



GMA Newsletter

February 04

DePauw Hapkido student dies in crash

DPU Hapkido student Kellen Mogck died on the morning of Feb 8th from injuries sustained in a car crash three days earlier. Kellen had just started Hapkido, but had jumped into it with great enthusiasm. Aspiring to a career in Federal law enforcement, he started the martial arts to better prepare himself. His martial arts career began in Mr. Sieg's Winter Term class this Jan, and as the spring semester started for DePauw, he had begun the Hapkido class and also started club. In short, he never missed a single opportunity to train once he began. We are certain that the DPU Hapkido club has been deprived of a future black belt. Our thoughts and prayers are with his family and friends.

GMA welcomes two new program directors.

We would like to welcome our two new program directors to help with the administrative aspects of the school. Ms. L. Miller has taken the mantle behind the desk in the new Ellettsville school, and Ms. B. Kidwell was brave enough to take the responsibility at GMA-Martinsville. Thanks, ladies, and welcome to the team.

Faith and Fitness online magazine

We rarely make endorsements, but this one is certainly for a worthy cause. The family of one of our Ellettsville students has a new online magazine called Faith and Fitness (faithandfitness.net). It is a good read with some real fitness heavyweights, but more importantly, the subject matter is certainly at the core of the traditional values GMA promotes.

Valentines Day cards promotion

This year we have given a handful of Valentines Day guest passes for our students to give to "someone special." It doesn't have to be a classmate, and we certainly aren't giving them out to everyone, but if you have someone who might like to try classes, as always we appreciate our students letting other people know what we are about. Be sure to sign the "from" part so that if they do use the coupon, we can give you credit for the referral.

Demo Team kicks into gear:

Demo team has been ramping up for some big events: Starting on Feb 13th, demo team will have practice from 6:30-7:00 (Last years show) to get ready for the GMA-Ellettsville grand opening on Feb 28th, at approx. 11:30 am. Also, we tentatively have a practice of the new demo slated for March 20th.

Upcoming events:

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| Feb 20 th . | Hapkido testing at GMA-Martinsville |
| Feb 21 st . | FAST defense in Indianapolis, sponsored by IUPUI women's caucus. |
| Feb 28 th . | GMA-Ellettsville Formal Grand Opening |
| March 6 th . | IU Friendship TKD tournament—DPU college team only. |
| March 13 th . | FAST defense at Harrison Co TKD, Mr. Rick Haines school in Lanesville. |
| March 20 th . | Tentative date for leadership and demo team meetings. |
| April 3 rd . | USHF Spring seminar hosted by GMA...DPU Hapkido club. |

GMA FAST TEAM might be "almost" famous

FAST Defense/FAST solutions is producing a new promotional/instructional video. Tentative footage being included features our own FAST team members Derek Smith and Mr. Miller in action from last years training in New Jersey. Although they might end up on the editing room floor, it is still neat to see them in the raw footage.



Happy Birthday to the following

We are going to start announcing our school birthdays in the newsletter, so everyone can help us remember to embarrass them with song.

Martinsville:

Kyle Metz	2-04	Nathaniel Henson	2-04
Zane Fletcher	2-05	Quinn Daily	2-06
Jayse Wilhardt	2-11	Wayne Boyles	2-12
Tommy Bright	2-13	Tomas McGuire	2-14
Clayton Underwood	2-22	Taylor Green	2-26

Quotes of the week:

This month's character development centers on the "focus points." We make reference to these in class frequently, as they are the fundamental life skills needed in the martial arts and also in life, but we haven't overtly gone over them in detail in a while, so our newer students might not have heard them and the senior students may be a little rusty on them. You might want to review these quotes and our discussions about them at home.

Focus pt #1. Rate yourself on a scale of 1-10. Give a 10 in everything.

Focus pt #2. The concept of healthy competition.

Focus pt #3. Train as if it were real.

Focus pt #4. Be able to coach yourself.

The moment of decision—lessons learned and not learned from the Carlie Brucia abduction.

By now most of us are aware of the tragic abduction of an 11 year girl in Florida that was caught on videotape. As "experts" analyzed the video, one referred to what he called the "moment of decision"—whether to go with the predator or not, and then they went into a lot of Gavin DeBecker's stuff. (Some of you may recall that his books are recommended reading for our FAST program. Needless to say, the FAST email group has been abuzz about subject matter regarding this case). The girl's father has stated that he hopes that people can learn from the tragedy, and so I thought I would use this chance to share a few of my impressions. There is indeed a crucial moment of decision for many.

Many people, as they watched the video footage, probably thought to themselves that it was odd that Carlie Brucia didn't seem to resist. Many people probably said to themselves, "my child would never be that cooperative." But children often do things that surprise us. If your child has taken our FAST kids class, you know that most kids have never dealt with some of the child lures that can be used. If they have never role played, never rehearsed, how can one tell if they are prepared? Self-defense is not a street brawl in a movie. When the FBI estimates that 80% of assaults on women occur with verbal threat alone, one can see that it was not likely that the video would show Carlie sparring with her attacker. Carlie, for one reason or another, made her decision to go with the man. But many people, including parents, have a moment of decision for themselves.

People need to decide if they want to face the reality of how easy it is for this to happen, and to face the possibility that their own child may not be prepared. People need to accept that fact that normal martial arts classes may not be enough to handle the type of dynamics we see in child luring. Those who have taken a FAST class can better understand that difference. In short, parents need to decide to take Mr. Brucia's advice and learn from it. Others will prefer to stay in their comfort zones.

Parents are not the only ones who should take a moment to decide. Many martial arts instructors are also guilty of not adequately preparing themselves or their students. I hope many instructors use this tragedy to commit themselves to really learning the necessary material. I had a student in my IU self defense class come up to me this very week and explain how he took TKD back home (in a remote part of the state). His instructor had looked through the martial arts classes and told him which ones to take, so that upon his return my student could then teach the course at his instructor's school. Let's just say I cringed, not simply because of the plagiarism issue, but because I know that there is no way the kid will be prepared to teach the material. It is ego that makes people think it is that easy, and his ego will more likely do more harm than good. I am not saying I am the only person who can teach it, but I do know how hard I have worked to get to this point.

The moment of decision is upon many in the profession—to be accountable. To heed Mr. Brucia's words and learn from it. For all the other Carlies out there, I hope we as students, as parents, and as instructors, seize that moment. Sadly, many people out there will prefer to remain uneducated and delusional. --BLS