

# TRUENEWS - OVERLAKE

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

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## Do you walk the walk outside of class?

*SBN Thomas Zoppi*

Some of my proudest moments as a martial arts instructor are hearing the students recite the mental requirements at pre-tests and hearing them interpret them in their own words at tests. The capacity to learn about and understand subjects such as respect, responsibility, self-discipline, indomitable spirit, leadership and serving others is truly the prime ingredient for a happy and successful life. And I'm very proud that most students take them seriously.

But as proud as I am of this attribute in most, I am equally dismayed at things I see and hear from some students outside of class, at home, and even in the locker rooms. It makes me wonder if some students have an on-off switch in their heads. They turn on the good citizenship skills in class and turn them off again when they leave.

If you're one who does this, let me tell you something... it's not the Black Belt way!

Before I'm too quick to condemn though, maybe we should all (not just the naughty ones in the locker rooms) take a little closer look at this subject.

I'm reminded of an incident a little while back when I was scolded by Kyo Bum Nim. I was driving and another driver had just done an incredibly stupid thing, almost causing an accident. I was visibly angry and saying mean things about the driver when KBN asked me, "What would your students think if they saw you now?" Ouch! *SELF-CONTROL OVER NEGATIVE THOUGHTS AND ATTITUDES - BROWN BELT.*

Here are a few other examples; the names have been withheld.

I walked into the school recently and the boys' locker room was so messy that I couldn't even walk through it. *RESPECT FOR YOURSELF, YOUR FAMILY, THE SCHOOL, AND ALL THE STUDENTS. - ALL RANKS.*

A student's boss was not a kind person and treated the student poorly at work. The student said that he/she wasn't going to work hard anymore and that he/she was just going to collect a paycheck and keep quiet about company problems. *THINKS IN A POSITIVE MANNER, ON AND OFF THE TRAINING FLOOR. - ADVANCED YELLOW BELT.*

A student was expected to keep his/her bedroom clean at home. This was an agreement between the student and the parents. The student never did this chore without being told to do it several times over by a parent. *SELF-MOTIVATED. WORKS HARD WITHOUT BEING TOLD TO. - ADVANCED GREEN.*

A student was asked to do a task that involved writing. The student wasn't very good at writing and didn't like to do it. The student started the project but never completed it. *CONSISTENT AT COMPLETING TASKS. DOES NOT GIVE UP. - BLUE BELT.*

This student is very responsible and usually does everything he/she is supposed to. In fact, the student does things right so often that when an occasion happened that the student did something wrong, he/she became embarrassed and upset. The student proceeded to give a lengthy, emotional explanation on why and how the mistake happened. *DOES NOT NEED TO JUSTIFY MISTAKES OR ERRORS. - ADVANCED BLUE BELT.*

After testing, a student read a new requirement on his/her next requirement sheet and said that it was not something that he/she would be able to do. *SETS GOALS, AND ACHIEVES THEM WITH INDOMITABLE SPIRIT - GREEN BELT.*

I'm sure that most of us can relate to at least some of these examples, or maybe think of other times when we didn't follow the mental requirements very well outside of class. So, what do we do about it? For one thing we can all recognize that we're not perfect and not blame ourselves for that fact.

Instead of using the 'not-perfect' excuse to continue doing things wrong, decide to make things better from now on. Next, get a mental picture of what doing better would be like. Lastly... start! If you're having a lot of trouble with something in particular, talk to your instructor or talk to me. We're always willing to help.

## Upcoming Activities for October/November

Oct 6 <sup>th</sup>	Arnis Seminar, 10:00 am (no make up class)
Oct 12 <sup>th</sup>	Breaking Seminar, 6:30 pm (no make up class)
Oct 26 <sup>th</sup>	Private Black Belt Test, 6:30 pm (no make up class)
Oct 27 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm
Nov 3 <sup>rd</sup>	Arnis Seminar, 10:00 am (no make up class)
Nov 16 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm (no make up class)
Nov 22 <sup>nd</sup> – 23 <sup>rd</sup>	Thanksgiving, TMA Closed
Nov 26 <sup>th</sup> – 30 <sup>th</sup>	Pro-shop Sale

### Hopelink Food Drive

We feel strongly that it is important to give back to our community. One way we do that is to organize a food drive every year to benefit Hopelink. Last year we took over 2700 items and 1350 pounds of food to Hopelink. Help us make this year even more successful!

### NOTABLES

#### CONGRATULATIONS STUDENT OF THE MONTH – PRANAV BALAJI

Pranav started training with us when he was just five years old. Over the last five years, he has grown and developed into an eager and avid martial artist – he even won the perfect attendance award this year with 207 classes! His instructors have enjoyed watching his focus and abilities evolve, and look forward to seeing him continue to excel. Keep it up, Pranav!

### Welcome to the Black Belt Club

Sanskar Gupta, Sanskriti Gupta, and Omkar Page

### Welcome Our Newest Students

Ido Apple, Isaac Davis, Sarah Froh, Neetika Jindal, Annastasia Lokholm, and Tuli Mugrabi

### Arnis Promotions for September

**Brown Belt:** Tanvi Patil, Isaac Tolman, and Katherine Xu

**1<sup>st</sup> Degree Black Belt:** Apuroopa Kavikondala



### Tae Kwon Do Promotions for September

**Adv White Belt:** Kevin Sarmiento and Kayden Shimizu

**Yellow Belt:** Navya Kade

**Adv Yellow Belt:** Guru Charan Banda

**Adv Green Belt:** Neev Ansel, Nakul Kade, Lohitaksh Maheshwari, Pratyush Maheshwari, Laura Rabellino, Sandra Rabellino, and Shankar Regunathan

**Adv Blue:** Dafna Apple, Raehan Baliga, Rohan Baliga, and Jai Bindlish

### October Training Anniversaries

**Two Years:** Dhruv Shankar

**Three Years:** Raehan Baliga and Rohan Baliga

**Five Years:** Elizabeth Berg

**Eight Years:** Eugene Yum and Ian Yum

### October Birthdays

Neev Ansel, Amish Bankuru, GJN David Barrett, Claire Benincasa, Drew Bogdan, Laura Ittner, Nakul Kade, Prarav Kairamkonda, Dhareesh Lakkireddy, Nishka Mishra, Ahana Nanda, Aradhya Neelapala, Kaan Saydag, Ivan Tarapov, Chelsea Wessling, Illaria Wessling, Katherine Xu, Harvey Yang, and Ian Yum

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