



GMA NEWS

Jan 2004

Congratulations to award recipients and nominees

This year at the Christmas party we started a tradition of recognizing some outstanding efforts this past year among our students.

GMA-Martinsville:

Martial Spirit Award: DJ Fishel, Thomas McGuire

Most Improved: Riely Bowling (nominated: Neal Fashimpaur, Jessie Jones, Drew Wilson)

Competitor of the Year: Brittany Nenedjian

Student of the Year: Obed Soto (nominated: Miki White, Marc Shotts, Lawton Hammack)

GMA-Spencer

Martial Spirit Award: Chad Moffatt

Most Improved: Evan Brinson (nominated: Chad Moffatt)

Competitor of the Year: Max McLeod

Student of the Year: Lynn Miller (nominated: Trevor Lanning, Wes Andersen)

Special Congratulations to Marc Shotts for receiving GMA's highest honor—the title of *gentry-man*—for his outstanding support, service, dedication in class, and friendship. This title is only given to those students who display the ideals of the martial arts both in and out of class, and is as much about character as it is martial skill. This award is only given to adults who have “come into their own”. We see several such recipients in the making, but life still has too many surprises to be certain, especially with the younger kids.

GMA-Spencer is moving, maybe changing names—our new location

We are very happy to announce we will no longer have a GMA-Spencer. We will soon have a GMA-Ellettsville instead. We just leased 2,000 sq. ft space in the Jack's Defeat Creek Shopping center on hwy 46. The new facility will be our own space, allowing us to run more programs, have more space and equipment, and offer better service and facilities. We have a lot of work to do to get it ready, but we hope to be having classes by the end of the month and a grand opening in Feb. Demo team get ready. This move is another leap of faith for us, but we are very excited about the possibilities. It also means that we will be calling on your continued help and support, and also a little patience, as we get the new school up to our standards.

Parents “Focus Mitts, Paddles and more” workshop

We frequently get questions from parents concerning how to help their children practice at home. We are planning a seminar for PARENTS to take with their children on how to practice at home. Key points covered will be how to feed the proper energy and angles for sparring practice, what to look for on forms practice, breaking technique and holding. Other guidelines and Q and A are also planned. This is a chance for you to work out with your kids and do some family bonding, and learn the art of feeding, which is a skill set in itself. Included in the cost is a focus mitt to keep for free. Deadline is Jan 31st. The date is currently set on Feb 7th but may be changed to Feb 28th depending on how things are going at our Ellettsville school.

Office Help Needed—Job Posting

Both GMA-Martinsville and GMA-Spencer are in need of a program director. We are looking for an adult with strong social skills who would be interested in part-time work. Monday and Wednesday evenings would be the primary times of employment. Training will be provided. If interested, see Mr. Sieg, Mr. Miller or Miss Dill for information and a more detailed job description. We hope to fill the positions by mid-January.



Upcoming events

- Lil Dragons movie night: Friday, Jan 9th. Approximately 7-10pm.
- Leadership Team training: Sat. Jan 10th, 9:00 am
- Demo Team practice: Sat. Jan 10th, 10:30/11:00 am. Old show practice at 10:30, new show at 11:00
- Lil Dragon testing (GMA-Martinsville) Sat. Jan 24th. Beginning classes test promptly at 10:00am. Lil Dragons 2 class tests at 11:30 am. To make sure things run smoothly the day of the test, please make sure all paperwork is in beforehand.
- USHF Hapkido Testing: Friday, Jan 16th, 7:00 pm
- TTCA TKD Testing: Sat. Jan 31st at our new Ellettsville school. Approx. start time is 6:00 pm
- Lil Dragons testing (GMA-Spencer): Sat. Jan 31th 10:00 or 11:00 am, TBA
- Leadership team training: Sat. Feb 7th 9:00 am
- Demo Team practice: Sat. Feb 7th 10:30 am
- Parents focus mitt/paddle workshop: Feb 7th 1:00-3:00 details follow
- FAST Defense—IU School of Law-Indianapolis- Feb 21st.
- Collegiate TKD tournament: IU friendship tournament—for DPU students and alumni. Sat. March 6th.

Please help us with a survey

You will also be receiving a survey/questionnaire about our school. We continue to value your input as we strive to make GMA a 10 out of 10 school. This survey has some different type questions on it that we want to address, but as always, we want to hear about any concerns or comments that you might have. We appreciate your continued support and assistance.

Happy Birthday to the following students this month:

Isiah Collins	1-1	Theresa Moler	1-15
Cheryl Jones	1-2	Chacity Selburg	1-17
Tyler Hilt	1-5	Raven Shotts	1-17
Brittany Nenedjian	1-8	Jake Betzold	1-18
Neal Fashimpaur	1-9	Crystal Stevens	1-21
Ben Morse	1-11	Noah Lambert-Adams	1-23
Alex Baker	1-13	Conner Fields	1-25
Jarred Laudick	1-15	Austin Mayfield	1-25
		Lawton Hammack	1-25

Quotes of the Week

This month's character development is designed to assist in keeping those New Year's Resolutions

“Nothing can add more power to your life than concentrating all your energies on a limited set of targets.”

--Business consultant Nido Qubein

“Bad habits are easy to keep but hard to live with; good habits are hard to keep but easy to live with.”

--martial arts instructor Tim Kovar

“The successful person has the habit of doing the things that failures don't like to do. They don't like doing them either necessarily, but their disliking is subordinated to the strength of their purpose”—E.M. Gray.

“Always bear in mind that your own resolution to success is more important than any other one thing.”

--Abraham Lincoln



New Martinsville Schedule

As our dragons program continues to grow, we need to revise our schedule to accommodate. Starting on Jan 26th, after the next dragons test, we will be adding another level of dragons. Dragons advanced class will be on Mon./Wed from 6:00-6:45. Hapkido beginning will be moved back to 6:45-7:30, Hapkido Intermediate will be from 7:30-8:15, and Hapkido advanced will remain at 8:15-9:00.

Additionally, as been announced and already in effect, TKD advanced class runs an additional 15 minutes for brown and black belts only, from 7:30-7:45. Black belt clubs begin at 7:45 and run until 8:30.

Please make note of the schedule changes that affect you.

2003-2004: A year in review and looking ahead to next year.

By all accounts, I think we would agree that 2003 was big for us. Some of the milestones seem to have occurred longer than just a year ago, so I think it is worthwhile for everyone to stop and think about all the things we were able to do this year. It also lets us look forward to the year ahead, as we see how much momentum we are gaining.

We launched our FAST program by bringing in world re-known expert Bill Kipp last March. That has let us teach not only more realistic self-defense, but more importantly, protection from bullies, child abduction, verbal harassment, etc. 2004 looks to be even bigger for this program as we already have two workshops scheduled in the spring in other parts of the state. We plan on offering more of the advanced classes that we are certified in as well. To our knowledge, we are still the only school in the state certified to teach FAST.

Tournament wise, we went to the finals in every black belt division we entered this year. That is a feat that will be pretty tough to beat, but since at the St. Louis tournament we also went to the finals in every colored belt division that we represented, I'd say our future looks pretty bright.

Our demo team unveiled a kick-butt show at the spring TTCA tournament that got rave reviews. Perhaps my personal favorite was the following: "you reminded us that martial arts can be fun and not always so serious all the time." We added to it to make a full half-hour demo that got equal praise everywhere we went. Our demo team is already working on the encore performance for next year, which looks to be even more demanding and hopefully more impressive than last years. I know there are several good dance schools in the area, but we want to be known as the premier live entertainment show in town.

The clubs at DPU have continued to grow and continued to host the Horangi Cup TKD tournament and the Spring USHF seminar, making them staples of the local martial arts community and brining prestige to the school. They also continue to host some great seminars for all of our students benefit.

We have set personal records for raising money for Project Action Foundation. This year, we reached 10,000 in total contributions. This year's efforts place us in the top tier of fundraising schools in the country.

We reached some significant milestones in rank achievement as well. We promoted our first sam-dan (3rd degree), our first e-dan (second degree) and Martinsville promoted its first cho-dan (1st degree) in TKD. We witnessed our first graduates of the lil dragon program at both the Martinsville and Spencer schools. Next year, the milestones keep coming: We anticipate promoting our first hapkido black belt(s) in Martinsville, our first e-dan in hapkido, and altogether, *doubling the total number of black belts* we have produced to date in both TKD and hapkido. A year ago, the advanced class in TKD in Martinsville was only a handful; now it one of our biggest classes with all of them setting their sights on black belt. A year ago, we were talking about adding a dragons 2 class for the few upper ranks; now we are adding a dragons 3 class for so many of our upper ranks.



2004 is already off to a bang as we announce our new location for the GMA-Spencer school. We are very excited about the prospects for this school and how all of our GMA students can enjoy the benefits of our collective strength. This is an important step for our vision of GMA, and we must give thanks for all support and patience that the members of our Spencer school have shown from the beginning, allowing us to take this leap.

One motivational speaker makes the point that people tend to drastically over-estimate what they can do in one year, but they drastically under-estimate what they can do in five years. I am excited about what that means for us 5 years down the road, because I can't wait to see 2004 come to fruition. A lot of these accomplishments are the direct result of seeds planted years ago. But we are starting to see the fruit of that labor, and more importantly, our students are starting to enjoy those fruits. Because quite honestly, a lot these milestones are not our accomplishments; they are the accomplishments of our students. We can't but be proud about they have done and feel very blessed to have some of the best students in the world (and trust us, we have seen lots of schools). Way to go team, and let's take it to the next level in 2004. -BLS