

TRUE NEWS - OVERLAKE

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

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Edition 100

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



How Should I Tie My Karate Belt?

I saw this article and wanted to share it with all our students. I think it gives a unique view. The author trains in Karate, but the principles correspond to Tae Kwon Do, too. Thanks to Jesse Enkamp for giving permission to use his article. The article first appeared on the website www.KarateByJesse.com. –SBN Jennifer

This is a question I get – mainly from people who have observed this:

There's more than ONE way to tie a Karate belt.

You see, although the end result generally looks the same, it's a little-known fact that different Karate schools teach slightly different methods for tying the Karate belt. *So...*

Today I want to share what I believe is the correct way to tie your Karate belt – and why it matters more than you think.

You see, it's not just about "tying a belt".

Ask yourself this:

- What value do you actually place in the act of tying your belt?
- What [thought processes](#) are activated in the ritual of tying it?
- How can that develop us as Karate-ka and human beings?

Although that last point is a borderline silly statement to derive from such a simple procedure as tying your Karate belt, I believe we can enhance almost any seemingly mundane task in life simply by placing a little more thought into *how* and *why* we do it.

When you tie your belt, it should be more than just a habitual act.

It should serve as a spiritual reminder of how paying attention to small details can affect your whole outlook on Karate...*and life*. (Hippies call this "mindfulness".)

So without further ado, here's the correct way to tie your Karate belt, as told to me by [Patrick McCarthy](#), the Western world's foremost researcher on Karate. *Ready? Check it out:*

Step 1: The Balancing

The first step of tying the belt is to make sure it hangs evenly from the middle.

This act symbolizes the importance of balance – both spiritual, technical and physical (known in Japanese as '[Shin Gi Tai](#)') – but also serves as a reminder that excellence can only be achieved when physical training is *balanced* with theoretical studies.

In classical Karate, this concept is known as 'Bun Bu Ryo Do' – meaning; literary study and physical practice are united in the '[Way](#)'.

Western philosophers refer to this as the “*pen and the sword*”.

Your hand is in the middle.

Controlling the balance.

Step 2: The Wraparound

Now that you’re balanced, the next step is to wrap the belt around you.

This is done by placing the middle of the belt below your navel.

By placing the belt below your umbilical, you’re reminded that the proper practice of Karate empowers you with the unique skill to give, receive and end life.

Therefore, we must uphold the [moral values](#) that define us as a Karate-ka and strive to manifest them in our every interaction during Karate practice.

Now cross the belt behind your back.

As the belt makes an “X” behind us, we are reminded to be prepared for those who might cross us behind our backs.

Now bring the belt to the front again, because what goes around comes around.

We always reap that which we sow.

Then make the “X” again in the front of the body.

This reminds you that what goes on behind your back can go on under your nose too.

Keep your friends close, but your enemies closer.

Step 3: The Knot

Now, bring one end up under the belt and the other down.

This reminds the Karate-ka of the two directions in which our mind can travel when we are not at peace with ourselves, and the importance of striving upwards in an effort to seek constant improvement (Jpn. ‘*kaizen*’).

Lastly...

By tying the knot tightly we are reminded of the importance in tightening our resolve in all matters, fortifying our spirit (Jpn. ‘*fudoshin*’).

Finally.

At the end of this ritual we make sure the ends are hanging perfectly even.

If they’re not...**Don’t worry.**

Nothing in this world is perfect. *Life goes on.*

It’s the thought that matters.

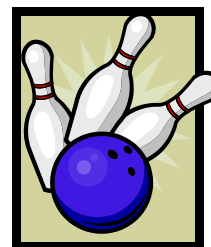
Upcoming Activities for August/September

August 1 st	Arnīs Seminar, 10:00 am (no make up class)
August 3 rd – 7 th	Full Day Camp, 9:30 am – 2:30 pm
August 15 th	Teen Bowling Night, 6:00 pm at Tech City Bowl
August 17 th – 21 st	Full Day Camp, 9:30 am – 2:30 pm
August 21 st	Tae Kwon Do Test, 6:30 pm
August 27 th	Black Belt Club Seminar, 6:00 pm
August 29 th – 30 th	Summer Sleepover, 7:00 pm – 9:00 am
September 5 th	Arnīs Seminar, 10:00 am (no make up class)
September 7 th	Labor Day, TMA Closed
September 12 th	School Picnic at Perrigo Park
September 19 th	Arnīs Tournament at Overlake TMA
September 25 th	Tae Kwon Do Test, 6:30 pm

As you can see from the calendar above, we've got a busy couple of months coming up! Here's some more information about some of the coming events:

TEEN BOWLING: SATURDAY, AUGUST 15TH

Calling all teenagers! We are hosting a night for our teenage students to get together outside class and bond over bowling. We'll meet at Tech City Bowl on Saturday, August 15th at 6:00. Just \$15 will cover the shoes and the bowling.



SUMMER SLEEPOVER: SATURDAY, AUGUST 29TH – 30TH

The summer sleepover is a great way to end the summer with a bang (though not a literal one). Starting at 7:00 pm, students are invited to join us for a night of martial arts fun. Dinner, a movie, and breakfast are included. Pick up is 9:00 the next morning.



TMA PICNIC: SATURDAY, SEPTEMBER 12TH

We get together every year to celebrate our school and our great community. Last year we invited everyone to share in a potluck meal, and it was so successful, we'd like to do it again. We'll meet at Perrigo Park on Saturday, September 12th from about 11:00 – 2:00. Awards will be announced around 12:00. Hope to see you there!

ARNIS TOURNAMENT: SATURDAY, SEPTEMBER 19TH

True Martial Arts – Overlake is hosting this year's Arnīs tournament. This tournament focuses on Arnīs skills, both with weapons and open hand. It is a fun and friendly competition, attended by all four of our associated schools. There are divisions in four different areas: individual form, synchronized form, two man sets, and Arnīs sparring.

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –JON KUNTZ!

Jon has been a hard working student since he started, six years ago. Over time he has gotten even more serious about his training, and since he joined the Advanced Class, has really shown his dedication. Now he goes toe-to-toe with even the biggest of the big dogs! Great work, Jon – keep it up!

Welcome Our Newest Students

Rohan Anand, Bhuvan Gajarla, Yaswanth Grandhi, Lahari Manjunatha, Ashank Mehrotra, Shreyas Pai, Atharv Sharma, Ronak Singh, Genevieve Spangler, and Pranav Takrani

Arnis Promotions for July

Yellow Belt: Rachel Benincasa

Blue Belt: Deva Mitra Junu, Deva Nanda Junu, and Nikita Sharma

Provisional Black Belt: Ofir Horovitz

Tae Kwon Do Promotions for July

Adv White Belt: Kajsa Lukmanmihardja and Robert Nguyen

Yellow Belt: Nakul Kade

Adv Yellow Belt: Claire Benincasa and Matan Gurman

Green Belt: Etta Spangler

Adv Green Belt: Amiya Madhurakuzhiyil and Zairah Madhurakuzhiyil

Adv Blue Belt: Nikita Sharma

Brown Belt: Lisa Owen

August Training Anniversaries

Two Years: Deva Mitra Junu and Deva Nanda Junu

Four Years: Apuroopa Kavikondala

Nine Years: Harika Dabbara



Remember to drink plenty of water in the hot weather!

August Birthdays

Saharsh Baroorkar, Eliana Coe, Srikar Dabbara, Linnea Eng, Jotroop Kaur, Kajsa Lukmanmihardja, Mihika Shetty, Beatriz Sousa, Michael Voskanyan, and Eugene Yum

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