

January, 2012



Letting Go For The New Year

Wow, what a year 2011 was for the TMAA community! We said goodbye to our old home in the Athena Montessori Academy gym and moved into a beautiful new space in the Brodie Oaks Shopping Center. Katie Villarreal joined our teaching staff over the summer, and Nate Tingley increased his responsibilities as lead instructor in most of the children's classes. We saw the first Junior Black Belts graduate from the Pyon Moo Do Kids program and had our first visit from my teacher, Kwang Ja Nim Ken Corona. The summer brought us the Parents' Advisory Committee (PAC) and all of the wonderful events that they put together for our community. Plus, we all made new friends as our community grew.

2012 promises to be another great year for us. We expect to continue growing and plan to make some changes to our Dojang to better accommodate our class sizes (don't worry, teacher-student ratios will still remain low!). Changes in the adult class schedule are part of my renewed focus on those programs, and I am very excited about making those classes even more fun, dynamic and challenging. And, we are looking at having several awesome special learning events, including an upcoming Monkey Boxing seminar for both children who are Yellow Belt and above, as well as adults, and a Combative Tactics camp for adults in March.

As we look forward to 2012, it is traditional to



consider what you would like from a New Year. We see it as a fresh start – a new beginning. But for us to truly embrace the coming year as new, it is helpful to consider what in the past year we wish to let go.

For example, a common New Year's resolution is to spend more time with family. If you included this one on your list, you may think of bringing in vacation time or quiet time after evening meals. But what are you willing to let go so that your resolution may be realized? Will you let go of some of your TV or video game time? Are you willing to have phones turned off during meals or can you resist

checking email one last time?

When we think of 2011, it is easy to think of the things we didn't want in our lives when we contemplate what will be different in 2012. But what about letting go of the things we may want, so that we can have things come into our lives that we want even more? As you contemplate your resolutions for the New Year, consider that, in order to embrace the new, it is important to first let go of the old.

Good luck, and I hope all of you have a wonderful New Year!

Sabumnim

Parents' Night Out

The TMAA Parents' Advisory Committee (PAC) hosted a Parents' Night Out on Friday, December 16th from 6-9 pm. Games, crafts, obstacle course, pizza, popcorn, movie...what could be more fun?!?! And, we raised \$226.09 for the Student Assistance Fund! Thank you to all who attended and helped to make the event such a



success.

Give The Gift of Pyon Moo Do

People come to Traditional Martial Arts Academy to learn the art of Pyon Moo Do, but stay because of the wonderful experience they find. Excellent instruction, second-to-none curriculum, dedicated teachers and an amazing community of students and their families all contribute to the TMAA experience.

You can share this gift with those in your life whom you care about most. Tell your friends and family about our school. If someone enrolls under your recommendation, they will get their first two months of tuition at half-price, plus receive a free uniform. What a gift to give! Just have them call the school at 535-4404 or email admin@TraditionalMartialArtsAcademy.com. Another option is to get their contact information to Sabumnim Espy, and he will make sure that they are set up with an appointment to visit the school.

Shugyo

Adult students welcomed the New Year with our annual Shugyo. Meaning “to polish” in Japanese, Shugyo refers to ritual purification, and we did it with an hour and a half of hard training followed by meditation on New Year’s Eve. Everyone survived and ended the year with sweat and smiles!



Moo Sah Do 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, and our current cycle is covering staff and self defense.

Our next two-month session, Nunchaku, will cover drills and techniques related to the Okinawan weapon, as well as a long form.

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 pair of foam nunchaku for free (retail value \$8; nunchaku are required by all students 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 February 8, children will get the most out of the experience if they can start the first week which begins January 30. If you have any questions or would like to take advantage of this opportunity for your child, please let Julie or Sabumnim Espy know.

Monkey Boxing Seminar

We are very excited to be starting the New Year with a Monkey Boxing Seminar. The seminar was originally scheduled to begin on Saturday, January 14. Unfortunately, we are postponing the series a few weeks so that Nate Tingley can recover from a knee injury so that he can be in top form for teaching the seminar. New dates will be announced soon. It will still be held on four consecutive Saturdays from 12-1 pm, and tuition will be \$30 for the series. Moo Sah Do students will save \$20 on tuition.





Saturday Parent/Child Class

Did you know TMAA offers a special class just for parents and children who are enrolled in the program? This class is held Saturdays at 11:00 am with the exception of testing days. 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. If you are interested in enrolling in the adult program, please speak to a staff member.

Parents' Advisory Committee (PAC) Meeting

On the agenda for the January meeting is the development of monthly opportunities for students to earn their Blue stripe for community service. Examples include working at the Capital Area Food Bank sorting food or preparing meal packages for the homeless. Watch for events to be posted in future TMAA newsletters, on Facebook and also on the white board to your left when you enter the Dojang. Students and their parents will be invited to attend together and sign-up sheets will be posted prior to each event.



Parents' Advisory Committee (PAC)--Community Service Stripe Opportunities Coming

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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, January 14 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.

January Birthdays

January 3 – Andrew Sanchez
January 5 – Mariana Kurko
January 5 – Sage Jones
January 9 – Jameson George
January 11 – Jacob Bibby
January 11 – Willow Fite
January 19 – Violet Favis
January 26 – Edgar Medrano
January 27 – Fiona Essa
January 30 – Eitan Lindauer