

# TRUENEWS - OVERLAKE

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

February, 2017

Edition 118

[www.truemartialartsredmond.com](http://www.truemartialartsredmond.com) – email [info@truemartialartsredmond.com](mailto:info@truemartialartsredmond.com)



## IT'S A PROCESS

SBN THOMAS ZOPPI

FROM THE ARCHIVES: MAY 1999

I'm always concerned about the progress of the students in class, especially young and new students. I want every student to either learn something new or improve something in every class. It's important to me; even though I realize that rarely does one class make a difference... it's a process.

The thing that concerns me is that a student, or maybe a parent watching from the sidelines, will decide that the student isn't any good at the martial arts or is unable to learn it. This usually manifests as a loss of interest.

Such a decision can lead to the student quitting which is bad for the school, but more importantly, bad for the student's self-confidence. It can lead to the student having a loss of faith internally in his own ability to be successful at a physical challenge. In a worst-case scenario, I suppose it may even lead to a fear of trying new challenges on a broader basis.

The thing that's great about the martial arts is that everyone is trying to accomplish the same thing, namely move up to the next rank. But everyone does it in their own time and in their own way. To get a Yellow Belt, students must learn (among other things) to do a sidekick. It's a difficult kick but some new students do it naturally well. Even so, they can improve by making it stronger or higher. Other new students are awkward when first attempting a sidekick. They have lots of room for improvement. In either case, naturally gifted or physically challenged, the student must make some degree of moderate improvement to the sidekick in order to advance to Yellow.

When both the gifted and the challenged students finally make the required improvement, the important result is exactly the same; they both gain a measure of fulfillment and self-confidence. And it doesn't happen in just one class, making the achievement even more valuable.

No one except the student can make his or her kick better. An instructor gives advice and calls for repetitions, but the student's progress is in his own hands no matter what the age. If he tries hard, he gets better. If there's no effort, there's no improvement. But the problem is that sometimes it looks like there's no effort and no improvement when there really is.

Now I strongly believe that every student is working on something in class, something specifically important for him or her at the time. Some are working on the obvious, the mechanics of that side kick for example. Their progress is self-evident.

However, some may be working on making clear pathways in the brain between the auditory, visual and kinesthetic centers in order to better understand movement. This kind of progress is not so easy to see, especially for those who are prone to comparing. Still others may be working on just feeling more relaxed and open in a group. Again, something where the progress isn't so obvious. In fact, as the student gains confidence it may appear more like he's fooling around in class, rather than making progress.

As I said, every student's progress is important to me. Over the years I've become more able to notice the progress that students make on all fronts, not just the kicking and punching aspects. Laurel and I talk about the process of student progress a lot, and we talk about it with the other instructors a lot too. We grade the students, we have one-on-one conferences with them, and we talk about when it's best for them to just make quiet progress on their own.

## Upcoming Activities for February/March

<b>Feb 4<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>Feb 16<sup>th</sup>-17<sup>th</sup></b>	<b>Mid-Winter Break Camp, 9:30 am - 12:30 pm</b>
<b>Feb 20<sup>th</sup></b>	<b>Presidents' Day Camp, 9:30 am - 12:30 pm</b>
<b>Feb 24<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>March 3<sup>rd</sup></b>	<b>Breaking Seminar, 6:30 pm (no make up class)</b>
<b>March 4<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>March 18<sup>th</sup></b>	<b>SBN Thomas Zoppi Championship Tournament</b>
<b>March 24<sup>th</sup></b>	<b>Private Black Belt Test, 6:30 pm</b>
<b>March 25<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>

### NOTABLES

#### CONGRATULATIONS STUDENTS OF THE MONTH – MADDIE KAWASAKI!

Maddie is always focused in class and consistently gives 100% effort. She takes feedback really well and is constantly working to improve. Additionally, she is extremely patient when working with younger or less experienced partners and always very respectful. Keep it up, Maddie!

#### Welcome Our Newest Students

Zohar Bibliowicz, Jae Geller, Gleb Krivosheev, Mithil Mukesh Kumar, Laura Rabellino, Sandra Rabellino, and Sanjeev Senthil

#### Arnis Promotions for January

**Yellow Belt:** Bar Shalev Merin, Shresth Saxena, Nicola Tzenov, and Niyathi Ventrappagada

**Green Belt:** Bhuvan Gajarla

**Blue Belt:** Pranav Balaji, Simon Mullins, and Isaac Tolman

#### Tae Kwon Do Promotions for January

**Adv White Belt:** Namit Agarwal, Noga Gideon-Abada, Ishanth Guntupalli, Ishitha Guntupalli, Lalith Shravan Guruprasad, Vitaly Krivosheev, Joseph Moreau, Jyothi Panchapagesan, Michal Paul, Aadit Singh, and Aarav Srivastava

**Yellow Belt:** Abhinav Agastya, Akriti Agastya, Ethan Farmer, Jae Geller, Hadar Horowitz, and Raina Wu

**Adv Yellow Belt:** Sanjay Chittella, Shresth Saxena, and Keya Tople

**Green Belt:** Elizabeth Berg, Archith Praveen, and Ankith Praveen

**Adv Green Belt:** Raehan Baliga, Rohan Baliga, and Bhuvan Gajarla

**Blue Belt:** Amy Shrivastava and Chris Spangler

**Adv Blue:** Reed Wessling

**Brown Belt:** Claire Benincasa and Rachel Benincasa

**Adv Brown:** Deva Mitra Junu, Deva Nanda Junu, Etta Spangler, and Felan Wessling

#### February Training Anniversaries

**One Year:** Harinisri Prakash and Nithyasri Prakash

**Two Years:** Claire Benincasa

**Three Years:** Aniket Das, Sagnik Sinha, and Isaac Tolman

**Four Years:** Irika Sinha

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

#### February Birthdays

Shivani Jayaprakasam, Alon Lavy, Joseph Moreau, Alina Potapjev, Vasudha Sundaravaradan, Kaarina Tulleau, and Tiffany Zhang

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