

# TRUENEWS - OVERLAKE

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

October, 2014

Edition 90

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



## Yin Yang

By Jennifer Berg

The yin-yang symbol - it's everywhere. It appears on t-shirts, jewelry, and even the Korean flag. The symbol traditionally has many meanings. Below are a few:

### **Yin (Black)**

Moon  
Dark  
Female  
Earth  
Matter  
Negative



### **Yang (White)**

Sun  
Light  
Male  
Heaven  
Energy  
Positive

Neither side completely subordinates the other; there is some yin in every part of yang and vice-versa.

There are, of course, some obvious correlations. There can't be moonlight without sunlight, no day without night, no left without right, for example. What is more important about the symbolism in yin yang is balance. In every part of our lives, we can find some opposite aspect, too. There is no grief without some joy. Perhaps even more than that, what we should take away is that we need to find balance for ourselves, to actively seek balance. Sometimes, especially when bad or unfortunate things happen, we focus just on the bad. Yin yang teaches us that in every darkness there is some light. In fact to know what light is, we must be exposed to dark (imagine trying to explain the concepts of dark and light to someone who has never seen them). Yin yang can help us keep perspective.

It is also very easy to fill our lives to much, and lose our internal balance. We over-commit, plan more activities than we can actually accomplish in the time we have, or promise too much to too many people. We need to ensure that we make time for ourselves, to balance commitments to work with time for our families, to balance commitments to family with personal time. Yin yang – in constant balance – can help us remember that.

## **Fall News**

Fall is a busy time for all of us! This month, we collect food for Hopelink in our annual food drive. All through October we ask students to bring in non-perishable food items to help families in need.

October is also the time to order a TMA sweatshirt. We'll have sign-up sheets at the desk until the end of the month. You can be stylish and warm at the same time!

On Halloween we'll have a Halloween party and Open House. Students can drop in for some fun and games, and bring their friends, too!

In November, TMA Overlake will host our annual sparring tournament. It's another chance for some friendly competition with your fellow students and to having some sparring fun. There will also be an Arnis camp when the public schools are closed on Veterans' Day. It will be loads of Arnis fun and learning!

## Upcoming Activities for October/November

October 4 <sup>th</sup>	Arnis Seminar, 10:00 am (no make up class)
October 10 <sup>th</sup>	Breaking Seminar, 6:30 pm
October 24 <sup>th</sup>	Private Black Belt Test, 6:30 pm
October 25 <sup>th</sup>	All Ranks Tae Kwon Do Test, 6:30 pm
October 31 <sup>st</sup>	Halloween Party/Open House, 6:30 pm – 8:00 pm
November 1 <sup>st</sup>	Arnis Seminar, 10:00 am (no make up class)
November 8 <sup>th</sup>	Sparring Tournament at Overlake TMA
November 11 <sup>th</sup>	Arnis Camp, 9:30 am – 1:00 pm
November 21 <sup>st</sup>	Tae Kwon Do Test, 6:30 pm
November 27 <sup>th</sup> /28 <sup>th</sup>	Thanksgiving, TMA Closed

## NOTABLES

### CONGRATULATIONS STUDENT OF THE MONTH –RUTA DHANESHWAR!

Ruta is always focused and a great partner. She always helps her partner improve while progressing herself. She has a great positive attitude and a smile that fills the room. Keep up the good work, Ruta!

### Welcome Our Newest Students

Lucy Braginski, Ruby Braginski, Naomi Megiddo, Maggie Moseley, Kirill Semko, Cliff Shen, and Sophia Vito

### Arnis Promotions for September

**Yellow Belt:** Deva Mitra Junu, Deva Nanda Junu, and Pranav Prasad

**Blue Belt:** Drew Bogdan

**Brown Belt:** Jon Kuntz and Kunal Prasad

**Provisional Black Belt:** Vidhi Jain and Rahul Prasad

### Tae Kwon Do Promotions for September

**Yellow Belt:** Spencer Mills and Richard Yang

**Adv. Yellow Belt:** Aniket Das, Maddie Kawasaki, Sophie Miller, Pranav Prasad, and Isaac Tolman

**Green Belt:** Selene Stohl

**Blue Belt:** Rakesh Velagapudi

**Brown Belt:** Eugene Yum and Ian Yum

### October Training Anniversaries

**One Year:** Elizabeth Berg, Choshyath Koduru, Selene Stohl, and Adrian de la Torre

**Two Years:** Kimberly Budinger, Jaiveer Chauhan, and Rebekah Waterbury

**Four Years:** Eugene Yum and Ian Yum

### October Birthdays

Drew Bogdan, Killian Cleary, Sydney Coe, Theresa Fancher, Julie Haase, Yael Megiddo, Maxim Meleshchuk, Eshika Saxena, Chelsea Wessling, Illaria Wessling, Reed Wessling, Harvey Yang, and Ian Yum

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