

TRUE NEWS - OVERLAKE

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

November, 2014

Edition 91

www.tmaoverlake.com – email tma.info@tmaoverlake.com



Sparring Advice

With the Sparring Tournament coming up this month, it seemed like a good time to get some sparring advice from our TMA instructors. We start with a look back at an article that SBN Zoppi wrote in March 2001 for the School Championships.

Sparring Strategies: The biggest part of preparing to compete in a tournament is just coming to class and practicing. Do those fighting combinations like you really mean it. Warm-up and stretch with a purpose, not like you're just waiting for class to start. Stay completely focused on the drills you do in class, don't allow your mind to wander, and don't allow yourself to become bored or disinterested. Then when the time comes for you to compete at a high level, you won't be doing anything different from what you already do twice a week, every week in class. This is how you prepare to compete, but there are a few things to know once the competition starts, if you want to get an edge.

It's important to notice your opponent. Obviously, you'll notice 'who' your opponent is, it's the first thing you'll want to know. But you need to notice 'what' your opponent is. Is he or she tall and long, small and quick, fast hands, flexible kicker, more experienced, etc. These are the things you want to know.

Then, after you've noticed your opponent, do something with that knowledge! Many students make the mistake of thinking something like- *That guy's big. But I can beat him. I'll just try harder!* While this is a good attitude, and it might make you feel more confident, it really won't further your cause much, once you get in the ring.

What you need to do is make a plan— a plan that will help you win. If the opponent is bigger, plan on getting in and out quickly. If the opponent has fast hands, do a lot of fakes and faints to throw off his timing. If the opponent is flexible and a good high kicker, get inside to make his kicks ineffective. If the opponent is more experienced, crowd him, charge him, don't give him a chance to use his superior knowledge. Every opponent can be beaten; you just need a plan on how to do it. And here's the most important strategy of all— if it's working, keep doing it. If it isn't working, change it.

From other instructors come these pieces of advice:

Sparring is a game of chess. The trick is to be in the present while steering your opponent to what he will do next. – GJN David Barrett

Don't hesitate; trust your instincts. – KBN Dan Berg

Take it one fight at a time - don't think you can breeze through any opponent because anyone can get lucky; alternatively, everyone can be beat so don't assume you will lose. – KBN Paul Cullivan

Use distance to your advantage. – KBN Owen Wessling

Double kicks are always better than a single kick, and remember: kicks to the head are worth two points! – YDJN Sierra Harden

Upcoming Activities for November/December

November 1 st	Arnīs Seminar, 10:00 am (no make up class)
November 8 th	Sparring Tournament at Overlake TMA (no make up class)
November 11 th	Arnīs Camp, 9:30 am – 1:00 pm
November 21 st	Tae Kwon Do Test, 6:30 pm
November 27 th /28 th	Thanksgiving, TMA Closed
December 6 th	Arnīs Seminar, 10:00 am (no make up class)
December 19 th	Tae Kwon Do Test, 6:30 pm
December 24 th /25 th	TMA Closed
December 31 st	New Year's Eve Sleepover – closed for normal classes

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –ANASTASIA MULLINS!

For ten years (and counting) Anastasia has been a student who is both fun and respectful. Lately she has come into her own even more. She shows determination and finds ways to get to class and give her best no matter what else is going. She is very positive and always happy to help others.

Welcome Our Newest Students

Saharsh Baroorkar, Saanvi Gupta, Keegan Pham, Amy Shrivastava, and Ayan Viramwani

Arnīs Promotions for October

Green Belt: Duc Nguyen

Brown Belt: Sudheesh Dabbara and Matthew Solomon

Tae Kwon Do Promotions for October

Adv White Belt: Varshitha Mulumudi

Yellow Belt: Ran Booganim

Adv Yellow Belt: Sagarika Samavedi, Sagnik Sinha, and Aidan Stohl

Green Belt: Trinity Clark, Deva Mitra Junu, and Deva Nanda Junu

Blue Belt: Duc Nguyen

Adv Blue Belt: Lisa Owen

November Training Anniversaries

One Year: Sakshi Singh, Saksham Singh, and Keya Tople

Three Years: Gregory Hatch

Four Years: Onur Ozyer

Seven Years: Cynthia Wessling

Eight Years: Sudheesh Dabbara

November Birthdays

Noya Bar-Nathan, Alex Becker, Saanvi Gupta, Gregory Hatch, Deva Mitra Junu, Deva Nanda Junu, Maddie Kawasaki, Jon Kuntz, Naomi Megiddo, Keegan Pham, Brian Rockwell, Jonathan Sepkuty, Yvette Shen, Evan Spangler, Shriman Srinivas, and Harry Stephenson

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