

TRUENEWS - OVERLAKE

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



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Edition 107

www.truemartialartsredmond.com – email info@truemartialartsredmond.com

TMA Championships

At the end of this month comes our biggest event of the year: The SBN Thomas Zoppi Championship Tournament. Four schools will join in competition in a safe, friendly environment. It is a very exciting event full of inspirational and memory-making moments. This year the Championships will again be our *only* Tae Kwon Do tournament, so we especially encourage students to take advantage of this opportunity to participate in the competition.

Competition is an aspect of our art that people sometimes shy away from, but through competition we develop many valuable qualities:

- Manage stress and perform in front of others
- Practice commitment, discipline, sacrifice, priorities and heart, all of which are necessary for success
- Learn respect for others and good sportsmanship
- Learn about resilience/deal with disappointment and challenges in a controlled environment

When it comes to competition, a philosophy we believe in is **“My presence is more important than my performance.”** True victory is victory over self. Overcoming all the challenges, emotions, and adversities along the way is more rewarding than the actual result. Competition is a way to help people grow and stretch themselves in ways that they otherwise might not.

To help us prepare for the Championships, here is some advice from SBN Thomas Zoppi:

Form Strategy. Practice, practice, practice! Really good forms competitors practice to a point where they don't do their form good or bad. They practice the good and bad out of it all together. And their 'practice form' looks exactly the same as their 'competition form'. The thing that kills most forms competitors is the silly little mistakes they make during the tournament that they know they shouldn't make at all.

Beyond that, form is performance, and you have to do it like you're an actor in a play. Be dramatic! Be dynamic! Be exciting! This is an attitude. And it's the attitude that you have to step up to the line with. Often, judges can tell who's going to do a 'winner form' just by the way the competitor walks into the ring.

Sparring Strategies. The biggest part of preparing to compete in a tournament is just coming to class and practicing. Do those fighting combinations like you really mean them. Warm-up and stretch with a purpose, not like you're just waiting for class to start. Stay completely focused on the drills you do in class, don't allow your mind to wander, and don't allow yourself to become bored or disinterested. Then when the time comes for you to compete at a high level, you won't be doing anything different from what you already do twice a week, every week in class. This is how you prepare to compete, but there are a few things to know once the competition starts, if you want to get an edge.

It's important to notice your opponent. Obviously, you'll notice 'who' your opponent is, it's the first thing you'll want to know. But you need to notice 'what' your opponent is. Is he or she tall and long, small and quick, fast hands, flexible kicker, more experienced, etc. These are the things you want to know.

We hope that you will join us this year at this fabulous event!

Upcoming Activities for March/April

March 5 th	Arnīs Seminar, 10:00 am (no make up class)
March 19 th	SBN Thomas Zoppi Championship Tournament – Save the date!
March 25 th	Tae Kwon Do Test, 6:30 pm
March 26 th	Black Belt Club Seminar, 11:30 am
April 2 nd	Arnīs Seminar, 10:00 am (no make up class)
April 4 th – 8 th	Spring Break Camp, 9:30 am – 1:00 pm
April 22 nd	Tae Kwon Do Test, 6:30 pm
April 23 rd	Black Belt Club Seminar, 11:30 am

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – FELAN WESSLING!

Felan started training nearly 9 years ago, and has practically grown up in the school. He has really started to push hard in class and is learning quickly. We are proud of his progress and how he is working on his leadership skills. He is a pleasure to have in class. Keep up the good work, Felan!

Welcome Our Newest Students

Keyura Koduri, Saaketh Panta, Harinisri Prakash, and Nithyasri Prakash

Arnīs Promotions for February

Yellow Belt: Beth Benincasa, Rajas Nanda, Ronak Singh, and Chris Spangler

Green Belt: Veeral Goradia, Chahek Gupta, and Sagnik Sinha

Blue Belt: Etta Spangler

1st Degree Black Belt: Linnea Eng

Tae Kwon Do Promotions for February

Adv White Belt: Sara Hirani, Spencer Jarrard, John Klecan, Monica Klecan, Omri Menache, Mangai Sundaram, and Venkat Sundaram

Yellow Belt: Raehan Baliga, Rohan Baliga, Soham Raja Chandramouli, Alon Lavy, and Bar Shalev Merin

Green Belt: Sophie Davies, Atishay Jain, Rajas Nanda, Mihika Shetty, and Harry Stephenson

Adv Green Belt: Pranav Balaji, Saharsh Baroorkar, and Joyce Zhou

Blue Belt: Claire Benincasa, Sagnik Sinha, and Fred Stephenson

March Training Anniversaries

One Year: Adam Davies, Benjamin Davies, Sophie Davies, Narasimha Kade, Mihika Shetty, and Joyce Zhou

Two Years: Ben Booganim and Ran Booganim

Three Years: Sanskruti Kuravalli

Six Years: Cody Becker

Seven Years: Jonah Byther

Ten Years: Tanner Jakobsen

Eleven Years: Ameya Gadkari

Twelve Years: Brian Rockwell

Fourteen Years: Sierra Harden

Seventeen Years: Daniel Berg



March Birthdays

Lukáš Corey, Sudheesh Dabbara, Benjamin Davies, Sela Dragich, Barbara Espinoza, Bhuvan Gajarla, Kyle Jamison, Keyura Koduri, Aditya Kulkarni, Rina Miller, Seth Miller, Robert Nguyen, Saaketh Panta, Rahul Prasad, Aidan Stohl, and Venkat Sundaram

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