

TRUENEWS - OVERLAKE

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

August, 2018

Edition 136

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



Testing

SBN Jennifer Berg

I was recently at a get-together with a group of martial artists from various schools, and someone mentioned that their Sifu (Chief Instructor) had just tested a group of students for the first time in years. Their school didn't usually test students for rank advancement, because their Sifu didn't want the focus to be on rank, but rather on personal development.

Every school handles testing differently. Some schools test every month and every student advances, regardless of how much they've learned or improved. Other schools don't hold testing for years at a time (I just heard of one that held their first test after about six years). At TMA, we fall somewhere in between; although we hold tests every month, not every student takes every test.

When I first started at TMA, the testing process was a little different. There would be a test only about every three months or so, and you wouldn't know until the week of the test whether you would be expected to attend. At the beginning of the week, a test list would be posted, and all of the students would crowd around it to see if their name was on the list. We try to be much more transparent about the process now, and I think it benefits our students.

At True Martial Arts, students may not ask to test. Because instructors are constantly watching and assessing students, asking implies that you are challenging the instructors' authority or second guessing their decision. We *do* want students to take ownership of their progress, though, so if a student is unclear about how they are progressing, they are always welcome to ask about it. There's a difference between asking "What do I need to work on?" and "Will you check me off?" Instructors are always happy to provide feedback, but the answer to "Will you check me off?" will always be "No" – the student isn't showing proper respect when they ask that.

Students should work hard and learn in every class. Senior Instructors (signified by a double stripe on their white uniform pants, or by black pants) watch and pre-test students to ensure that they have fully learned their requirements. A student must show proficiency in their knowledge and ability to execute their moves, demonstrate improvement from their last rank, and perform with effort. When the student has successfully learned and refined their requirements, the Senior Instructor will put a red stripe on the student's belt. Now they are ready to test! If a student wants extra opportunity to progress, they can come to additional classes (or camps).

We take our martial arts seriously, and expect our students to do so as well. When a student has earned their red stripe, they must test. Although we understand that sometimes a far-in-advance planned trip or an unexpected illness might prevent a student from testing, we do expect students to make every effort to attend. In that rare case where a student must miss a test, they can let their instructors know and they will test at the next month's test.

Ultimately, what we want most for our students is for them to succeed. Our goal is for every student to approach classes and tests the same way: with enthusiasm, confidence, and an eagerness to learn. Testing is not the end goal; it is a stepping stone on what can be a lifelong journey.

Upcoming Activities for August/September

Aug 4th	Arnis Seminar, 10:00 am (no make up class)
Aug 6th – 10th	Full Day Summer Camp (BBC only), 9:30 am – 2:30 pm
Aug 24th	Tae Kwon Do Test, 6:30 pm (no make up class)
Aug 26th	TMA Picnic at Perrigo Park, 11:00 am – 2:00 pm
Aug 27th – Aug 31st	Half-day Summer Camp, 9:30 am – 12:30 pm
Sept 3rd	Labor Day, TMA Closed
Sept 8th	Arnis Seminar, 10:00 am (no make up class)
Sept 21st	Tae Kwon Do Test, 6:30 pm (no make up class)
Sept 24th-28th	Bring a Friend Week!
Sept 29th	Arnis Tournament at Pine Lake TMA

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – BARBARA ESPINOZA

Barbara is a fabulous student, part of our desk crew, and an Assistant instructor. She started training nine years ago, had to take a break, then returned, stronger than ever. Barbara comes in to every class with a cheerful attitude, always eager to learn. She has shown great dedication and perseverance throughout all her training, and her instructors appreciate the fantastic energy she brings with her to class. Keep up the great work, Barbara!

Welcome Our Newest Students

Dhareesh Lakkireddy, Jahnavi Mirampalli, Shanmukha Mirampalli, Kevin Sarmiento, Katelyn Shimizu, Kayden Shimizu, and Sanat Srinivasan

Arnis Promotions for July

Yellow Belt: Guru Charan Banda, Sri Tanvi Mayakuntla, and Ahana Nanda

Brown Belt: Harvey Yang

Tae Kwon Do Promotions for July

Adv White Belt: Dhruv Shankar and Tom Thomas

Yellow Belt: Hannah Aramaki, Sahasra Meenakshi Chennamaneni, Medhasvi Durki, Prarav Kairamkonda, and Maria Tarapova

Green Belt: Lucas Xue

Adv Blue: Scott North

Adv Brown: Evan Spangler

August Training Anniversaries

One Year: Ahana Nanda

Two Years: Shivani Jayaprakasam, Lohitaksh Maheshwari, Pratyush Maheshwari, and Vasudha Sundaravaradan

Five Years: Deva Mitra Junu and Deva Nanda Junu

Seven Years: Apuroopa Kavikondala

August Birthdays

Dafna Apple, Tiernan Conklin, Gavin Cooper, Linnea Fossum, Tanush Thimmichetty, 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.