

Success Martial Arts

Tang Soo Do



21 Feb 2012

The Board Breaker, Issue 83 Newsletter for Success Martial Arts Tucson

Welcome our newest students to Success Martial Arts! Remember a Black Belt is just a white belt who didn't quit!

Brooke Maas

Ben Fitch

Cooper Specus

Dylan Ramion

Andrew Ramos

Alexander Ramos

Sophie Smith

Peter Hardy

Nizere Skinner

Sadie Ellsworth

Benjamin Dupont



All Success Martial Arts Students are required to participate in one tournament per year to be eligible to test for Black Belt or your next degree of Black Belt. Due to this requirement, annual we host our annual championships to meet this requirement without the expense and headache associated with traveling to out of state tournaments. It is highly encouraged that our school have 100% participation in this event as we are the host school! We also are in dire need of volunteers as score keepers, time keepers, escorts, set up, clean up, food serving, and registration. We can't make this a successful event without your support!

Upcoming Events and School Closures

Thur, Feb 23rd, Adult Class & Tournament training only.

5:30PM Beginners

6:30PM Adults/Black Belts

Fri, Sat Feb 24-25th School Closed for Rodeo Break

Fri, Mar 9th, Black Belt Testing, No Classes

Sat, Mar 10th, Tournament, School Closed

Sun Mar 11th, Fundraiser Golf Tournament

Mon Mar 12th, School Closed for tournament cleanup.

Sat, Mar 17th, Color Belt Testing, No Class

Apr 12-16th, School Closed for WDU National Tournament in Columbus, OH

Apr 21st, Belt Testing, No Classes

May 19th, 11th Annual Battle of LA

Confirmed coming to our event so far are:

GM Mariano Estioko, 9th Dan, Sacramento, CA

GM Ho Sik Pak, 8th Dan, Tarzana, CA

Master Brooks Matsuda, 7th Dan, Sacramento, CA

Master Sean Garrett, 6th Dan, Medford, OR

Master Larry Gilliland, 5th Dan RSM, CA

Master Rafael Amill, 4th Dan, Sierra Vista, AZ

Master Robert Reynolds, 4th Dan, Phoenix

Master Alan Roberts, Tucson, AZ

Master Daniel Lim, 4th Dan, Columbus, OH

Kyo Sa Angela Gulick, 3rd Dan, Santa Fe, NM

Chad Masters, 3rd Dan Show Low, AZ

Shelley Ehmann, 3rd Dan, Show Low, AZ

The Value of Competition, My First 5K Race

By Master James Pumarejo

In 2009, I made the decision that I wanted to run a marathon. In preparation for the marathon I, of course, had a running training program that would build up my miles each week and eventually culminate in 26.2 miles. Early on in my training there was one day that I had to log in about 3.5 miles. That same day on Davis-Monthan AFB they were having a 5K race on the base. I decided that if I have to run the same amount anyway, I might as well run in the race and at least get a change of scenery. Up to that date my fastest 5 K was about 25 minutes. (I know, I am not expected to be a competitive runner any time soon with a 30in inseam....) That day of the race many runners blasted off from the start and I keep a slow steady pace, many people I deemed in worse shape than me passed me in the 1st part of the race. About ¾ of the race, I saw the people that had passed me one by one. I told myself, let me just get past that one guy. Then, well, let me get past that one woman. Then, let me definitely get past that guy who is in worse shape than me. In the last ¼ mile I gave it all I got. When it was all said and done I had ran under 23 minutes (Still I know-not that impressive.....) However, I had shaved more the 2 minutes off my fastest time running by myself even on a treadmill. Was I on my way to compete in the Olympics? -No. However I discovered the true value of competition was not to dominate others but to push myself farther that I would do on my own. As our tournament approaches I hope the students, keep this lesson in mind. The tournament results do not define your self-worth. All participants should leave the tournament knowing they learned and grew from participating and pushed themselves to deal with pressure that is invaluable for real self-defense and in the real world.

Some other lessons to keep in mind:

1. I have not run a 5K race since then, and guess what? I ran a 5K the other day and I am back to 25 minutes.....
2. Make no mistake about it, life is not a 5K, it is a marathon. There can be no doubt that a marathon is purely a competition against yourself, self-doubt, and negative thoughts.

February 2012 Birthdays!

생일 축하합니다!

**Gordon Custis
Minsu Pumarejo
Sadie Ellsworth
Pooya Saadat
Benjamin Dupont
Shaey Desai
Steven Prust
Evan Braun
Irelynn Hoesch**

Important Links:

Our webpage:

<http://www.smatucson.com>

Tucson Tournament webpage:

<http://www.smatucson.com/TucsonDSDChampionships.html>

April WDU National Tournament Information:

<http://www.wdsdu.com/WDUNationals.html>

May Battle of LA Tournament Information:

<http://www.battleofla.com>

For 1st Gups, Black Belt Books are now on our webpage in the members area if you don't have one!

<http://www.smatucson.com/members.html>