

TRUENEWS - OVERLAKE

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

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Summer at True Martial Arts

By SBN Jennifer Berg

As the weather warms up and we near the end of the school year, we turn our thoughts to summer. It seems like a good time to talk about summer at True Martial Arts.

Classes

Training is year-round at TMA. Our afternoon class schedule doesn't change in summer, and we encourage students to keep up their twice-a-week (or more) attendance through the summer. With no school, the summer can be a good time to catch some extra classes, either to make up time from the busy school year or to get ahead in your training.

Is it better for you to train in the morning during the summer months? In July and August, our Monday and Wednesday 10:00 am class opens to students of all ages and ranks. Come in early, and you have the rest of the day free for your other summer activities.

If you are going on a vacation, please let us know before you go. It is important to stay as consistent as possible in your training, or even add to your training routine in your extra time.

Camps

Have you seen students wearing patches on their uniform pants? Those patches are from the summer camps – and the only way to get one is to come in and participate in a full day summer camp.

Camps are a fun way to get some extra training in. Students work on learning new skills, refining older skills, and expanding beyond our basic requirements. Every day we focus on one or more facets of martial arts and really delve into perfecting our art. Students also work with teams to create demonstrations that they get to showcase on the last day of camp. While there's always time to work individually, there's also a team aspect of camp which means students get to work with friends, develop leadership skills...and play games along the way.

We encourage every student to try to come in for at least one camp during the summer, and with four full-day camps this year (check the registration forms at the desk for the schedule) there are more opportunities than ever!

Arnis

We train in Arnis all year long, of course, but this is a good time to remember that we have Arnis seminars every month (usually on the first Saturday of the month) and an Arnis class every week on Wednesdays at 7:30 pm. For some of our younger students, that time might be too late for a school night, so summer can be a great time to come in and get some extra Arnis training!

Picnic

Every year we have a school picnic. The picnic is a time when we can get together outside the school and celebrate our TMA community. It is also when we announce the awards for perfect attendance and for students of the year and instructor of the year. This year, the picnic will be on Saturday, September 14th. Like it has been the last few years, the picnic will be a potluck at Perrigo Park. We hope that you can join us!

Welcome Our Newest Students

Jumana Abousharkh, Shira Baror, Arohi Bindlish, Adva Dvir, Venkata Aayush Podili, Venkata Hiteshree Podili, Yuval Romach, and Devyan Thankur

Upcoming Activities for June/July

June 1 st	Arnis Seminar, 10:00 am (no make up class)
June 21 st	Tae Kwon Do Test, 6:30 pm
June 24 th – 28 th	Full-day Camp, 9:30 am – 2:30 pm
July 4 th	Independence Day, TMA Closed
July 6 th	Arnis Seminar, 10:00 am (no make up class)
July 15 th – 19 th	Full-day BBC Camp, 9:30 am – 2:30 pm
July 26 th	Tae Kwon Do Test, 6:30 pm
July 29 th – Aug 2 nd	Full-day Camp, 9:30 am – 2:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – KYRA MOHR

Kyra is an advanced blue belt who has been training for just over three years. Throughout her training, she has shown herself to be a student who pushes herself to be better. She always asks questions to ensure that what she is practicing is correct and that she understands the motions. Her leadership skills show through in her ability to lead by example in class and by her recent accomplishment of becoming one of our newest assistant instructors. Keep up the good work, Kyra!

Arnis Promotions for May

Yellow Belt: Matteo Bautista, Nathan Haile, and Dhareesh Lakkireddy

Blue Belt: Ben Green

Brown Belt: Dafna Apple

Tae Kwon Do Promotions for May

Adv White Belt: Vivaan Khandelwal

Yellow Belt: Kolos Barkoczi, Leda Barkoczi, Cara Hulverson, Atlas Karamfilov, Tanushi Kuchangi, Ria Mahajan, and Yan Mariz Bogado

Adv Yellow Belt: Archana Joshi, Maria Tarapova, and Tom Thomas

Green Belt: Dhareesh Lakkireddy

Adv Green Belt: Hannah Aramaki and Wren Nowers

Blue Belt: Siddarth Shankar

Brown Belt: Gavin Cooper

Adv Brown Belt: Shivani Jayaprakasam

June Training Anniversaries

One Year: Elsie Ching

Two Years: Sri Tanvi Mayakuntla, Daksha Mishra, and Nishka Mishra

Three Years: Dafna Apple, Ethan Farmer, Anqi Liang, and Yujun Sun

Four Years: Genevieve Spangler and Katherine Xu

Nine Years: Scott Horchover

Ten Years: Richard Nguyen

Eleven Years: Alyona Kerekes

Twenty-two Years: Nancy McKinley



June Birthdays

Daniel Berg, Harsh Biradar, Sahasra Meenakshi Chennamaneni, Mayukh Chittimala, Tanner Jakobsen, Archana Joshi, Mayukha Kannadaguli, Vedika Krishnamsetty, Swaasa Mangalampalli, Sri Tanvi Mayakuntla, Jodi Rieman, Genevieve Spangler, Devyan Thankur, and Tom Thomas

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