

TRUENEWS - OVERLAKE

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

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Meet Your Instructors: SBN Jennifer Berg

A big part of what makes True Martial Arts such a great school – aside from our fabulous students, of course – is the wealth of instructors that we have. We are continuing our series of instructor interviews to let our students get to know their instructors better, and find out what has inspired each instructor in their martial arts journey. This month we get to know more about SBN Jennifer.

When did you start your martial arts training?

In just a few months, I will hit my 20th anniversary of training at True Martial Arts. I had been interested in training in *some* sort of martial arts for quite a long time before then, but hadn't done anything about it. Then a friend of mine received a postcard with an invitation to try a class at TMA, so we decided to check it out.

Why did you start training?

When I started training, I wanted to get more physically fit (I couldn't even do a single push up when I started) and also learn some self defense. What I found was that martial arts provides all of that, but that it is also a way of life and a passion to be followed.

When/why did you start teaching at TMA? I've always wanted to teach, and it seemed like a natural step to teach something that I loved doing. I started as an assistant instructor close to 18 years ago, in 1997. Then, in 1998, SBN Zoppi brought kickboxing to our school, after trying the program at the Pine Lake TMA. I was the first kickboxing instructor at Overlake TMA and have been doing that as well, ever since.

What is your favorite part of teaching?

I love sharing my love of the martial arts with students and finding new ways to explain things so that they click for the students. I also love to dig into the nitty-gritty details of how and why we do things the way we do.

What are your interests outside of martial arts?

Outside of martial arts, I love reading and spending time with my family. I love learning new things (like languages) and I also tutor math and Spanish, so I guess you could say that teaching is an outside interest, too! I've given some serious thought to going back to school to get an education degree, and still think that might be on the horizon at some point.

Would you like to share anything else?

I said before that martial arts is not just a thing you do, but a way of life, and I truly believe that. I hope that all of our students find that martial arts touches their lives as much – or more – off the training floor as it does on.

Want to know anything else about our instructors? Put a comment/question in the comment box with your question and we'll try to get it printed in the TrueNews for you.

Upcoming Activities for February/March

February 7 th	Arnis Seminar, 10:00 am (no make up class)
February 7 th	Lunar New Year Demo at Westminster Chapel, 4:30 pm
February 16 th – 20 th	Mid-Winter ½-day Camp, 9:30 am – 12:30 pm
February 27 th	Tae Kwon Do Test, 6:30 pm
March 7 th	Arnis Seminar, 10:00 am (no make up class)
March 27 th	Tae Kwon Do Test, 6:30 pm
March 28 th	SBN Thomas Zoppi Championship Tournament!

Championships Are Coming!!!

The annual SBN Thomas Zoppi Championships are coming up on March 28th. This is not only our biggest tournament of the year, but it will be our only Tae Kwon Do tournament this year. We encourage every student to come to this tournament to show support for the school – and to have a great time!

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –JONAH BYTHER!

In his nearly six years of training, Jonah has been a consistently focused student. He trains hard and gives his best in every class. He has a quiet intensity that makes him a pleasure to teach. Keep up the good work!

Welcome Our Newest Students

Javier Aceves, Valeria Aceves, Núria Coe, Eyal Horovitz, Luke Johnson, Nakul Kade, and Sai Lalith Kanumuri

Arnis Promotions for January

Yellow Belt: Lena Mancano, Simon Mullins, and Isaac Tolman

Green Belt: Deva Mitra Junu, Deva Nanda Junu, and Emily Schuman

First Degree Black Belt: Tyler Hammond



Tae Kwon Do Promotions for January

Adv White Belt: Chahek Gupta, Mahima Iyer, and Tanvi Patil

Yellow Belt: Maya Gurman, Evan Spangler, and Etta Spangler

Adv Yellow Belt: Pranav Balaji, Ben Booganim, Harry Stephenson, Isaac Tolman, and Estella Wollny

Green Belt: Maddie Kawasaki and Sophie Miller

February Training Anniversaries

One Year: Sagnik Sinha and Isaac Tolman

Two Years: Erisa Baba, Yatharth Sharma, and Irika Sinha

Three Years: Eliana Coe, Nikita Sharma, and Harvey Yang

Eight Years: Isaac Mullins, Kaarina Tulleau, Michael Voskanyan, and Kyle Jamison

February Birthdays

Kelsi Budinger, Núria Coe, Harika Dabbara, Sanskruti Kuravalli, Rajas Nanda, Fred Stephenson, and Kaarina Tulleau

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