

# TRUENEWS - OVERLAKE

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

January, 2017

Edition 117

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## How to Succeed

*SBN Jennifer Berg*

As we come into the New Year, we see many toasts and well-wishes and hopes for success. So many famous people (and relatively unknown people, too) have given us quotes about success, that it made me wonder, how does a person succeed, really? I don't think there's a single rule that everyone can follow, but there must be principles that we can all relate to and connect with. These are the things I think we can all apply to our lives in our search for success.

In order to succeed, you must first define success. Ask yourself: What do you want to achieve? What does success mean to you? Remember that it is personal; there's no objective metric - no certain amount of money you must earn, no particular job you have to have. The famous pianist Arthur Rubenstein said, "There is no formula for success except perhaps an unconditional acceptance of life and what it brings" and I think he was largely right. Success is different for everyone. That is why it is so important to decide what it means to you. If you reach for success, you have to know what you want from life.

After you know what you want, make a plan. Set goals and try to make them both achievable and measurable. We have a mental requirement that says "Set long term and short term goals" because it is really important to do just that. Your goals help you know where to aim your energy and how to structure your time. Long term goals might feel very difficult to achieve, so we break them down into bite-sized chunks - also known as short term goals. Goals should be measurable so that we can tell that we've made progress, how much we've made and how far we have left to go. So instead of "learn a new language" make your objective to "practice French for 15 minutes a day." If you can explicitly state your ambitions, you will find them more attainable.

Then - and this is the most important part - start doing what you've planned! You will not succeed if you don't do anything. Action is required. As Reggie Leach said, "Success is not the result of spontaneous combustion. You must set yourself on fire." No one can do it for you (and it's probably better that no one is trying to set you on fire, don't you think?); you have to do the work yourself. At the same time, be prepared to be flexible. Sometimes life will force us to change what we are doing - we might get injured or struggle with something we thought would be easy or get sidetracked by other things. You won't always reach your goals as quickly as you thought, and you won't always find the pathway easy. But in the end, you will find success if you keep striving toward your goal.

## Upcoming Activities for January/February

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| Jan 7 <sup>th</sup>                    | Arnis Seminar, 10:00 am (no make up class) |
| Jan 27 <sup>th</sup>                   | Tae Kwon Do Test, 6:30 pm                  |
|  |  |
| Feb 4 <sup>th</sup>                    | Arnis Seminar, 10:00 am (no make up class) |
| Feb 16 <sup>th</sup> -17 <sup>th</sup> | Mid-Winter Break Camp, 9:30 am - 12:30 pm  |
| Feb 20 <sup>th</sup>                   | Presidents' Day Camp, 9:30 am - 12:30 pm   |
| Feb 24 <sup>th</sup>                   | Tae Kwon Do Test, 6:30 pm                  |

## NOTABLES

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

Rachel is one of those fabulous adult students whose children brought her in. She was hesitant to start, but in the last year and a bit has become an incredibly dedicated student, regularly coming to four or more classes each week. She is hard-working, a bit of a perfectionist and absolutely a pleasure to teach. We're so glad to have you as part of our family, Rachel!

### Welcome Our Newest Students

Maya Aravindhan, Shreya Aravindhan, Mayukh Asthana, Mylie Johnson, Anaisha Saxena, and Ethan Zheng

### Welcome to the Black Belt Club

Tanvi Patil

### Arnis Promotions for December

**Yellow Belt:** Achintya Agrawal, Ganesh Chittella, Ben Green, Shankar Regunathan, Siddarth Shankar, Cecilia Sun, Vasudha Sundaravaradan, Ivan Tarapov, and Keya Tople

**Green Belt:** Raehan Baliga, Rohan Baliga, and Vasyl Tarapov

**Blue Belt:** Noya Bar-Nathan, Shira Levi, and Reed Wessling

### Tae Kwon Do Promotions for December

**Adv White Belt:** Shubham Kulkarni Mansi Tripathi, and Krish Verma

**Yellow Belt:** Tiffany Zhang

**Adv Yellow Belt:** Anqi Liang, Kyra Mohr, Swara Patil, Shankar Regunathan, and Vasudha Sundaravaradan

**Adv Green Belt:** Harry Yang

**Blue Belt:** Rachel Davies

**Brown Belt:** Gryphon Stern

### January Training Anniversaries

**One Year:** Aafreen Aafreen, Ryan Boparai, Spencer Jarrard, Asim Shaik, and Charles Smith

**Five Years:** Nikita Sharma and Harvey Yang

**Eight Years:** Theresa Fancher and Rishi Kavikondala

### January Birthdays

Pranav Balaji, Jennifer Berg, Ruta Dhaneshwar, Ethan Farmer, Ishaan Gandhi, Veeral Goradia, Tyler Hammond, Aiden Lim, Zairah Madhurakuzhiyil, Sophie Miller, Anastasia Mullins, Swara Patil, Joshua Phan, Drew Pocza, Irika Sinha, Etta Spangler, Keya Tople, Joseph Trohimovich, Rakesh Velagapudi, Felan Wessling, Owen Wessling, and Ella Xu

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