

March 2024



TRUE MARTIAL ARTS

Coming Soon: Our Biggest Event of the Year!

32nd Annual SBN Thomas Zoppi Championships Saturday, March 30th

Skyline High School Gym

- **Form & Sparring Competition**
- **Exciting and Inspiring Demonstrations**
- **Over 300 Trophies Awarded**
- **Free Admission for Spectators**



The SBN Thomas Zoppi Championships is a Martial Arts Tournament with a safe, friendly & positive environment for competition that promotes good sportsmanship and further introduces & motivates students about martial arts. We hope every student regardless of age or belt rank can participate and experience this great event! We want our students to feel a part of something bigger than just the class they attend. This is a great way to get better connected to the classmates, families and instructors that make up True Martial Arts and our sister school communities.

There's a Discount Registration Fee of \$50 if you sign up by March 23rd. The Week-of price is \$60 from March 24th-29th. Registration is unavailable on the day of the tournament. The tiered pricing is to encourage early registration to help tournament organizers plan the divisions and make the tournament more efficient for everyone.

The two weeks prior to the event will be used to prepare in classes. We want all students to participate in the tournament, but even those who don't participate will benefit by working to improve their form and sparring. We will be going over tournament rules and working on form performance and point sparring. Preparing for the tournament in class is a big part of the whole experience. In getting ready to perform, we see growth. Practice makes progress!

Black Belt Promotions Announced

It's a great honor to announce the Black Belt promotions from Saturday, February 10th:

Rohan Waghdhare was promoted to 2nd Degree. He's a Head Instructor who has been training for twelve and a half years since September of 2011. Rohan is a Senior at Eastlake High School.

Maya Gopalan was promoted to 2nd Degree. She's a Head Instructor who has been training for ten and half years since September of 2013. Maya is a Senior at Skyline High School.

Maanav Sikaria was promoted to 1st Degree. He's an Assistant Instructor Intern who has been training for nearly eight years since June of 2016. Maanav is a Junior at Eastlake High School.

Ekam Singh was promoted to 1st Degree. He's an Assistant Instructor Intern who has been training for seven and a half years since September of 2016. Ekam is a Junior at Skyline High School.



Tournament T-shirt

The Tournament t-shirt can be worn while competing. Proceeds benefit our Senior Scholarship. T-shirts will be selling at the event for \$32.



Summer Camp Save the Dates

We offer three summer camps for youth and teen students. Registration is live in the student portal.

June 24th - June 28th

July 8th - July 12th

July 29th - August 2nd



Social Media

Facebook:

Facebook.com/truemartialarts

YouTube:

@pinelaketma

Instagram:

truemartialarts_pinelake



Noteworthy

March Training Anniversaries

1 Year: Shravan Stanam, Veeeksha Saddi, Esha Bhat, Amaan Mustafa, Abdelrahman Abdelwahab, Zidan Abdelwahab

2 Years: Rayaan Sharma & Jose Garcia Cabello

3 Years: Samarth Prajapati, Callum Beveridge, Sarayu Kuppireddy

4 Years: Vahin Narayanan

5 Years: Nirvaan Sharma

6 Years: Luca Pries & Suraj Narra

7 Years: Reva Shetty, Sanaya Verma, Reva Nair, Navya Astavans

8 Years: Isha Bhagwat, Ian Kung, Muthu Sethuraman

9 Years: Shaurya Agarwal

10 Years: Thatcher Olson

11 Years: Sneha Moudgalya & Swanthana Kumbum

20 Years: Trisha Ballata

38 Years: Leah Krekel-Zoppi



Happy Birthday!

Luca Thummalapalli, Arya Nadagouda, Matt Song, Farhan Mohammed, Prahaan Gunapal, Christopher Eichholz, Arin Hill, Kruthi Balaji, Vlad Solovyov, Aadav Nachiappan, Jane Dickison, Jasper Long, Arhan Bandi, Anaya Murshed, Ryan Prasad, Nyasa Katre, Lillian Krekel-Zoppi, Elissa Song, Karissa Song, Eshan Kar Mazumder, Akshaj Aneja, Marcus White, Akio Alcid, Riya Girish, Anahita Naredi, Ethan Ellis, Veeeksha Saddi, Claudia Sofy Cuellar, Aarav Ramalingam, Anish Gaitonde, Gahan Mummidi, Siyona Kane, Anarghya Poliseti, Anirudh Vikram, Aneesh Iyer, Clara Reed, Alekhyia Annamreddy, Luke Su, Adyant Poddar, Chuilu Sun, Silas Barness, Oliver Barness, Aarush Devadiga, Kaushal Dabburu, Aarav Rattan, Asher Vaught, Parvesh Ragav, Aadhira Karthik, Alexander Baturin, Violet Reed, Sneha Moudgalya, Reva Shetty, Ishanvi Naredi, Thanshika Jayaraj, Nirvaan Sharma, Anushka Rammohan

Welcome New Students!

David Shadmi, Ishan Pothukuchi, Leo Park, William Park, Sandy Hearn, Karen Howe, Ellen Drummond, Sophia Latham, William Latham, Vihaan Rao Ailneni, Ila Lu, Maverick Cesa-Ludlow, Taylor Choi, Aniket Naravaneekar, Aayush Naravaneekar, Ayaansh Naravaneekar, Austin Cesa-Ludlow, Catie Minnick, Charlotte Minnick, Adyant Poddar, Vilokin Singh, Anya Savitski, Aarzu Northrop, Remy Kraeger, Liam Hanson, Adam Becker, Aadi Prajapati, Aarohi Vijh, Livvy Whittier, Luke Su, Arjun Prashanth, Avantika Gupta

Tae Kwon Do Promotions

Advanced White Belt: Daniel Wang, Andrew McLain, Aarav Sharma

Yellow Belt: Ishanvi Naredi, Vedant Achar, Grace Cox

Advanced Yellow Belt: Mason Ehlert, Sakshi Keshav, Ahilya Dhole, Benjamin Cao, Srinika Bhagavathula, Veer Bhosale

Green Belt: Anirudh Aravind, Ana Hernandez, Samrudh Chanda, Shrihaan Prasanth, Myra Mathur, Kruthi Balaji, Reyansh Gupta, Maliya Chan

Advanced Green Belt: Sujay Sigamani, Aria D'Souza, Sidharth Balaji, Arjun Balaji

Blue Belt: Arin Hill & Ayan Agarwal

Advanced Blue Belt: Kirill Mukhin, Varvara Mukhina, Avaneesh Annamreddy, Logan Eason, Adhvaith Aravind

Brown Belt: Aarav Agrawal

Advanced Red Belt: Sudit Basak, Jaden Guron-Lee, Anaya Kamat, Swanthana Kumbum, Alexander Wright, Kimball Olson, Gahan Mummidi, Eesha Koduru, Aiden Huang, Monish Potturu

1st Degree Black Belt: Maanav Sikaria & Ekam Singh

2nd Degree Black Belt: Rohan Waghdhare & Maya Gopalan

Arnis Promotions

Yellow Belt: Prisha Tripathy, Tara Santhosh, Ahilya Dhole, Anahita Naredi, Arshita Bhargava, Benjamin Cao, Blake Ollenberger, Devyanshi Sharma, Evan Ollenberger, Jayden John Fernandes, Kiyana Kumar, Reyansh Sharma, Shriya Rajthilak, Ishanvi Naredi

Green Belt: Aadhira Kumaresan, Adhyan Kumaresan, Kai Dichter, Penny Chang, Sarayu Kuppireddy, Advik Goel, Amogh Goel, Anay Kulkarni, Ilya Raskovalov, Mauricio Garcia, Prabhav Gade, Shravan Stanam, Anirudh Aravind

Blue Belt: Aadhav Satishkumar, Adhvaith Aravind, Aidan Benny, Grace Morman, Jose Garcia Cabello, Logan Marks, Rohan Remy

Brown Belt: Ian McIntosh

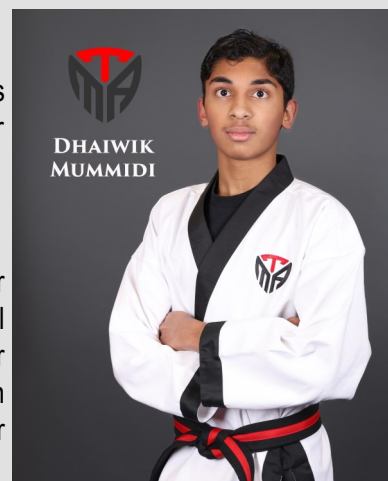
Red Belt: Advitya Singh & Wesley Ing

Instructor News

Welcome **Dhaiwik Mummidi** as our newest Senior Instructor Trainee.

Referral Credit

To show our appreciation for recommending our school, we will credit your account \$40 if you refer friends and family that continue on a regular membership after their new student special expires.



Upcoming Events

Event Sign-Up

Event registration is located at the Student Portal on our website. Email us if you need help logging in.

- 1) Go to truemartialarts.com.
- 2) Click the Student Portal tab on top of the page
- 3) Log in with your email address and password
- 4) Click on Online Booking to access all seminars & events
truemartialarts.com (Click 'Student Portal')

Test Schedule

March: Friday, March 22nd

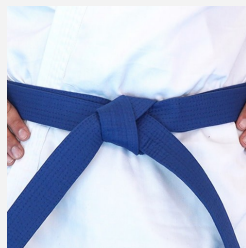
- White Belts: **5:00 PM**
- Yellow Belts and higher: **6:15 PM**

April: Friday, April 19th

- White Belts: **5:00 PM**
- Yellow Belts and higher: **6:15 PM**

May (Black Belt Testing)

- Red & Black Belts: Friday, May 10th: **5 PM**
- White Belts: Saturday, May 11th: **12:15 PM**
- Yellow, Green, Blue & Brown: Saturday, May 11th: **1:30 PM**
- Red & Black Belts: Saturday, May 11th: **3:30 PM**



June: Friday, June 14th

- White Belts: **5:00 PM**
- Yellow Belts and higher: **6:15 PM**

July: Thursday, July 11th

- White Belts: **10:00 AM**
- Yellow Belts and higher: **11:15 AM**

March Black Belt Workout

All Level Red and Black students are welcome to participate in a free Black Belt Workout from 11:30 AM until 12:30 PM (unless otherwise noted). Bring your sparring gear. Arnis Equipment is optional. No uniform is required, wear something you can move around in. No need to register in advance, just show up.

Saturday's on March 2nd and 23rd

Special time: Saturday, March 16th: 12:00 - 1:00 PM
No Black Belt Workout on March 9th and 30th

March Bonus Class Schedule

Make up missed classes and/or attend extra classes. Register online in the Student Portal. There's no fee to attend. Each class is 40 minutes. You can attend both classes on the same day.

Saturday's on March 2nd and 23rd

No Bonus Classes on March 9th, 16th, and 30th

Tae Kwon Do / Self Defense: Level White thru Brown 10:00 AM
Arnis: All Ranks and levels 10:45 AM

Upcoming Arnis Seminars

Friday, March 1st

Friday, April 5th

Friday, May 3rd

- Going for Arnis Yellow and Green 5:00 - 5:55 PM
- Going for Arnis Blue 5:00 - 6:30 PM
- Going for Arnis Brown, Red, and Black 6:00 - 8:00 PM



Testing occurs during the seminar for those that are judged to be ready by the Instructors.

Board Breaking Seminars

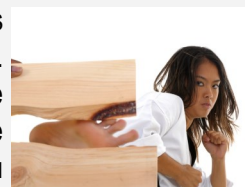
Saturday, March 9th

10:45 AM - 12:15 PM

Saturday, April 27th

10:45 AM - 12:15 PM

Board Breaking is required for Blue Belts and higher as part of Tae Kwon Do testing. Students are required to attend at least one Board Breaking Seminar per rank for Blue Belt and beyond prior to your test so you can perform safely and with confidence.



Tournament Prep Seminar

Monday, March 25th

7:45 - 9:05 PM

All students are welcome for a night of preparation in tournament form and point sparring. Bring sparring gear, no uniform required and there's no fee.

SBN Thomas Zoppi Championships

Saturday, March 30th

9:00 AM Check-in

A Martial Arts Tournament with a safe, friendly & positive environment for competition that promotes good sportsmanship and further introduces & motivates students about martial arts. We hope every student regardless of age, experience or rank can participate and experience this great event!



Submissions Seminar

Monday, April 15th

7:45 - 9:05 PM

A Submission is a self defense technique that makes an attacker accept or acknowledge that they are confronting a superior force and makes them choose between calming down or risking further pain/injury. There is no fee and all are welcome if you are at least 10 years old. No uniform is needed. Bring your head gear and mouth guard.

Street Fighting Seminar

Monday, May 13th

7:45 - 9:05 PM

We will be working on Stand-up sparring technique, Takedowns/Takedown Defense & Basic Ground Fighting. Bring sparring gear. No uniform is required. There is no fee and all are welcome if you are at least 10 years old.

Information & News

New Student Special

Interested in joining our school? Introductory Special:
6 weeks of classes with a uniform for \$60

Offer valid for students that haven't trained with us before.

Missed a Class?

If you miss class for any reason, keep in mind our generous make-up policy: **Missed classes can be made up without time restriction, as long as you have an active membership.**

These are two ways to make up your missed classes:

1) **Saturday Bonus classes.** Tae Kwon Do at 10:00 AM (for levels white through brown) and Amis at 10:45 AM (all levels and ranks). Sign up in advance via the student portal.

2) **Any open (non wait listed) class for your age and rank level.** Check with the front desk or email us for the current openings. No advance sign up is necessary.

Office Hours

Our office is open on Monday through Thursday and Saturday. You can register new or returning students, ask membership questions, and get sized for uniforms and equipment. No appointment is necessary.

Monday	4:15 - 8:00 PM
Tuesday	3:45 - 8:30 PM
Wednesday	3:30 - 8:00 PM
Thursday	3:45 - 8:30 PM
Saturday	8:45 - 11:15 AM

Kickboxing Group Fitness Class

Kickboxing is every Saturday at 8:00 AM. Kickboxing group fitness class offers a variety of exciting, fast-paced workouts. Pre-registering is the only way to attend. Go to our **TMA website** and look for the "student portal" tab, login and click on online booking and then Kickboxing

- TMA students with an active membership get a 50% discount by entering in the promo code 'tma'. If you forget to enter the promo code, you will not receive the discount

Pro Shop

If you need uniforms or equipment, come in during office hours. You can also make purchases online following these steps:

- 1) [Go to truemartialarts.com](http://truemartialarts.com)
- 2) [Log in with your email address and password](#)
- 3) [Click the Student Portal tab on the top of the page](#)
- 4) [Click on Pro Shop](#)



2023 Award Winners

Pee Wee Kicker of the year:	Elena Chang
SNAP Student of the year:	Jacob Cooke
Level White/Yellow student of the year:	Violet Reed
Level Green student of the year:	Max Iyer Vijh
Level Blue student of the year:	Shivam Chowdhary
Level Brown student of the year:	Eric Baker
Level Red student of the year:	Ekam Singh
Level Black student of the year:	Deeptha Babu
100% Effort:	Pelayo Sanfeliz
Indomitable Spirit:	Lisa Auerbach
Positive Attitude:	Rohan Waghdhare
Assistant Instructor Intern of the Year:	Shipra Prajapati
Assistant Instructor of the Year:	Michael Sheng
Head Instructor of the Year:	Nimisha Thakur
Senior Instructor of the year:	Arya Jodh
Top Attendance:	Chuilu Sun
15 Year Anniversary:	Darren McGraw



First Row: Arya and Nimisha

Second Row: Deeptha and Lisa

Class Available/Wait List Status as of 3/1/24

Day & Time	Age Group	Classroom	Availability
Level White: White and Advanced White Belts			
Wednesday 3:45 - 4:25 PM	Pee Wee Kickers	Room C	AVAILABLE
Saturday 9:00 - 9:40 AM	Pee Wee Kickers	Room A	AVAILABLE
Saturday 9:00 - 9:40 AM	Pee Wee Kickers	Room C	AVAILABLE
Wednesday 3:45 - 4:25 PM	Youth	Room A	WAIT LIST
Saturday 9:45 - 10:25 AM	Youth	Room A	WAIT LIST
Saturday 9:45 - 10:25 AM	Youth	Room C	WAIT LIST
Saturday 10:30 - 11:10 AM	Family	Room A	WAIT LIST
Monday & Wednesday 5:15 - 5:55 PM	Youth	Room A	WAIT LIST
Monday & Wednesday 6:00 - 6:40 PM	Family	Room A	WAIT LIST
Tuesday & Thursday 6:15 - 6:55 PM	Family	Room A	WAIT LIST
Tuesday & Thursday 8:05 - 8:55 PM	Teen/Adult	Room C	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Yellow: Yellow and Advanced Yellow Belts			
Wednesday 3:45 - 4:25 PM	Youth	Room B	WAIT LIST
Saturday 9:15 - 9:55 AM	Youth	Room B	AVAILABLE
Saturday 10:30 - 11:10 AM	Family	Room C	AVAILABLE
Monday & Wednesday 4:30 - 5:10 PM	Youth	Room A	AVAILABLE
Monday & Wednesday 5:25 - 6:05 PM	Youth	Room C	WAIT LIST
Tuesday & Thursday 4:20 - 5:00 PM	Youth	Room C	AVAILABLE
Monday & Wednesday 6:10 - 6:50 PM	Family	Room C	WAIT LIST
Tuesday & Thursday 5:50 - 6:30 PM	Family	Room C	AVAILABLE
Tuesday & Thursday 6:35 - 7:15 PM	Family	Room C	WAIT LIST
Tuesday & Thursday 8:05 - 8:55 PM	Teen/Adult	Room C	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Green: Green and Advanced Green Belts			
Monday & Wednesday 4:30 - 5:10 PM	Youth	Room B	AVAILABLE
Tuesday & Thursday 4:35 - 5:15 PM	Youth	Room A	WAIT LIST
Tuesday & Thursday 5:05 - 5:45 PM	Youth	Room C	AVAILABLE
Monday & Wednesday 6:55 - 7:35 PM	Family	Room C	WAIT LIST
Tuesday & Thursday 7:20 - 8:00 PM	Family	Room C	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Blue: Blue and Advanced Blue Belts			
Monday & Wednesday 4:30 - 5:20 PM	Youth	Room C	WAIT LIST
Tuesday & Thursday 5:20 - 6:10 PM	Youth	Room A	AVAILABLE
Monday & Wednesday 6:45 - 7:35 PM	Family	Room A	WAIT LIST
Tuesday & Thursday 7:00 - 7:50 PM	Family	Room A	AVAILABLE
Tuesday & Thursday 7:55 - 8:55 PM	Teen/Adult	Room A	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Brown: Brown and Advanced Brown Belts			
Tuesday & Thursday 4:00 - 5:10 PM	Youth/Teen	Room B	WAIT LIST
Monday & Wednesday 5:15 - 6:25 PM	Family	Room B	AVAILABLE
Tuesday & Thursday 6:30 - 7:40 PM	Family	Room B	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Red: Red and Advanced Red Belts			
Monday & Wednesday 6:30 - 7:40 PM	Family	Room B	WAIT LIST
Tuesday & Thursday 5:15 - 6:25 PM	Family	Room B	AVAILABLE
Tuesday & Thursday 7:45 - 8:55 PM	Family	Room B	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE
Level Black: Black Belts			
Monday/Wednesday 7:45 - 9:05 PM	Teen/Adult	Room B	WAIT LIST
Wednesday & Friday 9:00 - 10:10 AM	Teen/Adult	Room B	AVAILABLE

Black Belt: What It Is and What It Takes

By Michael Sheng



Throughout the history of the Martial Arts, achieving Black belt has been seen as perhaps the grandest of achievements. Black belts have been regarded with high respect in all schools and are held to ambitious standards including personal values, physical and mental strength, character. They are seen as reputable and are the type of person one can trust. At TMA, when we see a Black belt, we see the years of training, preparation, and dedication they have committed to their rank. And those in the school who have not yet reached Black belt have had their fair share of learning and hardships, knowing that others have undergone the same processes. Thus, I believe Black belt isn't just a rank or a mindset, it is its own package of qualities that we all wish to see in a "good" person. The necessary trials required to attain Black belt are no doubt daunting feats. The belt represents that in a person.

When I first joined TMA in second grade, I didn't really think much of it. To me, Black belt was just a distant achievement that I never would reach. If they were such a diverse group, with what chance could I ever get into it?

As the years went by, I slowly rose in rank. Through Level two and three, I realize now that I never needed to put in much effort. Class was mainly about developing techniques and knowledge about the requirements. I remember classes when I was a blue belt were much lighter in the sense that there was a lot more resting time and warmups only lasted a couple minutes. I rarely found the classes intense.

Then came level four. The conditioning in classes was a huge jump. Classes started getting really intense, to the point where I needed to improve my stamina and mental state to keep going. Level four is where the physical demands accelerate – and I have found that to meet it, a strong mind is most requisite. Regardless of physical state, what really matters, in my opinion, is strong dedication. This comes in the form of enduring when you feel like you are about to break; when your body is burning as if engulfed by fire, but you keep going. A skill like this is one that all Black belts have. One of the mental requirements, stated clearly, is the ability to relax while going hard. Developing a way to evade physical rigor was perhaps the most important skill on my Black belt journey so far.

Since at the time of writing this I train in a level four class, often times I see a Black belt student or two join for an extra class or workout. I have found that there exists a noticeable difference between the skill showcased by Black belts. Everything just feels much crisper and intentional. I feel like for most people, this is almost a standard that Black belts are held to. They need to stand out to match their rank. But most people also don't see what goes on behind all those moves. It's not just physical strength but extreme mental dedication and control as well. This is what we are training for in level four classes. The seemingly never-ending warmup is a good way to strengthen our perseverance.

As we slowly push toward the achievement of Black belt, our strength is constantly lifted by the increased intensity of test preparation. The Black belt test is not only a physical test but a mental test as well. Months are spent to get ready and staying strong during the hours of pure workout is completely dependent on the might of the mind. If one is able to pass the test, then it truly shows that they are capable of what having a Black belt represents.

Michael was promoted to 1st Degree in October of 2022. He's a Head Instructor who has been training for eleven and a half years since September of 2013. Michael is a Senior at Eastlake High School. This essay was written in March of 2022.

May Testing Deadlines

The following deadlines pertain only to Level Red and Black students who are attempting to test in May:

- Pushups and sit-ups need to be marked off by Wednesday, March 20th.
- Your class minimum requirement must be met by Friday, April 19th. If the test gets postponed, this deadline will still stand.
- May Level Red & Black pretesting ends on Friday, April 19th. Class Minimums must be met. Arnis and Board Breaking requirements completed. And all pre-testing needs to be checked off and completed.

Recent Events

Thank you to our Black Belt judges at belt rank testing on Friday, February 9th and Saturday, February 10th: SBN **Amy Nibert**, SBN **Sammy Ballata**, KBN **Samuel Cardwell**, KBN **Joshua Cardwell**, KBN **Trisha Ballata**, KBN **Lisa Auerbach**, YDJN **Thatcher Olson**, YDJN **Arya Jodh**, YDJN **Isaac Cardwell**, and YDJN **Raina Cardwell**.

Thank you for bringing 77 guests to Friends and Family week in early February! Congratulations to **Ranveer Dasari** for winning \$100 in our raffle! We'll have one more Friends and Family week in 2024, coming this summer.