

TRUENEWS - OVERLAKE

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

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www.truemartialartsredmond.com – email info@truemartialartsredmond.com



A Look at the Year Ahead

By SBN Jennifer

Welcome, students and families, to 2019! The new year brings new things to look forward to, and there are a lot of exciting things coming up. Here is a sneak peek at what to expect from the upcoming year:

This Month

This month we'll have a Black Belt Club seminar led by Yu Dan Ja Nim Rishi about tricking in martial arts. All Black Belt Club members are encouraged to join us on Friday, January 11th at 6:30 for this exciting seminar. As a reminder, Black Belt Club seminars are one of the free benefits to being a member of the Black Belt Club.

Schedule Changes

We haven't altered our schedule in several years, and we try to make changes judiciously, with as little impact to our students as possible. Still, as class needs change, we want to make sure that we are serving our students in the best ways we can. Therefore, there will be a couple of small adjustments to the class schedule toward the end of January.

Our youth Black Belt Club class (currently Monday/Wednesday 4:30) will move to Mondays and Wednesdays at 5:30. Our intermediate youth class (currently Monday/Wednesday 5:30) will be shifted one hour earlier to Mondays and Wednesdays at 4:30. All students who are currently training in the Monday/Wednesday 5:30 class and who are Black Belt Club members are invited to train in the BBC class at its new time.

Additionally, our Tuesday/Thursday mixed class will be split into two classes: a mixed beginner class and a mixed intermediate class. Both classes will start at 6:00 and be 55 minutes long, but this split will allow us to better differentiate instruction and give students of all levels the best class experience possible.

Tournaments

The annual SBN Thomas Zoppi Championship Tournament is our biggest event of the year. The tournament features competition in both forms and sparring, as well as team sparring and black belt demonstrations. This tournament is for EVERYBODY: people of all different levels of skill, age, size and experience. We encourage all students to participate! This year it is scheduled for Saturday, March 16th. Save the date!

In September, TMA Overlake will host our other annual tournament – the Arnis tournament. The Arnis tournament focuses on Arnis skills, both with weapons and open hand. It is a friendly competition that is fun for all.

Half-day Camps

We will have ½-day camps for Presidents' Day and Spring Break. During the camps we play martial arts games and try new drills to improve our martial arts, and generally have a lot of fun while working hard. Students can drop in for a day or (in the case of Spring Break) sign up for the whole week. The camps are open to the public, too, so bring a friend who wants to try martial arts with you!

Full-day Camps

We typically have at least one camp each month during the summer. Our full day summer camps are week-long and run from 9:30 am – 2:30 pm. Students hone their skills while they work in teams, learning leadership and cooperation. Each team also creates a demonstration that they perform on the last day of camp. You can look for specific dates for the camps by mid-February.

Upcoming Activities for January/February

Jan 1 st	New Year's Day, TMA Closed
Jan 5 th	Arnis Seminar, 10:00 am (no make up class)
Jan 11 th	BBC Seminar, 6:30 pm (no make up class)
Jan 25 th	Tae Kwon Do Test, 6:30 pm (no make up class)
Feb 2 nd	Arnis Seminar, 10:00 am (no make up class)
Feb 18 th	½ day Presidents' Day Camp, 9:30 am – 12:30 pm
Feb 22 nd	Tae Kwon Do Test, 6:30 pm (no make up class)

Reminder: If the public schools close due to inclement weather, TMA will also be closed. If you are unsure, check our website (www.truemartialartsredmond.com) or call the school to confirm.

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – KATHERINE XU

Katherine is a brown belt student who has been training at TMA Overlake for three and a half years, after transferring from the Pine Lake TMA. She works consistently and cheerfully in all her classes. Her progress as she grows – as a person and in her understanding of her martial arts – has been a delight to watch. Keep up the good work, Katherine!

Welcome Our Newest Students

Archana Joshi, Tanish Kurni, and Mohan Singh

Welcome to the Black Belt Club

Pranav Balaji

Arnis Promotions for December

Yellow Belt: Idan Arbel, Nadav Dvir, Itamar Gendelman, Prarav Kairamkonda, Joseph Moreau, Alexander Peacock, and Aadit Singh

Green Belt: Shawn Diem

Blue Belt: Vasyl Tarapov

Tae Kwon Do Promotions for December

Adv White Belt: Tanushi Kuchangi, Nogah Mugrabi, Katelyn Pham, Dhanush Rallapalli, Pradeep Rallapalli, and Anay Singh

Yellow Belt: Maryam Iqbal, Afifah Kashif, and Kayden Shimizu

Adv Yellow Belt: Amish Bankuru, Anastasia Lokholm, Aadit Singh, and Yueyang Sun

January Training Anniversaries

One Year: Laura Ittner, Samuel Ittner, Hazel Manko Levite, Russell Morris, and Alexander Peacock

Two Years: Laura Rabellino and Sandra Rabellino

Three Years: Ryan Boparai

Four Years: Nakul Kade

Seven Years: Nikita Sharma

Ten Years: Rishi Kavikondala

January Birthdays

Jennifer Berg, Aarya Bhoite, Nadav Dvir, Ethan Farmer, Veeral Goradia, Tyler Hammond, Ryan Olsen, Joshua Phan, Sandra Rabellino, Caylee Rieman, Anay Singh, Etta Spangler, Keya Tople, Rakesh Velagapudi, Felan Wessling, and Owen Wessling

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