



# GMA NEWS

## Aug 2004

### ***Demo team***

Friday night practices—listen in class for which part of the show will practice that week.

July 31<sup>st</sup> Practice from 10:30-12:00

Aug 14<sup>th</sup> Performance at GMAM Open House/Safety school: From 10-1. Specific schedule TBA.

### ***Leadership team***

July 31<sup>st</sup> Meeting at 9:00 am. Please let us know if you plan to test for a level—which we encourage some people to do.

### ***Testings***

Lil Dragons Aug 7<sup>th</sup>. White /yellow 9-10:30; Orange/ Green 10-30-12:00; Purple/Green 12-1:00

TKD testing Aug 6<sup>th</sup> 5:30 at GMA-Ellettsville (tentatively). Testing groups will be staggered and exact times announced. We need to confirm the date with GM Choi but are proceeding as if it were definite.

TKD pretest, Sat. July 31<sup>st</sup> from 10:30-12:00. An extra practice and checkmark session.

HKD testing Aug 27<sup>th</sup> at 7:00 pm.

### ***Special Events***

Parent committee swim outing in Plainfield. July 28<sup>th</sup>. The new waterpark has a Wed. night session from 7-10 for 5 bucks. Classes on Wed. night will still meet, but this is a chance to hang out together. Please sign up so we know who and how many to expect.

Black Belt Club Sunrise class and breakfast—Sat. Aug 7<sup>th</sup>. Exact time TBA

TKD Daycamp-- Aug 9-13<sup>th</sup>. The previous camp filled to capacity, so please sign up early if interested.

GMAM-Open House and Safety School (live remote with WCBK). Aug 14<sup>th</sup> from 10-1:00.

“Almost Perfect” summer attendance winners—Golf and Pizza outing. For those students who qualify for the summer attendance program, we will be going to Putters Park in Ellettsville for miniature golf and pizza. Family members of the winners may attend and can purchase golf and food at discounts. Please watch for a sign up so we can give them numbers on how many to expect—both our winners and additional family members. The event will be on Sat. Aug 21<sup>st</sup> from 11-2:00.

Hapkido movie night. The Hapkido classes will have a “bad kung-fu” movie night and pizza after the test on Aug 27<sup>th</sup>. We plan on having similar events for other classes in the near future.

### ***Parents Corner***

Our parents committee has been busy helping with events and finding ways for us to improve.

New “GMA Parents” T-shirts are being made. Look for them in the pro shop soon.

Plans for a trading post on the website—at the suggestion of the parents committee—we are working on adding a message board on the GMA website to allow our students to trade or sell gently used gear like martial arts shoes or uniforms that have been outgrown.

Parent Committee goal—have at least one representative from each class and program at meetings. We feel we could represent the whole school better if we could get at least one parent from each class to be present for meetings. Right now, Lil dragons and the lower rank TKD classes are the most under-represented. If you would be interested, the next parents committee meeting is **scheduled for July 31 at 11:00 am in Martinsville.**



### ***Other Aug programming:***

In the spirit of the Olympics—we will be having some Olympics of our own in classes in special martial arts events.

Teacher letters in time for back to school--we expect our kids to show black belt effort and respect in the upcoming school year. As usual-we will be sending out a letter for our students to take to their teachers communicating our expectations. This year, will we be including an additional assignment on how to show respect to the teacher.

### ***Birthday wishes to:***

GMAE:	Trenton Henderson	8-9	Tre Bower	8-18	Evan Brinson	8-13
GMAM:	Josh Meador	8-8	Paige Bristoe	8-13	Anthony White	8-15
	Jeremiah Deckard	8-16	Kody Clark	8-17	Hunter Abrams	8-24
	Ryan Clark	8-27				

### ***Training Anniversaries—Congrats and thanks to:***

Taylor Anderson (GMAE, TKD 1 yr)	Zeke Neihart (GMAM, LD, 1 yr)
Brent-Thomas Bloom (GMAE, TD 1 yr)	Ethan Gabbard (GMAM, LD 1 yr)
Katie Seprodi (GMAE, LD 1 yr)	Jonathan Anderson (GMAM, TKD 1 yr)
Wes Anderson (GMAE, TKD 2 yrs)	Quinton Nenedjian (GMAM, TKD 3 yrs)
Max McLeod (GMAE, TKD 2 yrs)	

### ***What is a black belt?***

We make a lot of reference to black belt attitude and black belt effort in our classes and programming—but that doesn't necessarily define what it takes to be an ideal black belt. So for the next several weeks our character development will focus on the qualities that best describe what we mean as being a true “gentry” black belt. Our list was compiled with the help of our leadership team, reworded to make it as inclusive as possible. We also asked our students to come up with their own list for comparison purposes.

**Clarity in purpose and life:** Not just focus, but laser guided, unwavering attention to goals. The willingness to sacrifice and to persevere for the sake of that one thing. A single minded, purpose driven life on what is important. If you have meaning in something and establish it as a priority, then distraction is not likely, while what you should be doing becomes clear. To be sure, continual progress along the martial arts journey is one such goal that the black belt relentlessly pursues, but it can also include God, family, school, or even a short term or immediate crisis. Whatever is the most important thing at that time and place, the black belt values and is not deterred. Being goal-oriented and attaining goals is almost an afterthought when one has clarity. There is a difference between someone who take martial arts classes and someone who is a martial artist. The difference is in the purpose driven clarity for the martial way.

**Refinement of person:** There is a fine line between a subtle aura of confidence and prideful arrogance. Perhaps the difference can be described by the level of refinement in the practitioner. The title of chun-tzu, kunja, or our namesake gentry implies a cultured, educated, ethical person. Many of the characteristics that the leadership team came up with can be summarized as arising after refinement of character: a gently, kind spirit, humble and respectful, courteous, patient, good manners. Many of these qualities come with study in the martial arts. The key word being study. A black belt is always willing to learn.



Just as we talk about the black belt is not an end in the martial arts, it is just a beginning of advanced study, so it is with other aspects of life also. A black belt is not prideful in thinking that he already knows everything. This attitude for learning makes the black belt well-rounded in both the arts of war and peace—the warrior sage model that GMA is based upon.

**Proactive**—As we mention frequently, there is a difference between discipline and self-discipline. Self discipline is proactive. A proactive person goes beyond being responsible when it assigned and assumes responsibility for what he/she should be accountable for. It is a never make excuses, the buck stops here type attitude. The proactive person never bemoans poor circumstances, he/she sucks it up and makes new, more favorable circumstances. The black belt isn't afraid of failure and doesn't look for a crutch when it happens.

**Principled Conviction**—Kunja is defined as a person of virtue. Being “principled” also implies having the discipline to stick to your principles. Having principles is nothing unless you also have them when it requires sacrifice. A black belt has the conviction and self-discipline needed to forgo easy gain and pleasure for the sake of taking the higher, more principled path. A black belt has integrity, honor. It takes self control and discipline to do the right thing. As we have stated before, our character is what we do when we think no one else is looking. A black belt doesn't just have discipline in class, he tries to live the martial way inside and outside of class based on a strong conviction to the principles of the martial arts. In short, the black belt believes in something and is willing to sacrifice for it. This type of conviction also is needed in the development of perseverance or chong-shin, indomitable spirit. A black belt doesn't abandon his hopes and values in the face of adversity.

**A leader**—if you have the other four, you should be able to inspire others by leading by example. You need the other 4 to be a good leader, but you also have to have the will and desire to lead. A willingness to share talents and resources for the good of everyone.

Other people see what can be accomplished with inspired clarity, and other people believe in the same cause. When Conviction meets clarity, we have chong-shin—indomitable spirit. The black belt has a focused goal and believes strongly in it; he won't easily give up to achieve it. When a person is principled and has integrity, people will be confident to follow because they trust their leader. The cause is just.

A refined and well educated person is much more likely to be an effective leader. It helps when you have the social skills to be well-liked and the education and problem solving skills to know what you are talking about. The refined black belt, since not boastful or arrogant, lets his actions speak for him and leads by example. He is patient and courteous enough to keep the confidence and hearts of the other members of the team.

A leader needs to be proactive to assume responsibility for their leadership. They cannot be afraid of failure because they realize that rarely does something great come from something easy and foolproof. History is full of proactive people who pulled themselves up from impoverished circumstances and achieved greatness because they didn't make excuses and refused to listen to everyone who said it couldn't be done. These people go on to become inspirations for others who say “if they can do it...” In that way, black belt attitude is contagious. In society, the accountability and responsibility of the proactive person also gives others an example to follow.

I think you will agree it is quite a list. It is part of the concept of gentry. Now, do we expect every 1<sup>st</sup> degree black belt to exemplify this list? Well, yes and no—a cho-dan still has a lot of growth to go. We are not saying we are perfect either. But at the same time, we believe in holding ourselves to a standard, albeit a rather glorified one. We make reference to it in class as the black belt standard. I hope after the next several weeks our students will be better able to understand and accept the standard as part of their martial way also.

---BLS