

# The Dojang Spirit

Traditional Martial Arts Academy

November, 2011



## Cooler Weather is Here!

The summer heat wave has finally broken. Now that it is cooling down, we need to take care of our bodies in different ways. Training makes you sweat and sweat leaves you vulnerable to cold. This is the time of year when you may arrive at the Dojang when it is warm and find that the temperature has dropped and/or wind has picked up during class. Make sure to be prepared on those days to bundle up after sweating.



Also, though it is easy to forget to drink water when you do not have heat driving your thirst, you still need to drink lots of water, especially on days you have class or are training.



It is important to train hard, but be sure to train smart!



Sabumnim Espy



## Farewell Jo Kyo Nim Mark Alan

Last month, we said goodbye to a dear friend of our school. Jo Kyo Nim Alan has been a guest judge on almost every belt test we have held over the past five years. Mr. Alan has had the good fortune to pull up his roots and move to Bangkok. With the flooding that is affecting that city, Mr. Alan is currently traveling other beautiful locals in Asia and his reports are full of excitement and discovery. Best of luck Mr. Alan and thank you for all of your years of support!

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## **TMAA Health Fair Rescheduled**

At Traditional Martial Arts Academy, we are pretty serious about supporting the healthy lives and lifestyles of our students and their families. In this spirit, we will be hosting a health fair during classes. The event has been rescheduled to November 9 and 10. We will be bringing in health and wellness experts from the community to chat with you about your health and about their services. Several of these practitioners will also be offering evaluations and “mini-treatments” to give you a taste of what they do. The following practitioners will be present during some or all of the fair:

Julie Espy (Healing Point Wellness) – Functional and Oriental medicines, nutritional counseling. Julie will be offering initial consultations and acupuncture “tune-ups”.

Mark Albrecht – Personal training. Mark offers a whole body approach to physical fitness.

Kaia Petin – Licensed massage therapist.

Dr. Don McKinley – Chiropractic and muscle testing

Brenda Shunn – Licensed massage therapist and physical therapist

Terry Cooley-Kirkpatrick – Acupuncture (including “facelift” acupuncture), Chinese herbal medicine, Reiki

Watch the white board for more details as the dates approach.

## **New Moo Sah Do Section for Kids**

In September, we changed our format for the kids’ Moo Sah Do classes. These are classes in which children learn traditional weaponry and extra self defense techniques. We moved to a two-month cycle that allowed all of the children enrolled to concentrate on a single area of focus. The cycle we started in September was dedicated to Kali, or Filipino stick fighting. We saw an enormous difference in the quality of experience for the kids in the classes with students receiving more personal attention from instructors and the opportunity to participate in fun drills that were not an option with the previous class format.

Our next two-month session, Self Defense and Staff Basics, will cover extra self-defense techniques as well as introduce the long-staff. Students will learn Bong Sul Stretch, a staff form designed to improve flexibility throughout the body, particularly in the back, hips and shoulders. Additionally, they will learn their basic spinning techniques with the weapon.

If you are interested in enrolling your child, we are offering the first month half-off the normal tuition rate, plus we will throw in a staff for free (retail value \$30; a staff is required to participate in this session of Moo Sah Do). Additionally, all students enrolled in Moo Sah Do will receive a 25% discount on most retail purchases at TMAA, as well as discounts to special events. Though students can enroll in this Moo Sah Do session as late as November 9, children will get the most out of the experience if they can start the first week which began October 31. Students already enrolled will need a staff of their own for practicing at home. If you have any questions or would like to take advantage of this opportunity for your child, please let Julie or Sabumnim Espy know.

### **Movie Night**

Friday, October 21, we held a movie night in the Dojang. “Spooky Buddies” was the film of choice and we had a great turn out. It was a fun get-together and the TMAA Parent’s Advisory Committee (who organized the event) raised \$291.58 for the TMAA Student Assistance Fund through the sale of tasty pizza, drinks and snacks at the concessions stand, as well as Limited Edition Pyon Moo Do Kids t-shirts.

### **Limited Edition Pyon Moo Do Kids T-shirts**

We still have a few of these awesome t-shirts available (they would make great Christmas

gifts!). This year’s colors are cherry red, dark heather gray, and heliconia (bright pink). These colors will not be offered again. The shirts feature



the TMAA logo on the left chest and the Pyon Moo Do Kids' "When I focus I can do anything!" logo on the back. If we've run out of the size you want, we can order what you need, but only until November 18. Please be sure to see Julie Espy to purchase or order your shirt before then. Kids' shirts are \$15 each and adult shirts can be ordered for \$17 each (both prices include tax). All proceeds go toward the TMAA Student Assistance Fund.

### **Student Assistance Fund**

Many of you may be wondering about the TMAA Student Assistance Fund (SAF). The purpose of the SAF is to provide financial assistance in the form of scholarship (partial or full) for students whose families come upon hard times and cannot afford full tuition. TMAA families generously donate \$116/month through voluntary additions to their regular tuition; however, TMAA gives \$858 in scholarship every month--hence the need for other fundraisers (such as the Movie Night concessions stand). We greatly appreciate any sized donation, and we are consistently humbled by the generosity of our community. If you would like to add a contribution to the SAF to your monthly tuition, please see Julie Espy.

### **Healing Point has Moved**

As many of you know, Julie Espy had an acupuncture clinic in Manchaca,



TX (just south of Austin). As of November 1, she is practicing out of her new location behind the Kerbey Lane Café on South Lamar. She has also changed the name of her practice to Healing Point Wellness (from Healing Point Acupuncture & Herbs), to reflect her emphasis on Functional medicine and nutritional counseling in addition to Oriental medicine. Learn more about her clinic and specials at [www.HealingPointAustin.com](http://www.HealingPointAustin.com)

### **Gift Buying at TMAA**

The holiday season is fast approaching, so it is time to start thinking about gifts for the martial artists in your life. The TMAA staff can order a variety of goodies including belt display racks, uniforms, sparring gear, weapons and punching bags. Let us know what you are looking for and we can help you find what you need at a reasonable price. Or, feel free to flip through the catalog in the retail area to get some ideas.

## Belt Testing

We held a belt test on October 29th. Everyone did a fantastic job of putting their best effort forward during the test. You can see pictures from this test on the Dojang Blog (<http://traditionalmartialartsacademy.com/wordpress/>).

Our next test is scheduled for Saturday, December 10th. This will be our last test of 2011. Children will begin at 9:00 am, adults at 11:00 am. All students who are testing must be in uniform and ready to go 30 minutes before testing begins for their group. Please have testing registration forms turned in by Thursday, December 8. Forms can be picked up in the Dojang or found online at <http://www.traditionalmartialartsacademy.com/documents/Testing%20Registration.pdf>. If your form is not turned in by December 8, you or your child's name as it appeared on your original enrollment form will be printed on the new rank certificate.

Please note: There are no regular classes on testing days, but all are encouraged to come out and support those students who are testing.



The next Wee Warriors test will be held Friday, November 4 at 5:00 pm. If your child is testing, please be sure that your testing registration is turned in and that you arrive fifteen minutes early to the test.

## Shugyo

On New Year's Eve, we will be holding our annual Shugyo for adults (believe it or not, it will be here before you know it!). Shugyo is a Japanese term for the act of polishing. In this context it describes a process of polishing or cleansing one's spirit. Traditionally, this is done through extended meditation, an immersive retreat (think of a monk in a cave) or rigorous training. Shugyo is an opportunity to push yourself in new ways. We do it on New Year's Eve to set the mental stage for embracing the New Year and the new opportunities that accompany

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it. This year Shugyo will begin at noon and last until 2:00. Drink lots of water and come prepared for a hard but fun training session, ending with an extended meditation.

This will be a great way to close 2011 and get focused and ready for 2012!

### **Monkey Boxing Seminar**

Starting in January, Nate Tingley will be teaching a special seminar series on Chinese Monkey

Boxing. This will be a fun

and physically challenging seminar open to all adult students and children orange belt and above. Nate will be teaching training methods taught by Sabumnim Espy's late teacher, Sigung Albo. Material covered will include monkey walks and kicks, self defense and a long form, Frightened Monkey Dance. Dates and times will be announced.



### **Holiday Schedule**

The Dojang will be closed November 23-26 in observance of Thanksgiving. It will also be closed December 19-January 1 for the Winter break. There will be special open training sessions scheduled during this last holiday for students to have access to the Dojang, but there will be no regular classes. Happy Holidays, everyone!



### **Saturday Parent/Child Class**

TMAA is offering a brand new class on Saturdays at 11:00. This 40-minute class offers an opportunity for adult students to train together with their kids who are enrolled in the Pyon Moo Do Kids program.

Regardless of the belt level of parent or child, we will be working on curriculum as well as drills that will provide a fun bonding experience for families. Plus, you will learn how to work at home on techniques and curriculum with your child.



Not a student in TMAA's adult program? Many have expressed interest, especially if it means that you can work with your children. TMAA is offer a special this month to help you get started. Parents who enroll in November will get their first month of tuition at half-price, plus their uniform for free! On top of that, TMAA has a standing family discount that significantly reduces the tuition of each additional family member, so your rate will remain low even after the special expires. If you are interested in enrolling in the adult program, please speak to a staff member before this special offer goes away!

### **Parents' Advisory Committee (PAC) Meeting—Get Involved!**

The PAC is organized to communicate family issues to the TMAA staff, create social events (such as the TMAA movie night in October and the Junior Black Belt/Kung Fu Panda Celebration back in June) as well as community service opportunities for the school, and manage scholarships for families in need. The committee is comprised of 5 volunteers. Current members are: Georgia Hicks (Zachary), Paige Ott (Ridley), Tina Weaver (Kendall), Jennifer Scariano (Zachary), and Autumn Keiser (Jacob & Suzannah). The next meeting is Thursday, November 3rd, at 7 pm. We value input from all of our students and families, so

please come to the meeting (meetings are open to everyone in the TMAA community, not just voting members) or feel free to bring any questions, comments, or concerns to a PAC member.

### **Kids' Self Defense Class**

The most difficult part of the White Belt curriculum for children is Bae Gae Sul, or the “escape from wrist grabs” self defense set. On Saturday, November 5 at 9:30 a.m., Nate Tingley will be teaching a seminar for kids and parents alike, and parents need not be enrolled in the adult program to participate. This is a wonderful opportunity not



just for kids to better understand these techniques as they work towards their Yellow Belts, but for their parents to have the opportunity to learn the set as well, giving them the ability to work with their children at home. TMAA parents who are able to practice with their children report that not only is it helpful for their children learning the techniques, but also that it is great for their relationship with their kids! This class is usually held the first Saturday of every month.

### **November Birthdays**

November 1 – Chase Rhodes

November 1 – Sean Michael Sanchez-Belcher

November 1 – Will Preston

November 4 – Robert Ott

November 6 – Taylor Germany

November 8 - Eva Narvarte

November 8 – Trent Mosher

November 11 – Ginger McFarlin

November 20 – Miles Kersten

November 22 – Karen McCumber

November 22 – Isabella Hunt

November 24 – Elijah Spadini

November 26 – Jack Moore

November 27 – Jack Unberhagen

November 27 – Jeff Hefler

November 29 – Jennifer Lobos

November 29 – Maddox Gmur

### **Welcome, New Students!**

The following students have joined our Dojang. Please introduce yourself to them and help them feel welcome!

#### Wee Warriors

Athens Aschaffenburg

Aydan Chapman

Jack Davidson (Athena Campus)

Willow Fite

Sean Halloran

Trent Mosher

Henry Newhouse-Bailey

Andrew Sanchez

#### Pyon Moo Do Kids

Parker Callaway

Taylor Germany

Isabella Hunt

Logan Kollman

Angelo Lopez

Olivia Navarro

#### Moo Sah Do

Becky Miller

Kat Miller

Jack Schneeman

#### Adult Pyon Moo Do

Janet George

Roy Harris