

TRUE NEWS - OVERLAKE

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

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www.tmaoverlake.com – email tma.info@tmaoverlake.com



TMA Championships

At the end of this month comes our biggest event of the year: The SBN Thomas Zoppi Championship Tournament. Four schools will join in competition in a safe, friendly environment. It is a very exciting event full of inspirational and memory-making moments. This year the Championships will also be our *only* Tae Kwon Do tournament, so we especially encourage students to take advantage of this opportunity to participate in the competition.

Competition is an aspect of our art that people sometimes shy away from, but through competition we develop many valuable qualities:

- Manage stress and perform in front of others
- Practice commitment, discipline, sacrifice, priorities and heart, all of which are necessary for success
- Learn respect for others and good sportsmanship
- Learn about resilience/deal with disappointment and challenges in a controlled environment

When it comes to competition, a philosophy we believe in is **“My presence is more important than my performance.”** True victory is victory over self. Overcoming all the challenges, emotions, and adversities along the way is more rewarding than the actual result. Competition is a way to help people grow and stretch themselves in ways that they otherwise might not.

To help us prepare for the Championships, here is some advice from SBN Thomas Zoppi:

Form Strategy. Practice, practice, practice! Really good forms competitors practice to a point where they don't do their form good or bad. They practice the good and bad out of it all together. And their 'practice form' looks exactly the same as their 'competition form'. The thing that kills most forms competitors is the silly little mistakes they make during the tournament that they know they shouldn't make at all.

Beyond that, form is performance, and you have to do it like you're an actor in a play. Be dramatic! Be dynamic! Be exciting! This is an attitude. And it's the attitude that you have to step up to the line with. Often, judges can tell who's going to do a 'winner form' just by the way the competitor walks into the ring.

Sparring Strategies. The biggest part of preparing to compete in a tournament is just coming to class and practicing. Do those fighting combinations like you really mean them. Warm-up and stretch with a purpose, not like you're just waiting for class to start. Stay completely focused on the drills you do in class, don't allow your mind to wander, and don't allow yourself to become bored or disinterested. Then when the time comes for you to compete at a high level, you won't be doing anything different from what you already do twice a week, every week in class. This is how you prepare to compete, but there are a few things to know once the competition starts, if you want to get an edge.

It's important to notice your opponent. Obviously, you'll notice 'who' your opponent is, it's the first thing you'll want to know. But you need to notice 'what' your opponent is. Is he or she tall and long, small and quick, fast hands, flexible kicker, more experienced, etc. These are the things you want to know.

We hope that you will join us this year at this fabulous event!

Upcoming Activities for March/April

March 7 th	Arnis Seminar, 10:00 am (no make up class)
March 27 th	Tae Kwon Do Test, 6:30 pm
March 28 th	SBN Thomas Zoppi Championship Tournament!
April 4 th	Arnis Seminar, 10:00 am (no make up class)
April 6 th – 10 th	Spring Break Camp, 9:30 am – 12:30 pm
April 17 th	Breaking Seminar, 6:30 pm (no make up class)
April 24 th /25 th	Tae Kwon Do Test, 6:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –ETHAN MA!

Ethan has shown a great commitment to his training, diligently coming to his regular classes and to Arnis on Wednesday nights. He is always helpful when an extra hand is needed, especially when working with the younger students. Ethan is showing really impressive growth with his consistent training. Keep it up, Ethan!

Welcome Our Newest Students

Romy Baror, Claire Benincasa, Matan Gurman, and Cade Prusch

Arnis Promotions for February

Yellow Belt: Pranav Balaji, Ben Booganim, Ran Booganim, Sagnik Sinha, Etta Spangler, Evan Spangler, and Harvey Yang

Blue Belt: Isaac Mullins

Provisional Black Belt: Seth Miller and Eshika Saxena

Tae Kwon Do Promotions for February

Adv White Belt: Javier Aceves, Valeria Aceves, Rina Miller, and Jakkaphat (Pat) Preecha

Yellow Belt: Saharsh Baroorkar, Saanvi Gupta, Hasit Nanda, Rajas Nanda, Keegan Pham, Amy Shrivastava, and Daniela Snyder

Adv Yellow Belt: Erisa Baba and Richard Yang

Green Belt: Alexander Morin, Anya Nanda, and Sagnik Sinha

Adv Green Belt: Deva Mitra Junu, Deva Nanda Junu, Emily Schuman, and Yatharth Sharma,

Blue Belt: Ido Horovitz and Gryphon Stern

Adv Blue Belt: Isaac Mullins and Felan Wessling

Brown Belt: Kyle Jamison

Adv Brown Belt: Cody Becker, Sudheesh Dabbara, Jon Kuntz, Kunal Prasad, and Matthew Solomon

March Training Anniversaries

One Year: Ben Booganim, Ran Booganim, and Daniela Snyder

Two Years: Sanskruti Kuravalli

Five Years: Cody Becker

Six Years: Jonah Byther and Ethan Ma

Nine Years: Tanner Jakobsen

Ten Years: Ameya Gadkari

Eleven Years: Brian Rockwell

Thirteen Years: Sierra Harden

Sixteen Years: Daniel Berg

March Birthdays

Jaiveer Chauhan, Jeffrey Chen, Lukáš Corey, Sudheesh Dabbara, Sela Dragich, Kyle Jamison, Luke Johnson, Seth Miller, Rina Miller, Onur Ozyer, Pranav Prasad, Rahul Prasad, and Aidan Stohl

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