

TRUENEWS - OVERLAKE

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

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Practice During the Holidays

By SBN Jennifer

We're into the holiday season now. That means – hopefully – more time with family and friends, good food to eat, and maybe a winter vacation. It can be hard to fit in your regular martial arts classes and practice, but it's important to try to maintain consistency. The best way to keep up with your martial arts is always to come to classes and practice regularly at home. However, if you are out of town, that can be hard to do. And, although I would say that any practice any time is good, there are better (and worse) ways to do it. For example, practicing your kicks down the aisle on an airplane might be frowned upon. Here are some better ideas:

Practice your stances while you watch tv. Really, this can be an any time of year thing, but it is great practice. Put on your favorite show and stand in your front/side/back stance while you watch. The longer you hold it, the stronger your legs get. And the better you will be able to work those great stances when you next do your form.

Show off for your family. You've been learning some pretty cool stuff, and your relatives, especially if they're from out of town, would love to see what you've learned. Do your form in the living room (if there's space). Have someone hold a target for you to show how high you can kick. *Don't* show off by punching your brother or sister!

Practice in the water. Are you going someplace with a pool? Or somewhere near a lake? Practice your kicks in the water. Jump kicks, too – the buoyancy of the water makes them feel very different.

Do four-count kicks. You can do this just about anywhere. (I used to do them in the laundry room while I waited for the dryer to finish.) Find a counter or a chair that you can hold onto for balance and practice your basic kicks slowly. Focus on having good technique (foot position, etc.) and try to reach and hold your kicks as long as you can. Your legs will thank you for it.

Work on speed. Time yourself and see how many punches you can throw in 30 seconds. How about your front kicks? Or side kicks? Try to beat your record.

Go outside. Whether you're on the beach, in the woods, or up in the mountains, practicing outside gives you a new perspective on how to move and makes you pay attention to your terrain.

Practice Arnis creatively. Find stick substitutes and practice your strikes, blocks, and sinawolis. Pencils, pens, and straws work great. I confess, anytime my family goes to a teriyaki restaurant, you'll find us using our chopsticks for Arnis. Have fun with it! (But be respectful of the other people in the restaurant, of course. ☺)

Visualize. It's not the most dynamic way to practice, but visualization really works. If you can visualize every move of your form, you are imprinting it better on your memory. I personally always visualize my board breaks before I attempt them. When I can see myself doing the break successfully, I know I am ready to really break it.

Punch or kick the shower curtain. This helps work on control: if you can place your technique so that it just barely makes contact, but doesn't move the curtain, you know you had control over the power and aim. Note: Do *not* try this on a glass shower door. That can only end badly.

Do your form in the snow. Okay, this one might be some wishful thinking, but if we get a nice snowfall here – or if you go somewhere with snow – you will find that the slippery cold challenges you to maintain balance. Plus, you can use the snow as a weapon. Throw a snowball every time you punch!

No matter what you are doing this holiday season, there's no reason to let your martial arts practice slip. Be creative, have fun, and practice!

Upcoming Activities for December/January

Dec 1st	Arnis Seminar, 10:00 am (no make up class)
Dec 14th	Tae Kwon Do Test, 6:30 pm (no make up class)
Dec 24th – 25th	Christmas Eve/Day, TMA Closed
Dec 26th – 28th	½ day Winter Break Camp, 9:30 am – 12:30 pm
Dec 31st – Jan 1st	New Year's Eve Sleepover (no regular classes)
Jan 1st	New Year's Day, TMA Closed
Jan 5th	Arnis Seminar, 10:00 am (no make up class)
Jan 11th	Black Belt Club Seminar, 6:30 PM (no make up class)
Jan 25th	Tae Kwon Do Test, 6:30 pm (no make up class)

Reminder: If the public schools close due to inclement weather, TMA will also be closed. If you are unsure, check our website (www.truemartialartsredmond.com) or call the school to confirm.

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – ANQI LIANG

Anqi started training a little more than two years ago. From the beginning, she has proven to be a dedicated student who always works to improve herself and a pleasure to have in class. We enjoy watching her progress. Keep up the great work, Anqi!

Arnis Promotions for November

Yellow Belt: Sahasra Meenakshi Chennamaneni, Medhasvi Durki, Annastasia Lokholm, and Benjamin Paris

Green Belt: Neev Ansel

Brown Belt: Beth Benincasa

1st Degree Black Belt: Etta Spangler

Tae Kwon Do Promotions for November

Yellow Belt: Daniel Crooker, Tuli Mugrabi, and Dhruv Shankar

Adv Yellow Belt: Hannah Aramaki, Idan Arbel, Sahasra Meenakshi Chennamaneni, Medhasvi Durki, Nadav Dvir, Itamar Gendelman, Wren Nowers, Caylee Rieman, and Roi Ronen

Adv Green Belt: Lucas Xue

Blue Belt: Robert Nguyen, Joshua Phan, and Vasyi Tarapov

Adv Brown Belt: Pranav Balaji and Shreyas Pai

Congratulations also to our newest Black Belts!

Provisional Black: Claire Benincasa, Rachel Benincasa, Maddie Kawasaki, and Nikita Sharma

1st Degree: Alyona Kerekes, Etta Spangler, and Kristiina Tulleau

2nd Degree: Jonah Byther, Richard Nguyen, and Cynthia Wessling

December Training Anniversaries

One Year: Cara Hulverson and Navya Kade

Two Years: Myles Johnson

Three Years: Ben Green and Chris Spangler

Four Years: Etta Spangler

Five Years: Simon Mullins

Six Years: Emily Schuman

Fifteen Years: Owen Wessling

December Birthdays

Idan Arbel, Raehan Baliga, Rohan Baliga, Sarah Froh, Tanushi Kuchangi, Annastasia Lokholm, Katelyn Pham, Beck Robertson, Virudhambal (Vrinda) Sankarakumar, Aadit Singh, Yueyang Sun, and Kenji Yamakawa

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

