

TRUENEWS - OVERLAKE

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



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www.truemartialartsredmond.com – email info@truemartialartsredmond.com

Arnis Tournament

By SBN Jennifer Berg

We have a really exciting event coming up at the end of September: the Arnis Tournament. Students have already been hearing about it in classes, and many may have fond memories of competing in past years. Although our school is more focused on skill and personal development than on tournaments, tournaments have a place in our training, too, and the Arnis tournament is special for several reasons.

First, there are benefits that come from participating in any tournament. Through competition, we learn respect for others and good sportsmanship; practice commitment, discipline, sacrifice, priorities and heart, all of which are necessary for success; develop skills to manage stress and perform in front of others; and learn about resilience and dealing with disappointment and challenges in a controlled environment. Competition is a way to help people grow and stretch themselves in ways that they otherwise might not. That holds true regardless of the competition you engage in.

The Arnis tournament is distinct from our Tae Kwon Do tournaments, though, in the types of events available and the scope for creativity it offers. While our Tae Kwon Do tournaments usually focus on individual performance and perfecting our art with precision, the Arnis tournament focuses on Arnis skills, both with weapons and open hand. Students are encouraged to develop new presentations to demonstrate their command of the art, and often to do so with partners. Each of the four events (individual form, synchronized form, two-person sets, and Arnis sparring) offer something exciting for competitors.

Individual form can be either a form taught from the Arnis curriculum, or a created form that shows students' proficiency in Arnis. It's great fun to see what students invent, and super cool to watch the black belts show their forms.

Synchronized forms are done in groups of two or more. These, too, can be either forms from our Arnis curriculum or ones that are created. Synchronized forms give us the space to be creative not just with the forms themselves, but in how we perform them. It is one of my favorite things to work with a group to make a form (or often, forms) where there is both precision in our coordination and variety in our execution.

With two-person sets, students get to create their own two (or more) person set, a give and take of attack and defend with a partner. Partners may use any combination of weapons, which leads to some fun combinations – sword and dagger versus long bo, long sword versus sticks, for example. Some sets rely on the roots of our basic sinawolis, but some turn into beautifully choreographed knock-down, drag-out fights.

Lastly comes Arnis sparring. Although the goal is the same in Arnis point sparring as it is in Tae Kwon Do point sparring – score first and earn more points – there is more variation here, too. Opponents get to choose their padded weapon, which means they can spar with the weapon they are most comfortable with. There are more opportunities to score, too, since the weapon allows half-points to be scored on the arms and legs.

All in all, September 28th should be an exciting day. I look forward to seeing our students and our competitors come together for fun, friendly, and creative competition!

CONGRATULATIONS STUDENT OF THE MONTH – SANSKRITI GUPTA

Sanskriti is a fantastic student who has been training for two years. She has a blue belt in both Tae Kwon Do and Arnis. Although she is usually quiet in class, she is always attentive and game to try whatever new skill or challenge is set before her. She is a good partner, working well with fellow students of all levels, and she is a pleasure to have in classes. Keep it up, Sanskriti!

Upcoming Activities for September/October

Sept 2 nd	Labor Day, TMA Closed
Sept 7 th	Arnis Seminar, 10:00 am (no make up class)
Sept 14 th	TMA Picnic at Perrigo Park, 11:00 am – 2:00 pm
Sept 27 th	Tae Kwon Do Test, 6:30 pm
Sept 28 th	Arnis Tournament at TMA Overlake
Oct 5 th	Arnis Seminar, 10:00 am (no make up class)
Oct 11 th	Breaking Seminar, 6:30 pm
Oct 25 th	Private Black Belt Test, 6:30 pm
Oct 26 th	Tae Kwon Do Test, 6:30 pm

NOTABLES

Welcome Our Newest Students

Dhruv Bihani, David Damour, Michael Damour, Hermina Jani, Shanaya Maheshwari, and Bhagyashree Nayak

Welcome to the Black Belt Club

Hannah Aramaki, Wren Nowers, Sahasra Meenakshi Chennamaneni, and Medhasvi Durki

Arnis Promotions for August

Yellow Belt: Riddhi Sangani and Sakshi Sangani

Green Belt: Keya Tople

Blue Belt: Sanskar Gupta, Sanskriti Gupta, Omkar Page, Yujun Sun, and Lucas Xue

Provisional Black Belt: Kyle Jamison and Nikita Sharma

Tae Kwon Do Promotions for August

Adv White Belt: Arohi Bindlish and Emily Carver

Yellow Belt: Yazan Aloufi and Medha Jain

Green Belt: Yueyang Sun

Adv Green Belt: Dhareesh Lakkireddy and Roi Ronen

Blue Belt: Vasudha Sundaravaradan

Adv Blue Belt: Mylie Johnson

Brown Belt: Aarav Srivastava and Advaii Srivastava

September Training Anniversaries

One Year: Isaac Davis, Ariel Elnekave, Sarah Froh, Atlas Karamfilov, and Tahel Mugarbi

Two Years: Kenzie Crooker, Maxime Dahan, Hemanth Kambhampati, Samanvita Singhanian, and Lucas Xue

Three Years: Namit Agarwal, Joseph Moreau, Jyothi Panchapagesan, Joshua Phan, Aadit Singh, and Aarav Srivastava

Four Years: Medha Jain, Scott North, and Siddarth Shankar

Five Years: Tanvi Patil and Vasyl Tarapov

Six Years: Pranav Balaji and Maddie Kawasaki

Seven Years: Gryphon Stern

Nine Years: Linnea Fossum

Twelve Years: Karol Jamison and Felan Wessling

Fifteen Years: Howard Stein

Nineteen Years: Paul Cullivan

September Birthdays

Guru Charan Banda, Vernik Bhat, Jai Bindlish, Ryan Boparai, Navya Kade, Ria Mahajan, Tahel Mugarbi, Roi Ronen, Dhruv Shankar, Nikita Sharma, Advaii Srivastava, and Mangai Sundaram

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