

# TRUENEWS - OVERLAKE

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

May, 2018

Edition 133

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## The Basics

*SBN Thomas Zoppi*

First printed July, 1992

The other night we were about half-way through the Advanced Class when I realized something rather unusual. There were twelve students in the class; eight Black Belts, two Brown Belts and two Blue Belts. If you counted the years of experience or the number of trophies earned by those twelve people, the totals would be great. These were very talented and committed Martial Artists.

So what was it that struck me as being so unusual about this particular class? Well, as I said we were about half-way through the class and the only things we had worked on, besides warm-ups, were Ki Bon 1, and Sticky Hands.

As you know, Ki Bon 1 and Sticky hands are White Belt requirements. Why would an advanced class be studying White Belt requirements? And what's more, every student in the class was working hard, improving, not bored, enjoying the class, etc.

Well, the requirements may have been White Belt, but there were distinct differences between what my class was doing and what a typical White Belt class would be doing. The Ki Bon 1 had crisp focus, precision balance and timing, and tremendous power using third stage movement. The Sticky Hands looked like what Yip Mann had in mind when he created the exercise in China many years ago. These students were not practicing White Belt requirements, they were practicing something more: perfection of motion.

I know that when I was a colored belt (many, many years ago), I was always eager to learn new hands, new kicks, new forms, anything new at all. I think such desires are normal. But what do you think the ultimate goal of a Martial Artist is? What do you think you would have to do to be the best? Learn every Martial Arts movement that exists? No. You would have to learn how to create perfect Martial Arts motions, at will.

Imagine this. Two guys are fighting. One knows 138 different ways to kick and he's not too good at any of them. The other one only knows a front kick. The one that knows the front kick can do it with power, focus, timing and balance every time he kicks, and he never misses. Who would win the fight?

I'll give you a real example. When Sa Bum Nim DiVito was a 1st Dan Black Belt, he was sparring with Mr. Choi, his instructor. As they sparred, Mr. Choi said (in his Korean accent) "I kick you with front kick now." Mr. DiVito thought to himself "Oh no you won't." **BOOM!** In a flash, Mr. Choi scored with a front kick. When Mr. DiVito went home that night there was a bruise on his stomach. The bruise was shaped like the ball of a foot with five toes. I would say Mr. Choi must have practiced that *white belt kick* to the point of perfection!

The moral of the story isn't "don't learn anything new". It is OK to learn new and different movements, but remember the real truth of your Art is found in quality, not quantity. Never be satisfied to just learn something new and quickly move on. Don't do that in your Martial Arts or in your life either. Whatever you do, do it like a pro.

### From the Comment Box:

*Kindness is a small blob of effort which can cause extraordinary things. ~ Neev Ansell*

*There is nothing good or bad, but thinking makes it so. ~ Shakespeare*

## Upcoming Activities for May/June

May 5 <sup>th</sup>	Arnis Seminar, 10:00 am (no make up class)
May 18 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm (no make up class)
May 19 <sup>th</sup>	Teen/Adult Day Camp 12:30 pm – 3:30 pm
May 28 <sup>th</sup>	Memorial Day, TMA Closed
June 2 <sup>nd</sup>	Arnis Seminar, 10:00 am (no make up class)
June 15 <sup>th</sup>	Tae Kwon Do Test, 6:30 pm (no make up class)
June 25 <sup>th</sup> – 29 <sup>th</sup>	Full Day Summer Camp, 9:30 am – 2:30 pm

## NOTABLES

### CONGRATULATIONS STUDENT OF THE MONTH –SHIVANI JAYAPRAKASAM

Shivani came to True Martial Arts with a Black Belt from a different style. Since joining us, she has worked hard to learn all the TMA requirements and has just received her Advanced Blue Belt in American Chang Moo Kwon. Shivani is a dedicated martial artist and works hard to learn new skills and perfect techniques. We are very proud of all the work she does. Keep up the great work, Shivani!

### Welcome Our Newest Students

Mekail Ahmed, Kashif Ahmed, Nathan Haile, Prarav Kairamkonda, Anushka Kamat, Avantira Kamat, Aradhya Neelapala, and Benjamin Paris

### Arnis Promotions for April

**Green Belt:** Myles Johnson, Kyra Mohr, and YuJun Sun

**Brown Belt:** Pranav Balaji and Drew Bogdan

**Provisional Black Belt:** Deva Mitra Junu, Deva Nanda Junu, and Lisa Owen

### Tae Kwon Do Promotions for April

**Yellow Belt:** Guru Charan Banda, Momin Jawad, Hemanth Kambhampati, Russell Morris, Rahul Sundaresan, and Cindy Wang

**Adv Yellow Belt:** Amit Attota, Sri Tanvi Mayakuntla, Joseph Moreau, and Lucas Xue

**Green Belt:** Neev Ansel, Ethan Farmer, Sanskar Gupta, Sanskriti Gupta, and Omkar Page

**Adv Green Belt:** Joshua Phan

**Adv Blue Belt:** Shivani Jayaprakasam and Ronak Singh

**Brown Belt:** Anya Nanda and Tanvi Patil

### May Training Anniversaries

**One Year:** Caylee Rieman, David Rieman, Denise Rieman, and Jodi Rieman

**Two Years:** Kyra Mohr

**Six Years:** Anya Nanda

**Thirteen Years:** Evan Dragich

### May Birthdays

Hannah Aramaki, Anish Basa, Elizabeth Berg, Mackenzie Fiendell, Sanskriti Gupta, Scott Horchover, Spencer Jarrard, Myles Johnson, Apuroopa Kavikondala, Rishi Kavikondala, Alyona Kerekes, Taner Kiral, Anqi Liang, Lohitaksh Maheshwari, Pratyush Maheshwari, Adi Megiddo, Kyra Mohr, Aundia Moini, Isaac Mullins, Simon Mullins, Jyothi Panchapagesan, Tanvi Patil, Laura Rabellino, Shankar Regunathan, Emily Schuman, Gryphon Stern, Vasyil Tarapov, and Isaac Tolman

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