

TRUENEWS - OVERLAKE

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

September, 2018

Edition 137

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



A Message to Students

SBN Jennifer Berg

It is hard to believe that September is upon us. School has started for some students already and will start shortly for others. I hope that all our elementary, middle school, high school, and college students are looking forward to the beginning of school. School is one of the most important, special and memorable times in our lives.

Each new school year is a fresh start, a new beginning. For our younger students, I hope this is the start of an exciting new time, full of new friends and learning. Each day can bring new discoveries and wonder.

For our older students, I hope you balance diligent learning with time for yourselves, time to have fun and pursue outside interests (like martial arts!). Work hard, but leave time to play, too. School can feel all-encompassing, but make sure you are finding your passions as well as fulfilling the requirements. Be open to new experiences and seek them out. Don't just try to find time - make the time.

I would echo something that SBN Zoppi once wrote: *School is not about, or at least should not be about grades. School is about learning. School is also about making yourself a smarter person. Far too much emphasis is put on getting good grades. Good grades are the end result of learning, not the purpose of going to school.*

I think that when teachers and parents ask you to get good grades, what they are really saying is learn the subjects and prove that you learned them by getting good grades on tests, papers, and your daily work.

When we overemphasize grades, we lose sight of what the essence of school should be: to learn. Learn about the world. Learn to think and to analyze. Learn all you can about everything. No knowledge is ever wasted and you never know when something will become relevant in some unexpected way or provide context you would otherwise have missed.

Remember that every lesson has value and remember that not every lesson comes from a book. The Black Belt Way is to always try your best, to respect your teachers and fellow students, and to be a leader. Lead by trying your hardest every day and learning something every day. Be brave and be confident. Your success as a student will follow.

CONGRATULATIONS STUDENT OF THE MONTH – ANYA NANDA

Anya is a brown belt who has been training at TMA for six years. She has always been a quiet, serious student, and she is developing now into a great leader, too. She often offers to help out beginning students when she is not in her own class. We love seeing Anya grow as a martial artist and leader. Keep up the great work, Anya!

Upcoming Activities for September/October

Sept 3 rd	Labor Day, TMA Closed
Sept 8 th	Arnis Seminar, 10:00 am (no make up class)
Sept 21 st	Tae Kwon Do Test, 6:30 pm (no make up class)
Sept 24 th -28 th	Bring a Friend Week!
Sept 29 th	Arnis Tournament at Pine Lake TMA
Oct 6 th	Arnis Seminar, 10:00 am (no make up class)
Oct 26 th	Private Black Belt Test, 6:30 pm (no make up class)
Oct 27 th	Tae Kwon Do Test, 6:30 pm

NOTABLES

Welcome to the Black Belt Club

Kyra Mohr and Ronak Singh

Welcome Our Newest Students

Daniel Crooker, Rosemarie Paris, and Ananya Pathak

Arnis Promotions for August

Yellow Belt: Laura Ittner, Samuel Ittner, and Maria Tarapova

Green Belt: Joshua Phan and Vasudha Sundaravaradan

Blue Belt: Jai Bindlish and Aarav Srivastava

Brown Belt: Mayukha Kannadaguli and Anya Nanda

Tae Kwon Do Promotions for August

Adv White Belt: Dhareesh Lakkireddy

Yellow Belt: Idan Arbel, Itamar Gendelman, Nathan Haile, Wren Nowers, Benjamin Paris, Roi Ronen, and Yueyang Sun

Adv Green Belt: Sanskar Gupta, Sanskriti Gupta, and Omkar Page

Blue: Advaii Srivastava

2nd Degree Black Belt: Linnea Fossum

September Training Anniversaries

One Year: Kenzie Crooker, Maxime Dahan, Nadav Dvir, Hemanth Kambhampati, Samanvita Singhania, and Lucas Xue

Two Years: Mayukha Kannadaguli, Jyothi Panchapagesan, Joshua Phan, and Alina Potapye

Three Years: Scott North, Siddarth Shankar, and Nicola Tzenov

Four Years: Tanvi Patil and Vasyl Tarapov

Five Years: Pranav Balaji and Maddie Kawasaki

Six Years: Gryphon Stern

Eight Years: Linnea Fossum

Eleven Years: Karol Jamison and Felan Wessling

Twelve Years: Isabel Mullins

Fourteen Years: Howard Stein

Eighteen Years: Paul Cullivan

September Birthdays

Guru Charan Banda, Jai Bindlish, Ryan Boparai, Navya Kade, Avantira Kamat, Avantika Kamat, Shanmukha Mirampalli, Shreyas Pai, Alexander Peacock, Roi Ronen, Dhruv Shankar, Nikita Sharma, and Advaii Srivastava

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