

TRUENEWS - OVERLAKE

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

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



Tournament Advice

SBN Jennifer Berg

As we prepare for the SBN Thomas Zoppi Championship Tournament, I wanted to bring to all students some advice from our senior instructors on how best to prepare for competition. I hope you find it helpful as you start practicing for the tournament, and I think you will also find that much of it has application outside martial arts!

From Instructor Nancy:

Practice, practice, practice. Do one move, one count. Look at each move; are the stances correct, are they long and low, where are you punching, are you using the correct weapon for the kick. Practice as if you were at a test or competition; your performance is only as good as you practice, don't just go through the motions when practicing. Know where to start your form – practice it in a ring before the tournament begins.

Make sure your techniques are delivered with power; they should be crisp and snap and stances should be strong and balanced. See your target and "tell the story". You are defending yourself, so let it show in the way you do your techniques.

Warm up and stretch before you compete. Take your time doing your form, let all the moves show; it is not a race. Own the ring, look confident, be proud of yourself, and be focused. Be respectful while others are performing and watch their forms.

When sparring, use combinations, be quick and move. Remember it is a game of tag – get in, get out.

Stay hydrated and eat at the tournament and get a good night's sleep. Do your best and have fun. No matter what, you are a winner.

From Instructor Owen:

Attitude and intention are a major factor of one's success in a tournament. Going into a tournament competition - form or sparring - with an "I'll see how I do" attitude is a poor way to do your best. Bring an attitude that you will push yourself to do more than you could the day before and back it up by practicing with that attitude. Use the tournament to help you to exceed your prior limits, and you will reap the rewards long after the tournament is complete.

From Instructor Sierra:

How you present yourself when you enter the ring is just as important as doing your best form or sparring. How you walk into the ring sets the tone for your whole performance. If you walk up to the ring in a nonchalant manner it is likely to transfer into your form or sparring. If you walk up to the ring confident knowing you are about to do your best form or sparring techniques that will translate as well. Remember that everything you do in preparation will set you up for how you will do it when it matters. Practice like you mean it.

From Instructor Paul (an excerpt):

Sportsmanship and respect are a point of pride for our tournaments. I've presided over my share of sparring matches and (knocks on all available wood) only once have I disqualified someone, but it was in the first place match. No one is happy with a first place winner with a broken nose. Don't do that. Don't argue with the judges, even when you think (and perhaps are correct!) that the calls were wildly incorrect in your opponent's favor. Even if you are right, **respect and sportsmanship are better than winning at all costs.**

From Instructor Chelsea:

When getting ready for the tournament, the biggest thing I like to keep in mind is; this is going to be fun! Competition can sometimes seem daunting, and that can turn some people off of the idea of the tournament. My favorite aspect of the TMA Championships is that pretty much everyone is smiling all the time. Win or lose, competitors smile and shake each other's hands, give hugs, and pats on the back. Our competition isn't all about who gets first place. It is also about who does their personal best, who tries really hard, and has a good time doing it. Those hugs and smiles I see from the competitors are my trophies. So get out there and have fun!

Upcoming Activities for February/March

March 3 rd	Arnis Seminar, 10:00 am (no make up class)
March 9 th	Judging Clinic/Tournament Prep, 6:30 pm (no make up class)
March 17 th	29 th Annual SBN Thomas Zoppi Championship Tournament
March 23 rd	Tae Kwon Do Test, 6:30 pm (no make up class)
April 2 nd – April 6 th	Spring Break Camp I, 9:30 am – 12:30 pm
April 7 th	Arnis Seminar, 10:00 am (no make up class)
April 9 th – April 13 th	Spring Break Camp II, 9:30 am – 12:30 pm
April 20 th	Tae Kwon Do Test, 6:30 pm (no make up class)
April 28 th	Women's Self-Defense Seminar, 11:30 am

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –SHREYAS PAI

Shreyas is one of our most eager students. He regularly attends extra classes – once even coming to nine classes in a single week! He routinely seeks out advice and feedback on his techniques and cheerfully takes corrections so that he can improve. Keep up the good work, Shreyas!

Welcome Our Newest Students

Satviki Banerjee, Mackenzie Fiendell, Weston Fiendell, Hansika Kathiravan, Ryan Olsen, Beck Robertson, Vrinda Sankarakumar, Karen Sun, and Elijah Vinu

Arnis Promotions for February

Yellow Belt: Shawn Diem, Sanskar Gupta, Sanskriti Gupta, Lalith Shravan Guruprasad, and Jyothi Panchapagesan

Green Belt: Laura Rabellino, Aarav Srivastava, Ivan Tarapov, and Niyathi Ventrpragada

Blue Belt: Achintya Agrawal, Raehan Baliga, Rohan Baliga, Shivani Jayaprakasam, Scott North, Ronak Sing, and Harry Yang

1st Degree Black Belt: Eugene Yum and Ian Yum

Tae Kwon Do Promotions for February

Adv White Belt: Amish Bankuru, Laura Ittner, Sam Ittner, and Rahul Sundaresan

Yellow Belt: Matteo Bautista, Ahana Nanda, and Caylee Rieman

Adv Yellow Belt: Archana Mattu and Michal Paul

Green Belt: Advaii Srivastava

Adv Green Belt: Sanjay Chittella, Genevieve Spangler, and YuJun Sun

Adv Blue Belt: Achintya Agrawal and Barbara Espinoza

Brown Belt: Simon Mullins and Isaac Tolman

March Training Anniversaries

One Year: Amit Attota and Sienna Jarrard

Two Years: Jai Bindlish, Swara Patil, and Niyathi Ventrpragada

Eight Years: Cody Becker

Twelve Years: Tanner Jakobsen

Fourteen Years: Brian Rockwell

Sixteen Years: Sierra Harden

Nineteen Years: Daniel Berg

March Birthdays

Satviki Banerjee, Matteo Bautista, Sudheesh Dabbara, Kira Eng, Barbara Espinoza, Saskia Gardler, Kyle Jamison, Hazel Manko Levite, Archana Mattu, Russell Morris, Robert Nguyen, Denise Rieman, Samanvita Singhanian, Saahil Sundaresan, and Niyathi Ventrpragada

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

