



# GMA NEWS

## June-July 03

### **Thanks to our Demo team**

We appreciate all the hard work our demo team has put in during the last couple of months for the recent demonstrations. The feedback has been great, so we are very proud of all your efforts.

### **Upcoming Testings**

TKD: Testing has been scheduled at the Martinsville school for Friday, July 11<sup>th</sup> at 5:30 pm. It is time to start working on those checkmarks.

Dragons: Martinsville will have a lil dragons testing on Sat, July 12<sup>th</sup> at 10:00 am. Make sure you have all your stripes to be eligible to test.

### **The bulletmen are coming—FAST Defense**

We will be holding a FAST defense Adult Basics course on Sat, July 12<sup>th</sup> from 1-5. Students who have already taken the class will receive a discount to relive the experience at this one. Class is limited to 14 year old and higher. Class size will be limited to 12-15 people, so register as soon as possible.

\*Look for a children's FAST class with its anti-bullying component in August to coincide with the new school year.

\* Look for a FAST Adult Level II (groundfighting class) in August as well.

Mr. Miller will be leading part of our FAST team to the instructor extravaganza in NJ later this summer, so we are eager to bring back some new tricks.

### **Registration Deadline for TKD and Hapkido daycamps in July is coming up.**

We definitely need to know how many students to expect at each of the daycamps in July for planning and staffing purposes. Tae Kwon Do has a daycamp July 14-19<sup>th</sup> and we will be running a TKD/HKD mixed camp July 21-25. Camps run from 9:00 am to 3:30 pm with lunch included. Students will receive 15 classes or more, and 3 points towards upper rank requirements. There will also be special sessions on history, culture, black belt report tutoring, etc. Registration deadline for the first TKD camp is July 7<sup>th</sup>, and the deadline for the second camp is July 14<sup>th</sup>. Also don't forget about the martial arts safari camp in Aug.

### **Tai Chi notes**

- No Tai Chi class Friday, June 27<sup>th</sup> or Mon, June 30<sup>th</sup> due to instructor travels.
- A push hands seminar with Dr. Tao is being considered for Aug 1-2<sup>nd</sup> at IU. This is a highly recommended seminar that needs our support. We hope most of our students will attend for at least part of the event. We will give you the details as soon as they become available.



## **Don't let the summer get you too distracted—finding your balance once again.**

In hapkido we constantly preach about the importance of distracting the opponent to help in mentally and physically off-balancing them. It seems that summer is a formidable adversary, because the hectic summer schedule can easily do the very same thing to us. Vacations, sports, VBS and yardwork can easily distract us from our training. Constant play with no school and long hours at the pool can make children less than enthusiastic about a strenuous TKD workout later in the day. At some point or another, we all find ourselves a little off balance (or feel completely out of control). What matters is that we find our balance and recover.

The summer is by far the most frustrating time for instructors, and we would like to explain why. While we are certainly not advocating forgoing a family vacation to stay on track in martial arts classes, we do want to take a minute to explicitly state the natural consequences of becoming too distracted.

First, sporadic attendance means sporadic results. Students, especially our peewees, need regular practice and repetition to remember the techniques. It is very difficult for them to learn their new material if they are only attending one time a week or less on average. They learn it only to forget it by the next time they attend. Additionally, many studies suggest that you need at least 2-3 training sessions in order to achieve a lasting training effect. In other words, poor attendance may mean you or your child simply isn't practicing enough to be getting any better.

Second, missed opportunities may lead to disappointment or frustration. The above situation can certainly be frustrating to students. This can be compounded with missed opportunities to test or participation in some of our other activities, either because of schedule conflicts or simply because poor attendance prevents them from meeting class requirements. If they do know their stuff but are forced to wait for excessive periods of time before testing, etc, they may feel frustrated by seemingly not making any progress (even if that is not the case).

Lastly, students who have had an extensive layoff may become a little apprehensive about returning. They are scared they will not remember their material, or will do poorly, or that they won't know anyone because all of their classmates have moved on to the next class, or a host of other anxieties. Rarely it is really all that bad. Some parents may be surprised when their child announces they do not wish to return to class when they were enthusiastic about martial arts prior to the forced layoff. We feel a lot of times it is reasons such as these that are not articulated.

*Don't let short term summer problems prevent you from enjoying the much longer term benefits of growth and fun through continued martial arts study. Realize what is happening and don't let it stop you or your child.*

### **A note about instructors travels:**

We appreciate your patience if we are a little short staffed on certain nights throughout the summer. Our instructors also will be taking a little time off, so we might not be at full capacity (although we are fortunate for have enough excellent black belts that classes will always be covered). Keep in mind that most of our instructors "vacations" are actually continuing education in martial arts. Mr. Sieg will be going to Boston for a chin-na camp and will be looking into other hapkido schools in California. Mr. Miller will be doing a FAST defense intensive in New Jersey. Ms. Gonin may be visiting Master Chen in NY, NY. We feel that our continued learning and growth in the martial arts, and what we can bring back to our students, will far outweigh any short term inconvenience from our absences, and we thank you once again for your patience.