

TRUENEWS - OVERLAKE

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

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True Martial Arts' Seniors

The summer is coming to a close, and school will be starting next month. A new school year means that some of our students, who graduated in June, will be moving on to the next stages in their lives. We've been profiling our graduating seniors over the last few months, to celebrate them and their accomplishments. Here are our final senior profiles:

Darren Yuet

Darren is a 2nd Degree Black Belt Instructor, graduating from Bellevue High School. He is heading to Seattle University, planning to major in Business. He says:

Taekwondo has instilled important attributes in me over the years, namely discipline and respect for others. In my daily life I tend to replicate this when interacting with all types of people to good effect, and I am very grateful for the teachings I grew up with at the school as it has certainly influenced who I've become as a person. I have also gained many leadership skills during my time as an instructor. It has given me more confidence, but has also allowed me to be more proficient in problem solving, and thinking on my feet.

A quote I have truly taken to heart is "Comparison is the thief of joy", said by Theodore Roosevelt. One of the most important things I've learned during my time in high school and Taekwondo is how it is truly important to give yourself value. Hold high standards for yourself, but take the time to celebrate your biggest and smallest successes as well.

Ruta Dhaneshwar

Ruta is a 1st Degree Black Belt Instructor, graduating from Interlake High School. In the fall she will attend the University of Washington in the computer engineering program. What has she taken away from her martial arts? She says:

There are two major things I apply and will continue to apply to my daily life: discipline and the ability set long term goals and achieve them by breaking it up into short term goals. Martial arts has not only taught me the importance of setting high standards, but also the vital strategy of achieving those standards through smaller steps, so as not to become overwhelmed by the long term goal. And discipline is key in achieving the smaller goals. There is no short cut to success - it is the result of a LOT of hard work done diligently.

When we asked what advice she has for students, Ruta said: *Oh gosh. So many things. But if I had to put it succinctly: A black belt is a white belt who aimed high, worked hard, and far above all never gave up. Oh and also, high kicks are always great☺.*

CONGRATULATIONS STUDENTS OF THE MONTH -VEERAL GORADIA!

Veeral started training when he was just seven years old, moved away, and then returned. He is always excited to be in class, learning new things. Veeral works hard when he trains, and it is clear to see that he practices outside of class too. His passion for the martial arts makes him a pleasure to have in class. Keep up the good work, Veeral!

Upcoming Activities for August/September

August 6 th	Arnis Seminar, 10:00 am (no make up class)
August 8 th - 12 th	Full Day Summer Camp, 9:30 am - 2:30 pm
August 13 th	Friendship Camp with NWSMA, 10:00 am - 2:00 pm at Legion Memorial Park in Everett
August 23 rd - 26 th	Half Day Summer Camp, 9:30 am - 12:30 pm
August 26 th	Tae Kwon Do Test, 6:30 pm
August 28 th	TMA Picnic, 11:00 am at Perrigo Park
Sept 5 th	Labor Day, TMA Closed
Sept 10 th	Arnis Seminar, 10:00 am (no make up class)
Sept 17 th	Arnis Tournament at Pine Lake TMA
Sept 23 rd	Tae Kwon Do Test, 6:30 pm

NOTABLES

Welcome Our Newest Students

Aahana Agarwal, Abhinav Agastya, Ganesh Chittella, Anshu Kopparapu, Ayan Mehra, Shankar Regunathan, Shresth Saxena, Ivan Tarapov, Phoebe Wall, and Janaki Yadlapalli

Welcome to the Black Belt Club

Saharsh Baroorkar, Rachel Davies, Atishay Jain, and Pranav Takrani

Arnis Promotions for July

Yellow Belt: Isolde Ansell, Raehan Baliga, Rohan Baliga, and Alon Lavy

Blue Belt: Kimberly Budinger, Sagnik Sinha, and Rebekah Waterbury

Brown Belt: Irika Sinha

Tae Kwon Do Promotions for July

Adv White Belt: Dafna Apple, Sanjay Chittella, Kai Ori, Cecilia Sun, and Raina Wu

Yellow Belt: Gavin Cooper

Adv Yellow Belt: Amelie Gomez, Harinisri Prakash, Nithyasri Prakash, and Joseph Trohimovich

Green Belt: Beth Benincasa and Chris Spangler

Blue Belt: Chahek Gupta

August Training Anniversaries

One Year: Isolde Ansell, Atishay Jain, Joseph Trohimovich

Three Years: Deva Mitra Junu and Deva Nanda Junu

Five Years: Apuroopa Kavikondala

Ten Years: Harika Dabbara

August Birthdays

Isolde Ansell, Dafna Apple, Saharsh Baroorkar, Sanjay Chittella, Eliana Coe, Gavin Cooper, Linnea Eng, Jotroop Kaur, Amaan Kizilbash, Omri Menache, Kai Ori, Mihika Shetty, Beatriz Sousa, Michael Voskanyan, and Eugene Yum

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