

Sisters martial artists advance

By **Jim Cornelius**
News Editor

Two Sisters martial artists earned new belt designations last month in a series of intense trials at Outlaw Martial Arts.

On April 12, Kristina Trahern earned promotion 3rd Dan (an advanced black belt designation in taekwondo) and Tristan Kaczmarek was promoted to 2nd Dan. On April 19, Kaczmarek also earned a blue belt in Brazilian jiu jitsu (BJJ). Marty Kaczmarek, Master K, of Outlaw Martial Arts, notes that a blue belt in BJJ has mastery requirements that are equivalent to a black belt in many other martial arts.

The taekwondo belt tests included a one-mile timed run; meditation; demonstration of forms and performance of self-defense techniques. Both also did full-contact taekwondo sparring and a five-minute round of BJJ sparring and demonstrated brick-breaking.

Kaczmarek’s BJJ test required 30 minutes of technical display and four five-minute rounds of grueling sparring with upper belts.

“Sparring is kind of like going through a gauntlet,” Marty Kaczmarek said.

Trahern has been training in taekwondo for nine years. She finds it an excellent means of learning self-defense and keeping fit. And she loves the sense of community.

“It’s a lifestyle,” she said. “We have a really great community. We’ve kind of got a martial arts family.”

As is traditional with advancement as a black belt, Trahern has taken on more and more teaching. She told *The Nugget* that at first she was not sure she would like that aspect of her practice, but she now embraces it

fully. Her next step — promoting to 4th Dan — would make her a master instructor. That’s another three years or so of work, which she gladly undertakes.

The practice of martial arts is therapeutic in many ways.

“You lose focus on anything going through your mind from the day and just focus and work hard,” Trahern said.

Tristan Kaczmarek echoed her thoughts.

The Sisters High School junior, who is also an Outlaws track athlete and carries a full academic load, finds BJJ particularly good for stripping away stress.

“It really allows me to be focused in the moment,” he said. “You become more present.”

BJJ is a grappling art based on getting an opponent into a submission position that forces him or her to acknowledge that submission, or “tap out.” Though it may appear extremely aggressive and strength-based to the uninitiated, it is actually a highly technical art that rewards a deliberate approach and an understanding of body mechanics and leverage. That’s one reason why earning a blue belt is considered a high achievement.

“Brazilian Jiu Jitsu is one of those arts that takes a lot longer than most other arts,” Tristan said.

Tristan began studying with his father under Sensei Roy Dean at the Roy Dean Brazilian Jiu Jitsu Academy in Bend.

“We really liked the vibe of it,” Tristan recalled. “It was really ego-less. It started as a father-son kind of thing.”

Marty affiliated with Roy Dean’s program and incorporated BJJ into Outlaw Martial Arts.

Dean was on site for Tristan’s belt test.

Tristan notes that ego and



PHOTO PROVIDED

Kristina Trahern and Tristan Kaczmarek have achieved high ranking in their martial arts.

machismo just get in the way of learning BJJ, with is progressive and deliberate.

“If you have a good academy, it’s all about learning and progressing at your own rate,” he said.

Highly aggressive types get quickly frustrated.

“You’re a white belt, you’re going to get tapped out every single time,” he said.

Size and strength are trumped by technique.

“I’m, whatever, 140 pounds and I can tap out guys well beyond my weight,” Tristan said.

Kristina Trahern notes that martial arts can have broad appeal.

She’s far from the only

woman in the program, which is actually almost evenly divided between men and women.

Commitment, focus, and a willingness to keep working hard are the only requirements for success.

“It really is for everyone,” she said. “Anyone can be a black belt. The only way you can get there is not to quit.”

Outlaw Martial Arts is located on Hood Avenue in Sisters. Contact them at 541-406-0662 or visit their website, www.outlawmartialarts.com. The Roy Dean Academy is on Pence Lane in Bend. Contact them at 541-390-1745 or visit their website: www.roydeanacademy.com.

Business at a glance...

• The May 22 Fourth Friday Art Stroll in Sisters Memorial Day weekend is the first anniversary of **Hood Avenue Art**. Join them in celebrating an exciting year of art in Sisters. Artists’ reception in the gallery, 4 to 7 p.m., live music from Dave Skelton and Friends, refreshments, free and open to the public. Hood Avenue Art is located at 357 W. Hood Ave.

• **Bronco Billy’s Ranch Grill and Saloon** has announced new hours: Wednesday through Sunday, 11 a.m. to 9 p.m.

• **Sisters Habitat for Humanity** has applied for the following modifications to a previously approved master plan of 17 lots in the Village Meadows Subdivision: 1. Option to allow zero-lot-line dwellings; 2. Modification of CC&Rs to allow possible construction of fences by future homeowners; 3. Option for up to four of the seven double frontage lots between N. Desert Rose Loop and Brooks Camp Road to have vehicle access from Brooks Camp Road.

• **Kokanee Cafe** in Camp Sherman is now open for the 2015 season. Plans are afoot for a five-course wine dinner featuring Galaxy Wines on June 3. For reservations call 541-595-6420.

18 & DINE
\$59

Enjoy 18 holes of golf at Big Meadow or Glaze Meadow and an item from the all day menu at Robert's Pub.*

TEE TIMES: 877.570.5818

*Valid Sunday noon–Thursday through 5/31/15. Not valid 5/24. Carts not included. Not valid for groups. BlackButteRanch.com

It's time for summer

Swim Lessons!

First session begins June 22!
Reserve your spot today.

SISTERS
ATHLETIC CLUB

541-549-6878
brittany@sistersathleticclub.com