

# TRUENEWS - OVERLAKE

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

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## What is a Provisional Black Belt and Why Does it Exist?

*Sensei/YDJIN Caitlin Pratt*

A provisional black belt is a probationary rank. It falls in between the highest colored belt and a full-fledged 1<sup>st</sup> degree black belt. In other styles of Tae Kwon Do, this rank may be called "poom belt" or "recommended black belt."

Poom is a junior black belt rank, used in Korea for holders of black belts who are under 15. "Recommended" gets closer to the idea of "candidacy for black belt."

As for why it exists, it's very, very complicated, grasshopper.

There are arguments in favor of allowing children to receive black belts. They include:

- If good physical technique and a good attitude is there, why not?
- Black Belts for children are more about working hard for an achievement and less about perfection.
- It's important to teach children to finish what they begin, whether or not they continue doing martial arts.
- Even if the physical technique isn't perfect, children should be awarded for effort/perseverance.

There are arguments against allowing children to receive black belts. They include:

- Questions of maturity: Their technique may be great, but a child lacks understanding of their use; the brain's judgment circuits aren't complete until the early 20s.
- Questions of physical technique: Their attitude may be great but an undeveloped body may not truly have the power-skill traditionally expected of black belts.
- Questions of commitment: Can you expect a child to make/understand a long-term commitment to martial arts? Does someone who earns a black belt and quits really deserve it?

So I'm here to explain how this all works for TMA students, regardless of your or my views on the matter.

Everyone, adults and children, must go through the provisional rank. Youth under 13 are not allowed to test for 1<sup>st</sup> degree at our school except in very rare exceptions.

Provisional black belt is basically a waiting period. We expect our black belt candidates to work just as hard and act like 1<sup>st</sup> degree black belts. The waiting period is designed for them to prove they are worthy of a "real" black belt.

The minimum time for this waiting period is a year. There is no maximum. Their attendance must be consistent. They must show improvement, in technique and in physical conditioning. Provisional black belts who quit must return their belt to the school. If someone who is under 13 tests for provisional black, their waiting period may naturally end up being longer than for those over 13. We do this because we want our students to succeed. We won't put them through a test they aren't ready for.

Part of our probationary black belt candidacy period asks the candidate to discover their own opinions about what it means to be a black belt. They write an essay on the topic and turn it in to the chief instructor.

If you think about martial arts as a journey without an end, then your experiences and growth become more important than the belt you are wearing.

Black Belt symbolizes a commitment not an achievement; a beginning, not an end.

## Upcoming Activities for June/July

June 3 <sup>rd</sup>	Arnis Seminar, 10:00 am (no make up class)
June 23 <sup>rd</sup>	Private Black Belt Test, 6:30 pm
June 24 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm
June 28 <sup>th</sup> - 30 <sup>th</sup>	Summer Camp, 9:30 am - 2:30 pm
July 1 <sup>st</sup>	Arnis Seminar, 10:00 am (no make up class)
July 4 <sup>th</sup>	Independence Day, TMA Closed
July 10 <sup>th</sup> - 14 <sup>th</sup>	Summer Camp, 9:30 am - 2:30 pm
July 28 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm

**Remember - Classes continue all summer long!**

### NOTABLES

#### CONGRATULATIONS STUDENTS OF THE MONTH – DAFNA APPLE!

Dafna has trained with cheerfulness and determination since she started a year ago. She is focused in class and her pleasure in learning new things and improving her skills make her a pleasure to teach. Keep up the good work, Dafna!

#### Welcome Our Newest Students

Caylee Rieman, David Rieman, Denise Rieman, Jodi Rieman, Henry Ryan, and Herold Ryan

#### Arnis Promotions for May

**Yellow Belt:** Ethan Farmer and YuJun Sun

**Brown Belt:** Nikita Sharma

**Provisional Black Belt:** Sudheesh Dabbara, Anastasia Mullins, and Michael Voskanyan

#### Tae Kwon Do Promotions for May

**Adv White Belt:** Ella Foley, Hannah Foley, Sienna Jarrard, Mukhsina Nabieva, and Mukharram Nabieva

**Yellow Belt:** Namit Agarwal, Noga Gideon-Abada, Mylie Johnson, Shubham Kulkarni, and Michal Paul

**Adv Yellow Belt:** Akriti Agastya, Nakul Kade, and Tom Li

**Green Belt:** Isabella Guo, Spencer Jarrard, Bar Shalev Merin, Kyra Mohr, Shankar Regunathan, and Shresth Saxena

**Adv Blue:** Veeral Goradia, Atishay Jain, Emily Schuman, and Chris Spangler

**Adv Brown:** Maddie Kawasaki and Nikita Sharma

#### June Training Anniversaries

**One Year:** Dafna Apple, Sanjay Chittella, Ethan Farmer, Anqi Liang, YuJun Sun, and Raina Wu

**Two Years:** Genevieve Spangler and Katherine Xu

**Seven Years:** Scott Horchover

**Eight Years:** Richard Nguyen

**Thirteen Years:** Matthew Solomon

**Twenty Years:** Nancy McKinley

#### June Birthdays

Daniel Berg, Tanner Jakobsen, Mayukha Kannadaguli, Jodi Rieman, Landan Sapkota, Genevieve Spangler, Deniz Terek, and Corrine Velasco

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