

TRUENEWS - OVERLAKE

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

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Why do we test?

By SBN Jennifer Berg

I will never forget my first Tae Kwon Do test. I was nervous, not knowing what to expect, and not completely confident that I would remember everything that I was supposed to know. Fortunately, my instructors had prepared me well and I was able to do everything that SBN Zoppi asked – even single sinawoli empty-handed for the first time. That was an eye-opening experience! Once I got through the test, I was ready to embrace the challenge of a new rank with new requirements.

Some schools have done away with testing. Because students fear failure or have test anxiety, they have no public tests. Instead, they do their testing in class, the way we pre-test. There are several benefits to rank promotion and testing, though.

The act of working toward and achieving your next rank is an important one. It helps us set goals (learn and improve to reach our next belt) and gives an immediate visible reward once we have accomplished them (a new belt!). Setting goals and achieving them helps build confidence.

Testing in public pushes us to overcome our fears of public performance. There are many times outside of martial arts where we might need to speak or perform in public – a presentation at work or school, for example – and the test is a place where we can acquaint ourselves to that, in a supportive environment and with peers who are going through it with us. As SBN Zoppi once wrote:

Tests imitate life. Tests teach students that they don't get something for nothing. You pass the test and you earn the rank, it's that simple. If you think about it, no one becomes the next rank at a test. That achievement occurs in class, weeks or even months before the test is taken. When the student tests, they already are the next rank. This is the way life works too. At a job, you don't get promoted first and then earn the promotion later. You show the boss you can do the job, and then the promotion comes. So, testing is a good model for teaching students to be patient and persistent in the pursuit of their goals- to do what it takes to win, and to do it without bribery or the promise of reward.

Testers also get to see what other students are doing and learning in their martial arts. For lower rank or beginning students, it can be very motivating to watch the higher rank students. Their crisper technique and more difficult kicks and forms are inspiring. The higher ranks, in turn, get to be examples to their peers and practice leadership.

Maybe most of all, at a test, students are showing a panel of black belts that they have learned their requirements and are ready to advance. Getting your next rank is not automatic, not a gimme. Students need to prove that they have truly learned and improved their techniques. The black belts on the panel of the test see them with fresh eyes and are able to give a fairly objective answer to the question: am I ready? Often, the instructors on the panel might not be the student's direct instructor, so they also get to give fresh feedback to the students.

Although I haven't enjoyed every test (I'm looking at *you*, black belt test), I have always been glad to have been through the test. Coming out on the other side of the test is a great feeling, as is the confidence and pride in knowing that I've accomplished something – and earned it.

Upcoming Activities for May/June

May 4 th	Arnis Seminar, 10:00 am (no make up class)
May 17 th	Rummage Sale, 5:00 pm – 8:00 pm
May 18 th	Rummage Sale, 10:00 am – 2:00 pm
May 24 th	Tae Kwon Do Test, 6:30 pm
May 27 th	Memorial Day, TMA Closed
June 1 st	Arnis Seminar, 10:00 am (no make up class)
June 21 st	Tae Kwon Do Test, 6:30 pm
June 24 th – 28 th	Full-day Camp, 9:30 am – 2:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – ADVAAI SRIVASTAVA

Advaii is an advanced blue belt who has been an eager student since he started two years ago. He attends every class he can, and is eager to learn new techniques and perfect old ones. His training shows a lot of heart. When Advaii reached advanced green belt, he started teaching as an assistant instructor, and shows his eagerness there, too. Last year, Advaii had to move and went to train briefly at our sister school in Pine Lake. He returned to Overlake earlier this year and has quickly shown that his enthusiasm is undeterred. Keep up the good work, Advaii!

Welcome Our Newest Students

Kavya Bhagat, Matthew Hulverson, Arya Kambli, Sai Samik Madamla, Svanaa Mangalampalli, Swaasa Mangalampalli, Smyan Oak, Syon Oak, Yash Rajan, Finley Schaefer, Shragvi Tiwari, and Leo Wu

Welcome to the Black Belt Club

Anqi Liang and Robert Nguyen

Arnis Promotions for April

Green Belt: Sahasra Meenakshi Chennamaneni and Medhasvi Durki

Tae Kwon Do Promotions for April

Adv White Belt: Riddhi Agarwal

Adv Yellow Belt: Namit Agarwal, Daniel Crooker, Navya Kade, Yeong Seo, and Kayden Shimizu

Green Belt: Daksha Mishra, Nishka Mishra, and Alexander Peacock

Blue Belt: Ryan Boparai, Lohitaksh Maheshwari, Pratyush Maheshwari, and Lucas Xue

Adv Blue Belt: Niyathi Ventrapragada

May Training Anniversaries

One Year: Aarya Bhoite, Riddhi Sangani, Sakshi Sangani, and Tom Thomas

Two Years: Caylee Rieman, David Rieman, Denise Rieman, and Jodi Rieman

Three Years: Kyra Mohr

Seven Years: Anya Nanda

May Birthdays

Hannah Aramaki, Elizabeth Berg, Daniel Crooker, Isaac Davis, Mackenzie Fiendell, Sanskriti Gupta, Scott Horchover, Mylie Johnson, Apuroopa Kavikondala, Rishi Kavikondala, Alyona Kerekes, Anqi Liang, Lohitaksh Maheshwari, Pratyush Maheshwari, Kyra Mohr, Simon Mullins, Ellie Nekrich, Jyothi Panchapagesan, Tanvi Patil, Harinisri Prakash, Laura Rabellino, Mansa Rajkumar, Shankar Regunathan, Ethan Schleyen, Kayden Shimizu, Gryphon Stern, Vasyl Tarapov, and Isaac Tolman

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