

TRUENEWS - OVERLAKE

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

May, 2017

Edition 121

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A Few Random Thoughts on the Responsibilities of a Black Belt

by Lisa Owen

Don't strive to be a role model. You already are. Whether you want to be or not, whether you know it or not. To students of lower ranks, you are what they aspire to be. They pay attention to you, and neither of you may even know it. You cannot know what action or word on your part will have an effect on them. And it's often the small actions, the offhand words that have the biggest impact, for good or for ill, and you may not discover that impact until much later. Or maybe never. So instead of striving to be a role model, instead strive to make your words and actions those that you can be proud of.

Don't tell everyone how great you are. You *are* great. You've achieved something that a lot of people only daydream about, fewer try, and even fewer succeed. So yes, be proud of yourself. But show your pride not with noisy braggadocio, but with mindful demonstration of *why* you've earned the belt.

Don't assume that you know everything. You don't, and never will. Not about martial arts, not about life, not about ... anything. The best you can do is have fun making the attempt. Anyway, people who think they know everything tend to be obnoxious jerks.

Don't be an obnoxious jerk. Such behavior diminishes the belt, the wearer, and the school.

Don't stop learning. Remember that everyone has something to teach you, from the people at the front of the room with more stripes than you, to the white belt student bowing onto the floor for the first time. And what they have to teach you may not be what you expect. Or what you want. But it will probably be what you need.

Don't lose sight of the first mental requirement. Respect is the foundation for every successful relationship you will ever have. Every. Single. One.

Don't demand respect. Earn it. Earn it by how you treat those who disagree with you, those who have little or nothing to provide you, those you just don't like. Earn it by how you respond to hardship. Earn it through the everyday words and actions that make the students around you better.

Don't make others earn your respect. Give it to them, even to people you don't like, and especially to those you disagree with. Your respect will then be theirs to lose.

Don't forget to respect yourself. There will be times when you don't respect yourself, for reasons small or large. Learn to recognize that loss, and make an effort to rectify it. One of those relationships mentioned earlier is that with yourself. It's a big one.

And finally, don't restrict your black belt to the training floor. One of the most important of the "words on the walls" is "Exit." If you don't take all those other words with you each time you exit the school, you are, in effect, leaving your black belt behind as well. Without those words, it doesn't matter how high you can kick, how hard you can punch, or how fast you can disarm someone with a knife. Without those words, you're just someone who knows some cool moves and can hold their own in a fight. So own those words. Take those words with you and live by them. Therein lies your true responsibility.

Upcoming Activities for May/June

May 6 th	Arnīs Seminar, 10:00 am (no make up class)
May 26 th	Tae Kwon Do Test, 6:30 pm
May 29 th	Memorial Day, TMA Closed
June 3 rd	Arnīs Seminar, 10:00 am (no make up class)
June 23 rd	Private Black Belt Test, 6:30 pm
June 24 th	Tae Kwon Do Test, 6:30 pm
June 28 th - 30 th	Summer Camp, 9:30 am - 2:30 pm

NOTABLES

CONGRATULATIONS STUDENTS OF THE MONTH – SAGNIK SINHA!

Since Sagnik started three years ago, he has consistently performed at a level higher than many other of his age. He constantly impresses his instructors with his skill and dedication. Keep up the good work, Sagnik!

Welcome Our Newest Students

Ron Barletz, Julian Chase-Rambin, Amy Chielel, Tiernan Conklin, Sienna Jarrard, Landan Sapkota, and Eldin Vallius

Welcome to the Black Belt Club

Isabel Mullins, Sagnik Sinha, and Harry Yang

Arnīs Promotions for April

Yellow Belt: Anqi Liang and Krish Verma

Green Belt: Dafna Apple, Gavin Cooper, and Scott North

Blue Belt: Shreyas Pai

Brown Belt: Sagnik Sinha, Evan Spangler, Gryphon Stern, and Rakesh Velagapudi

Tae Kwon Do Promotions for April

Adv White Belt: Neev Ansel and Amit Attota

Yellow Belt: Lalith Shravan Guruprasad, Joseph Moreau, Aarav Srivastava, and Gene Yang

Adv Yellow Belt: Aafreen Aafreen, Mayur Amarnath Palavalli, Diksitha Pradeep, and Asim Gouse Kaja Shaik

Green Belt: Jai Bindlish, Anqi Liang, Swara Patil, Siddarth Shankar, Genevieve Spangler, and Niyathi Ventrappagada

Blue Belt: Beth Benincasa and Tanvi Patil

Adv Blue: Anya Nanda

Black Belt Promotions from the March Test

Provisional Black Belt: Isabel Mullins and Irika Sinha

1st Degree Black Belt: Cody Becker

2nd Degree Black Belt: Tyler Hammond and Kaarina Tulleau

May Training Anniversaries

One Year: Srivennela Koduri and Kyra Mohr

Five Years: Anya Nanda

Twelve Years: Evan Dragich and Sela Dragich

May Birthdays

Lakshit Animireddy, Maya Aravindhan, Elizabeth Berg, Jacob Fusaro, Scott Horchover, Spencer Jarrard, Mylie Johnson, Apuroopa Kavikondala, Rishi Kavikondala, Alyona Kerekcs, Anqi Liang, Lohitaksh Maheshwari, Pratyush Maheshwari, Zoe Mayclin, Adi Megiddo, Kyra Mohr, Isaac Mullins, Simon Mullins, Jyothi Panchapagesan, Tanvi Patil, Harinisri Prakash, Laura Rabellino, Shankar Regunathan, Emily Schuman, Gryphon Stern, Vasyl Tarapov, and Isaac Tolman

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