



GMA News

April 04

Results from Indiana Friendship Tournament.

The DePauw TKD team competed on March 6th at a collegiate invitational at Indiana University. The competition was fairly large, with teams from Purdue, IUPUI, Wisconsin, and of course, IU. DPU also fielded one of its largest teams ever. Congrats to our DPU students who medaled:

Qiming Deng	Men's Intermediate	1 st forms, 2 nd sparring
Kyle Cissell	Men's Advanced	3 rd sparring
Leah Sirmin	Women's Beginning	1 st forms, 2 nd sparring
Laura Lempke	Women's Advanced	2 nd forms, 3 rd sparring

In addition, Mr Sieg came out of pseudo-retirement and placed 2nd in sparring and 3rd in forms. Mr. Yoshida won a very tough match to get into the elite 8.

Parents Committee being formed

We are announcing our intention for formally create a parents committee. The goal is the get the parents who are interested more involved in a few key areas: increasing communication between the parents and instructors, strengthening the relationship between GMA and the community and its businesses, and helping with planning and logistics of outside activities (socials, charity events, cleaning days) etc. We are taking names of volunteers and will be organizing a meeting hopefully on April 17th with leadership team. Several of our parents have offered their services in various capacities, and we feel that we could use our talent better. Some schools actually have booster clubs with non-profit status that hold carwashes, bake sales, etc, to help pay for competition expenses, etc. We don't need or intend ours to do that; we only point it out to note that parents committees have become an integral part in some highly active schools. Thank you again for considering.

Day camps

We have already been receiving requests for the dates of this year's daycamps, so people can plan vacations, etc, so we thought we would provide them. Details will follow, but for those aren't familiar, our daycamps are all day long intensive training camps that cover all the rank requirements and a lot of supplemental material, such as philosophy and material for writing the paper, supplemental drills and exercises (some are ultimately required at higher rank levels), etc. Students receive points and enough classes to generally test for another rank at the end of the camp. Students can attend either week or both—as we do provide a little variation between the camps. Spaces are limited.

HAPKIDO camps: June 14-18 and July 19-23

TAE KWON DO camps: July 12-16 and Aug 9-13

Upcoming events:

April 2 nd	<u>Lil Dragon Testing (Ellettsville)</u> . Start at 5:00 pm.
April 3 rd .	<u>USHF Spring seminar</u> hosted by GMA-DPU Hapkido club from 9:30-5:30
April 10 th	<u>TTCA tournament in Louisville</u> . Applications are due April 1 st . Information, applications, hotel information, maps, spectator tickets, etc, are all available. Entry forms need to be returned by April 1 st . **NO TKD class on Friday, April 9 th ...as all instructors will be traveling to the tournament.
April 10 th	<u>TTCA black belt testing</u> : Stay after the tournament to cheer on Miss Dill, Derek (DPU), Jessica (DPU), and Tyler (GMAM)
April 17 th	Leadership team training—Ellettsville school 9:00 am
April 17 th	Demo Team practice—Ellettsville school, 10:30 am Demo team will also start practices on Friday nights following the April 17 th meeting.
May 1 st	USHF black belt testing, Indiana University.



Birthdays

Ellettsville: Matthew Heck	4-14	Martinsville: Ksenak Mike	4-1
Kasey Heston	4-16	Wilson Noah	04-1
Martin Moore	4-17	Townsend Alex	04-6
Jake Stephens	4-18	Fletcher Zach	04-12
Miss Dill	4-14	Ksenak Grant	04-13
		Griffin Jacob	04-14
		Pryor J.D.	04-18
		Kirsch Karra	04-24

Quotes of the Week

This month's quotes are focused on the tournament experience and the lessons that can be learned from it.

Win as though you expect it and lose as though you enjoy it.

"The ultimate aim of Karate lies not within victory or defeat but the development of the practitioner" Gichin Funakoshi, founder of Shotokan Karate.

"99% of the failures come from people who practice the habit of making excuses" --George Washington Carver

Martial Arts: fitness, self-defense, a life coach and a Tony Robbins seminar all in one.

Ok, the first two descriptions didn't surprise you, but the last two might have you scratching your heads a bit. Lately, I have been amazed at the number of new professions that have seemingly sprung up overnight that revolve around helping other people—professional organizers have a show on TV. Granted, I don't prioritize perfect organization myself, but I am confident that if I wanted to, I could figure out a way and not need to pay for professional services—because organization is not as much a skill as a discipline. Similarly, I saw a teaser on the news touting the newest professional help—a life coach—someone to help you get your life back in order. Now, we all need people to lean on sometimes, and no man is an island, we all need guidance and mentoring in some ways. But it seems society is becoming full of indecisive, undisciplined people who are looking for others to help them get control of their lives. Since people are quick to blame others anymore and refuse to look at their own actions for any misfortune, I guess it logically follows that people also look to others to determine success. Martial arts is about being proactive and taking control of your life with no excuses. I guess in some regards, I and those life coaches are in the same business.

I recently was having a discussion in one of my college classes about the merits and rationale of board breaking. One student mentioned at their school, they use the board as a metaphor. When the student comes up to break the board, they are asked what their "bad habit" is—not cleaning the room, not finishing homework, procrastination, etc. They proceed to break the board, which represents the barrier between them and fixing that bad habit—the implication being they now will go home and fix it. Personally, I find it a little too cheesy, but I can see how people can buy into it. If you couldn't help but laugh a bit yourself, consider this: motivational speakers like Tony Robbins (himself a black belt in the Chungdokwan lineage under GM Jhoon Rhee) frequently use martial arts analogies and metaphors as a source of empowerment in people. Thousands of people have paid thousands of dollars for a Tony Robbins seminar that has as a finale some action like breaking a board or walking on coals, using the same type of "barrier" metaphor. Granted, I am sure there are other elements to the presentation that makes them worth their money for many people, but the reason the breaking analogy works is because it is a good one.

For many people, accomplishing certain feats in the martial arts breeds a confidence that carries over into all aspects of their lives. They come to realize the only thing holding them back is a barrier that they can easily break through, and in turn they become pro-active, self-achieving people. Many students don't realize the self-help side of the martial arts, but how many kids can say they have done even part of a motivational or empowerment seminar? As we constantly say, martial arts is more than just kicking or punching, and obviously we are biased, but no other "sport" provides life skills and life lessons like the martial arts. You simply don't get the same benefits and work ethic kicking the dirt while playing right field in little league. No one sits on the bench in our classes (despite many trying to). And no one fails to break through at least some barriers. --BLS