a goal. The path to the goal is easily laid out. There are requirement sheets that define exactly what you have to know and demonstrate to get to the next rank. If you understand and practice the requirements, you eventually achieve the next rank.

Other goals are obtained in various ways. Many of these paths to achieve your other goals are well defined. What about the goals that have no clear definition on how they can be achieved? These are the goals that confuse us and can send us off in a different direction.

Here's something I can tell you without reservation. I KNOW that all things are possible. I also know that there IS a way to get there from here. The question is, do you want to put in the effort?

The way to achieve a goal that has no defined path is actually simple. There are two important steps:

1. **Keep the goal in mind.** Don't forget, limit, or compromise your goal! If you allow these things to occur, you create the possibility of giving up.
2. **Take a step toward your goal.** Any step, no matter how small, will do. Don't always try to figure out the whole path before you begin the journey. Take a small step. BEGIN! After your first step is taken, take another one. Be patient and persistent. If you keep taking forward steps toward your goal, eventually the whole path will unfold before you. At that point, you will know exactly how to achieve your goal.

Somewhere along step number two you will be confronted with the same question that I raised before. Are you willing to put in the effort? If the goal is going to take a big effort, make sure the end result is a big reward. Big rewards aren't always for everyone. If achieving your goal was easy, everyone could do it!

## Hope Link Food Drive

We feel strongly that it is important to give back to our community. One way we do that is to organize a food drive, collecting non-perishable food and personal care items every year to benefit HopeLink.

To make the food drive a little more fun, we also make it a competition between classes. The youth class and adult class that bring in the most items of food will win a pizza party for their class. Last year we took more than 3200 items and 1435 pounds of food to HopeLink. Help us make this year even more successful!

(Note: We will accept cash donations, too. For the purposes of the contest, \$1.00 = 1 item of food. HopeLink is a non-profit organization, so check to see if your company matches funds, too!)

## Upcoming Activities for October/November

<b>Oct 5<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>Oct 11<sup>th</sup></b>	<b>Breaking Seminar, 6:30 pm</b>
<b>Oct 25<sup>th</sup></b>	<b>Private Black Belt Test, 6:30 pm</b>
<b>Oct 26<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>Nov 2<sup>nd</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>Nov 22<sup>nd</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>Nov 28<sup>th</sup> – 29<sup>th</sup></b>	<b>Thanksgiving, TMA Closed</b>

## NOTABLES

### CONGRATULATIONS STUDENT OF THE MONTH – HANNAH ARAMAKI

In the year and a half that Hannah has been training with us, she has shown herself to be an enthusiastic, dedicated student. She works hard in every class and willingly accepts new challenges – and puts in the work to conquer those challenges. She is respectful to students and instructors alike, and always a pleasure to have in class. Keep up the great work, Hannah!

### Welcome Our Newest Students

Angel Aksel Acosta, Benjamin Andaker, Linnea Andaker, Kelly Carver, Chetan Sai Chennupati, Jordan Elnekave, Alessandra Erwin, Ryder Feng, Maya Guidi de Almeida, Gur Hilel, Tanish Jhade, Anay Kuhile, Gabriella Miller, Claire Morin, Lucio Renzi, Vivaan Surana, Rishaan Thakkar, and Aleksandar Vukic

### Arnis Promotions for September

**Yellow Belt:** Kenzie Crooker, Dhanush Rallapalli, and Pradeep Rallapalli

**Blue Belt:** Lohitaksh Maheshwari and Pratyush Maheshwari

**Brown Belt:** Aarav Srivastava and Advaii Srivastava

### Tae Kwon Do Promotions for September

**Adv White Belt:** Sayansh Doyle and Arlynn Morales

**Yellow Belt:** Shira Baror, Lakshmi Aradhya Neelapala, and Yuval Romach

**Adv Yellow Belt:** Mackenzie Carver, Matthew Hulverson, and Ananya Pathak

**Green Belt:** Matteo Bautista, Daniel Crooker, and Dhanush Rallapalli

**Adv Green Belt:** Idan Arbel and Itamar Gendelman

**Blue Belt:** Hannah Aramaki, Shawn Diem, Wren Nowers, Laura Rabellino, and Sandra Rabellino

**Adv Blue Belt:** Lohitaksh Maheshwari, Joshua Phan, Yujun Sun, and Ivan Tarapov

### October Training Anniversaries

**One Year:** Afifah Kashif, Ria Mahajan, Nogah Mugrabi, Dhanush Rallapalli, Pradeep Rallapalli, Hakan Saydag, and Kaan Saydag

**Three Years:** Dhruv Shankar

**Four Years:** Raehan Baliga and Rohan Baliga

**Six Years:** Elizabeth Berg

**Nine Years:** Eugene Yum and Ian Yum

### October Birthdays

Jonathan Alster, Neev Ansel, Amish Bankuru, Shira Baror, GJN David Barrett, Claire Benincasa, Mackenzie Carver, Vivien Guo, Laura Ittner, Medha Jain, Nakul Kade, Arya Kambli, Atlas Karamfilov, Dhareesh Lakkireddy, Yan Mariz Bogado, Gabriella Miller, Nishka Mishra, Ahana Nanda, Lakshmi Aradhya Neelapala, Pradeep Rallapalli, Kaan Saydag, Vivaan Surana, Sriansh Talupuru, Ivan Tarapov, Chelsea Wessling, Illaria Wessling, and Katherine Xu

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