

# TRUENEWS - OVERLAKE

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

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## A Bit About Our School

*SBN Jennifer Berg*

Our school recently celebrated the advancement of our highest ranking black belts - GJN David Barrett received his 6<sup>th</sup> degree Black Belt (Yuk Dan). SBN Laurel Zoppi and SBN Jon Cory (from the Pine Lake True Martial Arts) and I received our O Dan ranks - 5<sup>th</sup> degree Black Belt. As students gave congratulations, they also asked questions about the process, which I can say involves a great deal of both martial arts and personal development. I also realized that many of our students and families were not very familiar with some of the recent history of our style and our school. I would like to give a brief overview of that here.

The style that we teach and learn here at True Martial Arts is American Chang Moo Kwon Tae Kwon Do. It is derived from the Chang Moo Kwon style that was passed down from Sa Bum Nim Chang Hae Choi to SBN Dan Di Vito, to SBN Thomas Zoppi, to GJN David Barrett, and on to all of us. As SBN Zoppi taught and studied, he gradually modified and revised the requirements, keeping the tradition of the art while strengthening the system and keeping it relevant to our students. There came a time when SBN Zoppi determined that our style had diverged from the original Chang Moo Kwon enough that it was truly its own style - American Chang Moo Kwon.

When SBN Thomas Zoppi passed away, he passed the guardianship of the system to David Barrett - then Kyo Bum Nim. He led both True Martial Arts schools (Overlake and Pine Lake) as Chief Instructor for several years, while Laurel Zoppi retained ownership of the schools. In 2007, GJN Barrett purchased the Overlake True Martial Arts, becoming both Owner and Chief Instructor, while the Zoppi family retained ownership of the Pine Lake True Martial Arts and GJN Skyler Zoppi took the role of Chief Instructor there.

A few years later, the leaders of the True Martial Arts schools came together to create the American Chang Moo Kwan Leadership Council. The Council is a committee made up of the highest ranking and longest serving individuals in the American Chang Moo Kwon system. It currently consists of David Barrett, Skyler Zoppi, Leah Zoppi, Jennifer Berg, Laurel Zoppi and Jon Cory.

We realized that in order for our system to grow and to allow our higher ranking students to continue to progress, that we needed to have a path of advancement in place. The American Chang Moo Kwan Leadership Council provides leadership and direction for the stability and growth of American Chang Moo Kwon and our students.

What does the council do? It oversees rank promotions for 4th degree and higher in the ACMK system, organizes annual events including the SBN Thomas Zoppi Championships and other tournaments (like the recent Arnis Tournament), and promotes communication between leaders of the schools affiliated with the American Chang Moo Kwan system (True Martial Arts in Overlake, True Martial Arts in Sammamish, and Northwest School of Martial Arts in Stanwood).

Going forward, we hope to see our schools grow and prosper, and to celebrate many more black belt promotions. Our system will continue to evolve as our black belts learn and use their knowledge and talents to enrich our whole community. We look forward to seeing what the future will bring.

## Upcoming Activities for October/November

<b>Oct 1<sup>st</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>Oct 8<sup>th</sup></b>	<b>Breaking Seminar, 11:30 am</b>
<b>Oct 21<sup>st</sup></b>	<b>Private Black Belt Test, 6:30</b>
<b>Oct 22<sup>nd</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>Oct 24<sup>th</sup> - 29<sup>th</sup></b>	<b>Bring-a-Friend Week</b>
<b>Nov 5<sup>th</sup></b>	<b>Arnis Seminar, 10:00 am (no make up class)</b>
<b>Nov 11<sup>th</sup></b>	<b>Veterans Day Camp, 9:30 am - 12:30 pm</b>
<b>Nov 18<sup>th</sup></b>	<b>Tae Kwon Do Test, 6:30 pm</b>
<b>Nov 24<sup>th</sup> - 25<sup>th</sup></b>	<b>Thanksgiving, TMA Closed</b>
<b>Nov 29<sup>th</sup> - Dec 3<sup>rd</sup></b>	<b>Holiday Sale</b>

### NOTABLES

#### CONGRATULATIONS STUDENTS OF THE MONTH –BEN DAVIES!

Since Ben started training here at True Martial Arts, he has been motivated and eager to learn - as much as he can, as fast as he can. His passion is Arnis, and he attends the Arnis class and seminars as regularly as possible, often working on black belt techniques even though he has just recently received his blue belt. We love watching Ben's enthusiasm - keep up the good work, Ben!

#### Welcome Our Newest Students

Lakshit Animireddy, Saujas Baroorkar, Mayukha Kannadaguli, Taoran Li, Joshua Phan, Alina Potapyeve, Theresa Wegener, and Tiffany Zhang

#### Welcome to the Black Belt Club

Chris Spangler

#### Arnis Promotions for September

Yellow Belt: Elizabeth Berg, Spencer Jarrard, Tanisi Mattu, Zoe Mayclin, and Kai Ori

Green Belt: Adam Davies and Harry Yang

Blue Belt: Harvey Yang

Brown Belt: Etta Spangler

Provisional Black Belt: Matthew Solomon

#### Tae Kwon Do Promotions for September

Yellow Belt: Ganesh Chittella, Anqi Liang, Shankar Regunathan, and Vasudha Sundaravaradan

Adv Yellow Belt: Tanisi Mattu and Genevieve Spangler

Green Belt: Raehan Baliga, Rohan Baliga, and Bhuvan Gajarla

Adv Green Belt: Ronak Singh and Chris Spangler

Blue Belt: Benjamin Davies, Rachel Davies, Sophie Davies, Veeral Goradia, and Isaac Tolman

Adv Blue Belt: Sagnik Sinha

#### October Training Anniversaries

One Year: Raehan Baliga, Rohan Baliga, and Rachel Davies

Two Years: Saharsh Baroorkar and Amy Shrivastava

Three Years: Elizabeth Berg

Four Years: Kimberly Budinger and Rebekah Waterbury

Six Years: Eugene Yum and Ian Yum

#### October Birthdays

Akriti Agastya, David Barrett, Claire Benincasa, Drew Bogdan, Vivien Guo, Cade Prusch, Eshika Saxena, Shresth Saxena, Amy Shrivastava, Charles Smith, Ivan Tarapov, Reed Wessling, Chelsea Wessling, Illaria Wessling, Katherine Xu, Harvey Yang, and Ian Yum

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