



# GMA NEWS

## Feb

### OUR MOST IMPORTANT CLASS—EVER

“Of all the approaches you might take to enhance the safety of your child, do you suppose ignorance about violence is an effective one? How about denial? What about worry?”

---Gavin De Becker—Protecting the Gift (recommended reading for FAST)

You may have already noticed that we don't talk a lot about self-defense applications in our TKD class, except for some blocking references. There is a reason for that. First, martial arts have several benefits not relating to self-defense, which we tend to focus on. Second, while some of the skills carry over into self-defense (more often it is the confidence and security rather than the actual techniques) there are other programs out there that deal with personal protection much better—especially for a beginner. While there is correlation between our martial arts program and self-defense, it is not the most efficient one. Other schools will certainly tell you that their program is great for self-defense. It is not that they know the secret techniques that we don't. It is on account of what we do know, what we have taken the time and expense to learn, that we want to draw the distinction. Not many other instructors have taken the time to study the psycho-dynamics of an assault, predator profiles and methods, etc. To be honest, it is an unnerving experience to do so. But we did it because it is the professional thing to do. We still don't consider ourselves experts, but we have done more homework than most—with Stephen Thompson, RAD, Bill West, and Bill Kipp of FAST defense. We have invested a great deal into the FAST program because we believe it to be one of the best and most cutting edge programs out there. This is NOT a martial arts class. This is self-defense—all the parts of it that we can't do on a regular basis in our class. One reason is that we would be quickly labeled as the nutcases in town, but that label would be placed on us by those people who choose to be ignorant to the true unpleasant nature of violence, those people who are in denial that it could happen to them and how they would react to it.

Even if your child was a black belt and won every tournament we competed in, can you be sure that he/she also has the de-escalation skills necessary to avoid a physical confrontation in the first place? In the age of zero tolerance, even if he/she wins a fight in self-defense, it still means suspension. The FAST program deals SPECIFICALLY with bullies (an epidemic problem) and also abduction scenarios. It might look scary or chaotic on tape, but it is done in a controlled and safe environment that engineers success in realistic scenarios—scenarios in which other martial artists who claim to be self-defense experts would have no idea how to respond. Most people, including martial artists don't really know the difference. And that is the point.

This class teaches you the difference. That is what makes it the most important class we have ever taught...because all the things that we think we know, we might not really know. And simply by virtue of understanding the difference between martial arts and self-defense, we are that much better in BOTH.

**Classes are filling for FAST!!!:** The founder, Bill Kipp, will be helping us run FAST Defense classes on March 4 at DPU and March 5-6 at Martinsville. Mark your calendars now. This is the biggest thing to hit GMA to date! Adult classes will teach how to set boundaries against aggressive verbal assaults and prevent them from escalating to the physical, but will also cover full force techniques against armored assailants. Child classes will focus on both defending against bullying and child abduction scenarios both verbally and physically.



### **TESTINGS:**

Hapkido testing: Fri., Feb 21<sup>st</sup>. Martinsville school, 7:00 pm

Dragons testing: Sat., March 1<sup>st</sup> Martinsville school, 10:00 am

Tae Kwon Do testing: Sat. March 1<sup>st</sup>. Martinsville school, 4:30 pm

### **Class cancellations/schedule adjustments**

Some upcoming events are requiring some schedule adjustments that most everyone needs to take note of. Regular class are cancelled during the FAST Defense programming on Tues March 4-Thursday March 6. We will have Saturday class on MARCH 8<sup>th</sup> to make up for the downtime during the week. The following schedule is for that Sat.

9-10:00 am: Tai Chi/ Little Dragons

10-11:00 am: Hapkido

11-12:00 Tae Kwon Do

12-1:00 pm Demo Team practice\*

\*\* Demo team will also be meeting on Sat. March 15 from 10:00-12:00

\*\*\*Black belt club (both Hapkido and TKD) will have make up classes from 9-10 on Sat. March 15.

Additionally, Tae Kwon Do class will be cancelled on Fri, March 21<sup>st</sup> on account of all the instructors and most of the students being in Louisville for the tournament. Hapkido and Tai Chi classes in Martinsville will meet as regularly scheduled.

### **Our Sympathies for GM Won Kuk Lee**

Great-grandmaster Won Kuk Lee, the founder of the Chung Do Kwan passed away recently. Everyone will feel this loss. Though many people who claim Chung Do Kwan lineage may have never heard of him, we are fortunate enough to have strong ties to the original CDK roots. Such events make us more aware of our fortunes and that they need to be appreciated and not taken for granted as this generation of masters passes.

### **Other important dates:**

TTCA tournament: March 22<sup>nd</sup>, Louisville KY. Black belt testing on Friday, March 21<sup>st</sup>.

USHF Spring Seminar, hosted our DePauw school: April 12<sup>th</sup>. Black belt testing that evening.

### **FINALS WEEK-GMA Style**

We have a lot of big events going on in the month of March. Testing, FAST, Tournaments and demo are all in a very short period of time. This is the biggest time crunch that many of us have experienced since final exams week in college. We are aware that this creates a pinch for many, both in terms of finances and time. But PLEASE appreciate this.... these are among the biggest events we have scheduled ALL YEAR. It just happens that they got pushed together. But we promise any short-term inconveniences will be overshadowed by the long-term benefits and impact of these important events. We can rest in April ☺