

TRUENEWS - OVERLAKE

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

March, 2019

Edition 143

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



Tournament Preparation

By GJN David Barrett

By now you've all heard about the tournament coming up on March 16th. What is this tournament, and what is the best way to prepare for a tournament? Great questions!

The tournament is a great place to test your skills and abilities with students from four other martial arts schools: Pine Lake TMA, Northwest School of Martial Arts, Trinity Martial Arts, and our school. All the schools all have similar philosophies behind our instruction and the tournament reflects this commitment. The tournament will be judged fairly, and the students will be grouped with other students of like skills. We are all there to enjoy ourselves, in a safe and friendly environment that encourages the best from everyone.

The tournament will have fantastic school demonstrations. These demonstrations are fun and exciting and can really open your eyes to what martial arts can be. There will be Form and Sparring events for all ages and ranks. There is a raffle with amazing prizes, like a Nintendo Switch. There will also be school team sparring.

So, how do you get ready for the tournament?

I think the first thing to do is to decide to go... stop waiting for something else to happen on March 16th and commit to going to the tournament! You will be supporting your fellow students and maybe doing something thrilling. Most importantly you will be playing in the **big game** you have practiced for.

Now that you have decided to go, get signed up. We expect our advanced students and Black Belt Club members to go. I also expect our instructors to go. You will all be in good company.

Some of the best ways to get prepared is to really listen to your instructors. The little things we encourage our students to fix during class can make a real difference in your score and your abilities. If your instructors are telling you to get longer and lower stances, you should work on getting longer and lower stances. Has your instructor ever mentioned to get your eyes up? This can really help your balance and the focus of your techniques. Has your instructor ever said to get your toes down on side or back heel kicks? How about slowing down when doing your form? Keep your back tall? Make a tight fist? Keep your guard up? All are good tips and things that can help you do your best at the tournament.

For forms, work on keeping your form slow enough that you can show off your stances and techniques. Your form should look like you are trying to tell a story of a great battle. There should be faster and slower parts. Some parts of the battle are exciting and a little fast while other parts might be slower and more cautious. Work your stances and posture. Eyes up! Come on out like you own the entire gym and everyone is going to listen to you tell your story. Remember, the floor may be slippery so try your form a couple of times before your division is called. Warm up before you do your form and one more tip is to get used to doing your form with your full *Do-Bak* on, just like you are at a test. Do your best to demonstrate the three aspects of a good form: Reality (tell your story), Power (correct speed and focus), and Technique (make it right).

For sparring, the first thing to remember is that we know you don't want to hurt anyone, and we know no one wants to hurt you. We are sparring to improve our skills and abilities. At the Champs, you will have to warm yourself up. Think of your favorite warm ups in classes and use those to get yourself loose and ready. Try moving around on the gym floor. You'll notice that the gym floor can be slippery. At the Champs, you are going to spar people you are not used to sparring. To help get ready for that, work on finding a different partner every chance you can. If you have that one person in class you always partner with, find someone else. Other keys to sparring are to keep moving, get in and then back out. If you stand still you become an easier target to hit. Remember to use your combinations too. Work combinations of kicks and hand techniques, high and middle targets. Work on your control so you don't hurt anyone. Avoid assuming anything about your partner. Always be respectful and do your best.

When it's all said and done, no matter who wins the trophy you will have made new friends. You will have pushed yourself out of your comfort zone and tried something new (for some of you). Remember, winning is not about the trophy. Winning is you doing your best and not giving up.

Upcoming Activities for March/April

March 2 nd	Arnis Seminar, 10:00 am (no make up class)
March 16 th	SBN Thomas Zoppi Championship Tournament
March 29 th	Private Black Belt Test, 6:30 pm (no make up class)
March 30 th	Tae Kwon Do Test, 6:30 pm
April 6 th	Arnis Seminar, 10:00 am (no make up class)
April 8 th – 12 th	Spring Break Camp, 9:30 am – 12:30 pm
April 12 th	Black Belt Club Seminar, 6:30 pm
April 26 th	Tae Kwon Do Test, 6:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – RONAK SINGH

Ronak is an advanced blue belt who has been training for close to four years. Since he started, he has shown great motivation to learn. When Ronak recently missed some training time due to a broken arm, he returned to class with the same great energy and 100% effort. Keep up the great work, Ronak!

Welcome Our Newest Students

Vedika Krishnamsetty and Yeong Seo

Welcome to the Black Belt Club

Shawn Diem, Ethan Farmer, Mylie Johnson, and Yujun Sun

Arnis Promotions for February

Yellow Belt: Chantal Bissonnette and Roi Ronen

Green Belt: Ryan Boparai, Ben Green, and Lucas Xue

Blue Belt: Mylie Johnson, Kyra Mohr, Joshua Phan, and Niyathi Ventrappagada

Brown Belt: Shivani Jayaprakasam

Provisional Black Belt: Claire Benincasa

Tae Kwon Do Promotions for February

Adv White Belt: Kolos Barkoczi, Leda Barkoczi, Neetika Jindal, Yan Mariz Bogado, and Ellie Nekrich

Yellow Belt: Katelyn Pham, Dhanush Rallapalli, Pradeep Rallapalli, and Virudhambal

Sankarakumar

Adv Yellow Belt: Dhareesh Lakkireddy

Green Belt: Hannah Aramaki and Wren Nowers

Adv Green Belt: Shawn Diem

Adv Brown Belt: Veeral Goradia

March Training Anniversaries

One Year: Hannah Aramaki, Idan Arbel, Chantal Bissonnette, Sahasra Meenakshi Chennamaneni, Medhasvi Durki, Itamar Gendelman, Wren Nowers, and Roi Ronen

Three Years: Jai Bindlish and Niyathi Ventrappagada

Nine Years: Cody Becker

Ten Years: Jonah Byther

Thirteen Years: Tanner Jakobsen

Fifteen Years: Brian Rockwell

Seventeen Years: Sierra Harden

Twenty Years: Daniel Berg

March Birthdays

Satviki Banerjee, Matteo Bautista, Elsie Ching, Sudheesh Dabbara, Medhasvi Durki, Barbara Espinoza, Kyle Jamison, Hazel Manko Levite, Russell Morris, Robert Nguyen, Wren Nowers, Benjamin Paris, Dhanush Rallapalli, Denise Rieman, Hakan Saydag, Yeong Seo, Samanvita Singhanian, and Niyathi Ventrappagada

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