



# GMA News

## May 04

### Results from TTCA tournament

Congrats to all who participated in the TTCA tournament on April 10<sup>th</sup>. We had several first time participants and still did pretty well, with several positive surprises. Hightlights include sweeping the peewee purple belt division. Overall, GMA had a record high 41 participants who garnered 47 medals. Here is a list of those who placed:

#### DePauw:

Treva Sparling	1 <sup>st</sup> forms	1 <sup>st</sup> sparring	Laura Lempke	3 <sup>rd</sup> sparring	2 <sup>nd</sup> forms
Qimeng Deng	1 <sup>st</sup> sparring	3 <sup>rd</sup> forms 2 <sup>nd</sup> ptf	Kyle Cissell	3 <sup>rd</sup> sparring	4 <sup>th</sup> forms
Derek Smith	3 <sup>rd</sup> sparring		Kennedy Adams	4 <sup>th</sup> sparring	
Jessica Brandt	2 <sup>nd</sup> sparring				

#### Ellettsville:

Max Mcleod	4 <sup>th</sup> forms		Russell Leonard	2 <sup>nd</sup> sparring	3 <sup>rd</sup> forms
Taylor Anderson	4 <sup>th</sup> sparring		Bryan Muse	2 <sup>nd</sup> forms	

#### Martinsville:

Mr. Yoshida	4 <sup>th</sup> forms	3 <sup>rd</sup> ptf	Mrs. Yoshida	1 <sup>st</sup> sparring	2 <sup>nd</sup> forms
Miss Dill	2 <sup>nd</sup> sparring		Mr. Cory Pierce	4 <sup>th</sup> sparring	4 <sup>th</sup> forms
Marc Shotts	2 <sup>nd</sup> forms		Chacity Selburg	2 <sup>nd</sup> sparring	
Cherish Selburg	1 <sup>st</sup> sparring		John-Michael Murphy		1 <sup>st</sup> forms
Obed Soto	1 <sup>st</sup> sparring	2 <sup>nd</sup> forms 3 <sup>rd</sup> ptf	Catie Willhardt	3 <sup>rd</sup> sparring	2 <sup>nd</sup> forms
Quinton Nenedjian	4 <sup>th</sup> forms		Alex Townsend	2 <sup>nd</sup> sparring	
Caleb Shotts	4 <sup>th</sup> sparring		Mark Van Huss	2 <sup>nd</sup> sparring	2 <sup>nd</sup> forms
Griffin Selch	2 <sup>nd</sup> sparring	2 <sup>nd</sup> forms	Brittany Nenedjian	1 <sup>st</sup> sparring	2 <sup>nd</sup> forms
Niesha Nenedjian	2 <sup>nd</sup> forms		Taylor Green	3 <sup>rd</sup> sparring	2 <sup>nd</sup> forms
Wayne Boyles	4 <sup>th</sup> forms				

### Congrats to black belts:

Congrats to Mr. Tyler Sonnega (Martinsville), and Derek Smith (DPU) our new TKD black belts.  
 Congrats to Mr. Miller for earning his TKD black belt in Jidokwan TKD at IU.

### Missing summer—hiatus log and returning issues.

We know summer vacation and other activities can make things erratic. Of course, we encourage you to make sure you keep your training as one of part of your routine. Personal growth and development are not seasonal activities, but a life long process. But we do understand if you have to take some time off for vacations, camps, etc. PLEASE let us know however, when you will be leaving and when you plan to return. We have a hiatus log so we know when to expect your return and we don't worry about you in the meantime.

One word of caution: We all too often have seen a short term break become a long term retirement. Just a little time off for the summer means falling behind in class, getting rusty, and forgetting some things....all sources of anxiety or frustration. Many students are so nervous about it that they would sooner avoid the discomfort of returning, even though they would like to continue. First, as you know, our school is about NOT running away from your fears or anxiety, but we also want to make it as easy a transition as we can. If you require a longer absence during the summer, it may be possible to schedule a private review session when you return so that it will be easy to get back into the swing of things. It is our way of helping you get back up to speed as fast as you can.



## May calendar

### TKD pretest and testing:

May 1<sup>st</sup> Pretest in Ellettsville, 9:00-10:30. This is the only free time we have to hold a pretest to get extra help before the testing.

May 7<sup>th</sup>. Testing in Martinsville, 5:30 pm.

### USHF Black Belt Testing

May 1<sup>st</sup> starting at 12:00. Come cheer on Derek, Jessica, Mandy, Pete, Yusaku, and Mr. Watts at Indiana University. Black belt ceremony will conclude at the Ellettsville school later that day.

### Demo and Leadership Teams

May 8<sup>th</sup> Leadership team at 9:00 am; Demo team 10:30-12:30. We realize this is mothers day weekend, but we are also running out of time before the start of our demo season. We have tentatively set another practice on May 22.

Friday evenings from 6:30-7:00 will also be demo team practice.

### Break-a-thon and annual picnic

May 15<sup>th</sup>. More details about the food and other logistics will be made in class and at the sign ups in the viewpoint area at the schools. Envelops and pledgesheets will be handed out soon as well. This break-a-thon is for a much more personal cause, and we are hoping the GMA family will rise to the occasion. As always, we plan to make it a teaching opportunity and an excuse to have some fun afterwards as well.

### FAST Defense Level II Groundfighting Course

May 8<sup>th</sup> from 1-4. This is the first offering of the Level II class we have held. It starts with a review of the FAST basics course and concludes with bulletmen fights on the ground. Level I is not required to take the level II course, but certainly helps. Class is limited.

## Daycamp details

Sign ups for the GMA daycamps have begun. Space is limited, and we appreciate as much notice as possible for staffing considerations. Our daycamps are intensive, comprehensive training camps from 9:00 am to 3:30 each day for a full week. Students receive 20 classes and 5 points for participating...which goes a long way to testing at the next opportunity (Hapkido may test at the end of the camp). Obviously, the core rank requirements are a major part of the program, but it also provides an opportunity to learn a lot of "special" material as well, some things required at higher levels but good to see, some things GM Choi shows only once in a while, some things exclusive to the camps. When we aren't on the floor training, we are watching pertinent video footage (like documentaries on Korean martial arts, world championships, etc.) during lunch. Talks also include philosophy and history to help with the black belt reports and study sessions for the written TKD tests.

Tae Kwon Do: ALL forms, 1-steps and other requirements will be reviewed. We will do video-analysis of the techniques so students can actually see their own mistakes. Supplemental training exercises (some that are required for black belt recommendation) include the basic blocking sets, the kibon sets, GM Choi's ki exercises, etc. This year we will also be looking at the WTF Taeguk form series. Additional training sessions include stretching, ripcord training, sparring including multiple attackers, and breaking.

Hapkido: All rank requirements reviewed and an intensive on the new rank's material. Video-analysis of mock tests will help students pinpoint mistakes. FAST defense basics, legalities of self defense, and other tangential considerations will be discussed. Breaking, pressure point knowledge, and martial arts theory will be covered in more detail. Additional sessions in stretching, ripcord training, tai chi principles, and multiple attackers are also involved.

TKD camps are July 12-16 and Aug 9-13. Hapkido camps are June 14-18 and July 19-23. Discounts apply to black belt club members, family and signing up for multiple camps.



## Mothers day

Since Mother's day is approaching, we are giving our kids the chance to share their martial arts class with Mom. The week preceding Mother's Day, May 3-7, Moms can take class with their kids. We have some special lessons planned so that you can spend some time with your child.

## Happy Birthday to the following students this month

<b>Martinsville</b>	Grant Gourley	5-5
	Andrew Mayfield	5-5
	Jonathan Anderson	5-7
	John Michael Murphy	5-8
	Catie Willhardt	5-14
	Mariah Ellis	5-18
	Miki White	5-30
<b>Ellettsville</b>	Katie Kean	5-16

## Paying it forward, martial arts style

I am sure that many people have seen the movie "Pay it forward," in which good deeds are supposed to create ripple effect that goes on to make the world a better place. While I think about GMA's role in society a great deal, a current situation has made me think a lot about it lately, and I thought I would share. Mrs. Jessica Brandt, who we hope will finish her martial arts career at DPU with black belts in both TKD and Hapkido, has joined the peace corps and will be heading to Gabon (Africa). While nothing is concrete yet, there was some talk about part of her contribution being self defense classes for women and children, who need confidence and empowerment in such an underprivileged setting. Not that I plan for GMA to go international, but it is a bit humbling to think that our actions here in Indiana could be having a positive influence that far away. But when you think about it, we really never know where things can go.

I wonder what the servicemen who pulled a pilot out of the pacific in WWII now think about that experience, after that pilot (George Bush) went on to become President. I have always considered myself rather patriotic, in the tradition of the Hwarang five rules. After watching 9-11 transpire, or watching the conflict in Iraq, I find myself questioning my own obligation to country. Invariably, the answer to my question is at the heart of GMA's existence. I (and the other instructors) believe the best thing we can do in this world is help others through the martial arts. It really is a behind the scenes type job. I don't want to run for President, I want to give kids the confidence and leadership skills to become future Presidents. I am not on the front lines, but I view my job as helping to give our youth the courage and sense of duty needed for them to stand on that line. While I may be a role model, I hope I am giving our students the conviction and proactive mindset to make a stand themselves, who in turn may inspire even more people. Maybe it is a rationalization, but when I ask myself what I should do to make America better, I come to the conclusion to keep doing what I am doing. Of course, we can always do more, but my point is this: that rarely do we realize just how far reaching our actions—both positive and negative can be, which is all the more reason to make sure they are positive ones. One simply doesn't wait until they are thrust in that extremely significant role to begin to make a difference, they try to make a difference all the time, because one never knows how large that ripple will grow.

Another martial arts school has a mission statement that goes something like this: changing the world, one punch, one kick, at a time. Some might see it as a bit cheesy. But never would I have thought our lineage would be impacting people a continent away in only a few years. There is an old teacher adage that talks about how you view your students: As future presidents, CEO's and noble prize winners, or as drop outs and criminals. How you pre-frame them can indeed impact which outcome you help produce. Our instructors promise that we are giving our best effort and using our best judgment to help our students become the future pillars of society. It is up to our students to pay it forward. We never know how far it can go. --BLS