

# TRUENEWS - OVERLAKE

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

November, 2018

Edition 139

[www.truemartialartsredmond.com](http://www.truemartialartsredmond.com) – email [info@truemartialartsredmond.com](mailto:info@truemartialartsredmond.com)



## Gratitude

*By SBN Jennifer*

It is easy, day-to-day, to focus on the negative things around us or that happen to us. The mind latches onto things and doesn't want to let them go. If we can take time to remember, look for, and focus on the positive, though, we find that we are happier and healthier and that our lives are better because of it.

I believe it was Gertrude Stein who said "Silent gratitude isn't very much use to anyone." With that in mind, I'd like to take some time this month to share some of the things that I am grateful for, both personally and as an instructor.

We've had some exciting days at TMA recently. Just weeks ago, we had a black belt test where ten students tested for provisional black belt, first degree, and second degree black belts. What an accomplishment for them all! And for us as a school, too. For years, we've been helping people achieve their martial arts dreams and helping students develop into successful black belts and people. It is so rewarding to see students succeed!

We had a fantastic food drive where our school brought in more than 3200 items of food and other household necessities to benefit Hopelink and those in need. The promise of a pizza party and some good, healthy competition helped to spur on the collection, but more than anything it shows the spirit of generosity that is alive in our school.

I am thankful for my family – my husband and daughter who bring me joy daily, who not only allow me to spend the bulk of my time at TMA, but who have made it an important part of their lives, too. They help teach and watch people and train and by their very presence make it possible for me to enjoy my time more.

I am thankful for good friends. Many of my friends are here at TMA, and it is a blessing to share the art with them and be connected in this community with them. I also have friends that I've known for more than half my life and having that solid friendship is very important to me.

Most of all, I find that the community here at TMA brings me joy. Although everyone starts their martial arts journey for different reasons, we all become connected by a desire to improve ourselves, to become stronger – physically and mentally, fitter, and happier. To advance in rank and to learn more about our art and ourselves. Beyond what we each are trying to accomplish for ourselves, though, students and teachers here at TMA are dedicated to helping each other become better and achieve the best they can. I am inspired by students who come in to extra classes or on their own time before and after classes to help one another practice or create new things. I am inspired by and grateful for the instructors that give their time to teach, and who come in extra to help pretest classes or work extra with students who need and ask for it.

So, thank you all for being a part of our TMA family. I hope that you can find time to find the fabulous things in your life, too...and come share them with us, if you'd like!

## Welcome to the Black Belt Club

Neev Ansel, Lohitaksh Maheshwari, and Pratyush Maheshwari

## Upcoming Activities for November/December

Nov 3 <sup>rd</sup>	Arnis Seminar, 10:00 am (no make up class)
Nov 12 <sup>th</sup>	½ day Veterans Day Camp, 9:30 am – 12:30 pm
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> – Dec 1 <sup>st</sup>	Pro-shop Sale
Dec 1 <sup>st</sup>	Arnis Seminar, 10:00 am (no make up class)
Dec 14 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm (no make up class)
Dec 24 <sup>th</sup> – 25 <sup>th</sup>	Christmas Eve/Day, TMA Closed
Dec 26 <sup>th</sup> – 28 <sup>th</sup>	½ day Winter Break Camp, 9:30 am – 12:30 pm
Dec 31 <sup>st</sup> – Jan 1 <sup>st</sup>	New Year's Eve Sleepover (no regular classes)

### NOTABLES

#### CONGRATULATIONS STUDENT OF THE MONTH – SIDDARTH SHANKAR

Siddarth is an Advanced Green Belt who has been training for three years. Always cheerful when he comes in, Siddarth is excited to come to class and improve his martial arts skills. He is very supportive of his fellow students and is always a good partner. Siddarth recently took the martial arts principle of respect for other people off the training floor by contributing significantly – and independently – to our food drive. His compassion for others floored us. Keep it up, Siddarth!

#### Welcome Our Newest Students

Vivian Broda, Maryam Iqbal, Afifah Kashif, Ria Mahajan, Nogah Mugrabi, Katelyn Pham, Dhanush Rallapalli, Pradeep Rallapalli, Hakan Saydag, and Kaan Saydag

#### Arnis Promotions for October

**Yellow Belt:** Maxime Dahan and Caylee Rieman

**Green Belt:** Lohitaksh Maheshwari and Pratyush Maheshwari

**Brown Belt:** Shreyas Pai

#### Tae Kwon Do Promotions for October

**Adv White Belt:** Kenzie Crooker, Isaac Davis, Sarah Froh, and Ananya Pathak

**Yellow Belt:** Chantal Bissonnette, Dhareesh Lakkireddy, Hazel Manko Levite, Riddhi Sangani, Sakshi Sangani, and Tom Thomas

**Adv Yellow Belt:** Matteo Bautista, Laura Ittner, Samuel Ittner, Daksha Mishra, Nishka Mishra, Ahana Nanda, and Alexander Peacock

**Green Belt:** Shawn Diem and Sri Tanvi Mayakuntla

**Adv Green Belt:** Ethan Farmer

**Blue Belt:** YuJun Sun

**Adv Blue Belt:** Anqi Liang

**Brown Belt:** Beth Benincasa and Shivani Jayaprakasam



#### November Training Anniversaries

**One Year:** Guru Charan Banda, Amish Bankuru, Matteo Bautista, and Shawn Diem

**Three Years:** Beth Benincasa

**Five Years:** Keya Tople

**Eleven Years:** Cynthia Wessling

**Twelve Years:** Sudheesh Dabbara

#### November Birthdays

Beth Benincasa, Chantal Bissonnette, Viviane Broda, Kenzie Crooker, Maxime Dahan, Ariel Elnekave, Ben Green, Deva Mitra Junu, Deva Nanda Junu, Afifah Kashif, Maddie Kawasaki, Ananya Pathak, David Rieman, Brian Rockwell, Sakshi Sangani, and Evan Spangler

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