



GMA NEWS

Oct 2004

DePauw wins Horangi Cup

For the third time in 4 years, our students at DPU won the team title at the tournament they host, the Horangi Cup (Horangi is tiger in Korean), narrowly edging out IU 72-69.5 in points.

Congrats to the following competitors:

Derek Smith	Mens black belt	4th forms	4th sparring
David Yoshida	Mens black belt	2nd forms	3rd sparring
Qiming Deng	Mens advanced	3rd forms	2nd sparring
Kyle Cissell	Mens adv	1st forms	2nd sparring
Kennedy Adams	Mens adv		3rd sparring
Mike Duffee	Mens beg	2nd forms	3rd sparring
Josh Enneking	Mens beg	4th forms	4th sparring
Laura Lempke	Womensadv	2nd forms	1st sparring
Treva Sparling	Womens adv		3rd sparring
Aleka McAdams	Womens int	2nd forms	2nd sparring
Meagan Lueke	Womens beg	3rd forms	

IMPORTANT DATES

Testings:

- Lil Dragons: October 9th. Beginning class at 9:00am, intermediate at 10:30, advanced at 12:00.
- TKD: tentatively set for the end of Oct, possibly Oct 29th.
- HKD: Lower rank testing, Oct 11th, Upper rank testing Oct 13th at DePauw University.

Seminars/Training

- USHF seminar, Oct 9th, 10-5. Look for flyers for details
- LEADERSHIP/DEMO TEAM: Oct 2nd. Lt at 9:00am; Demo team at 10:30. This is the last big practice before our demo for Fall foliage.
- FAST KIDS CLASS, Oct 16th from 1:00-3:30. In light of the recent abduction attempts in the area, we are holding a FAST class at a discounted rate for the public, and of course, for our students. Class size is limited, so please sign up in advance.
- TKD Sparring Scrimmage: We are going to hold an inter-school scrimmage for our students to gain a tournament like experience. We will have divisions and run brackets, but the goal is to get students accustomed the feel of a tournament, and to get some different energy from students from another school. No trophies, no entry fees, no attitudes, just sparring.

Special Events/Socials

- Dodgeball tournament at GMAM: Oct 2nd at 1:00 pm. Cost is 15 per team, money goes to Project Action scholarships.
- Photoday, Kick-a-thon, and FAST class: Oct 16th (see details below)
- Halloween party: Oct 29 or 30th. TBA. We might have to work around the TKD testing schedule, and we will keep you posted.



FALL FOLIAGE DETAILS

We have several things related to the Fall foliage to make you aware of:

*****Demo and Class Adjustment:**

Our demo for the fall foliage festival is on Thurs, Oct 7th from approx. 5:20-5:45. Demo team will meet at the school for a run through at 4:30 for those who can make it. The team needs to be ready to go to the event at 5:00.

Beginning and Yellow belt class will not meet as regularly scheduled on account of the demo. Beginning and yellow belt classes will have a combined class from 6:00-6:45 that evening. Green belts and advanced class will have a combined class from 6:45-7:30. BBC will meet as normal.

Ellettsville classes will also likely be combined at a later time that evening to allow Mr. Miller to do his part in the demo. Details will be announced that week. We apologize for the short notice.

*****Parade and T-shirts**

We will be marching the fall foliage parade on Sunday Oct 10th. Meet at Martinsville high school at noon. We are in Div II. All students will be wearing the "Character Counts" T-shirts as last year. You must have a T-shirt for the parade. We are keeping the cost low—approx. 8.00 and will have a limited number for those who do not have or did not order, but sizes may be limited.

NATIONAL MARTIAL ARTS DAY: October 16th

Ok, so it isn't a big hallmark day, but we are working on a couple things to celebrate. The most important one is that we help to break the world record for most kicks during our Project Action kick-a-thon. Before that, as requested by several parents, we have set up a photo day at the schools, where a professional photographer will be taking portraits beforehand. Sign ups for that will be made available soon.

Lastly, we have scheduled a FAST CATS (kids class) on that afternoon in response to the recent rash of abduction attempts. We are offering the course at half the normal price to make it more available in light of the recent events.

October Birthday Wishes:

Martinsville

Jared Holt	10-04	Ben Foster	10-17
Zek Neihart	10-07	Ryshen Dow	10-30
Dakota Jackson	10-15	Taylor Dixon	10-31

Ellettsville

Sam Greencorn	10-12	Jordan Eldridge	10-15
Devin Arthur	10-16	Curtis Bitner	10-23



Congrats and thanks to the following training anniversaries

Nick Firsich	(GMAM-TKD)	1 yr
Gauge Kidwell	(GMAM-TKD)	1 yr
Noah Wilson	(GMAM-TKD)	1 yr
Gabe Wilson	(GMAM-TKD)	1 yr
Jeremiah Deckard	(GMAM-Hap)	1 yr
Brandi Potter	(GMAM-Hap)	1 yr
Tim Thomas	(GMAM-LD)	1 yr
Chris French	(GMAE-TKD)	2 yrs
Trevor Lanning	(GMAE-TKD)	2 yrs
Brittany Nenedjian	(GMAM-TKD)	3 yrs
Makyla Nenedjian	(GMAM-TKD)	3 yrs

9-11, RAK's and Heroes

If you have been a part of the school for a while, you have gotten used to September being Random Acts of Kindness (RAK) month. We do it to honor and commemorate the WTC attacks, based on a specific request by President Bush during his address to the nation—calling on Americans to do a million acts of kindness. Over the years, I am proud to say our students have done some interesting, creative, and sometimes inspiring acts of kindness.

Like many of you, I remember 9-11 vividly. I was in the weight room when the first reports—rather low key, came over the radio. I immediately went to teaching class at IU, wondering why everyone was missing—most, as you can imagine, were glued to the TV. We had class that night in the old building on the square in Martinsville. I didn't see actual footage until I got home late that night. As reports of the rescue and recovery efforts dominated media for the next couple of days, several of us probably felt a little powerless to help here in Indiana. We witnessed heroes in action at the cleanup, and stories of heroism by those who perished came to light. We had newfound respect for fireman, law enforcement, etc, who rushed in as others rushed out. These accounts and examples were inspiring, but also left us feeling a little more frustrated for not being able to contribute. When the challenge for acts of kindness was raised, that was something that we could help with. Now, some of you might be asking, while the RAK's are a nice, but honestly, how does that really impact America.? Well, I recently got a new CD with a song by the Christian group Superchic[k]. called hero. I think the lyrics sum up heroism for our kids today:

No one sits with him, he doesn't fit in
But we feel like we do when we make fun of him
Cause you want to belong do you go along
Cause his pain is the price paid for you to belong
Its not like we hate him or want him to die
But maybe he goes home and thinks suicide
Or he comes back to school with a gun at his side
And a kindness from you might have saved his life
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Heroes are made when you make a choice
You could be a hero
Heroes do what's right
You could be a hero
You might save a life
You could be a hero, You could join the fight
For what's right, for what's right, for what's right

[Rap]

Like Micky Dee was the one in class who every day got totally harassed,
This went on for years until he decided he would never shed another tear,
So he walked through the door grabbed the 44 out of his fathers dresser drawer,
Said I can't take life no more, and just like that life can be lost,
But this ain't even about that,
All of us just sat back and watched it happened,
Think it's not my responsibility to solve a problem that isn't about me,
This is our problem. this is just one of the daily scenarios which we choose to sit by,
Instead of doing the right thing,
If we make a choice,
To be the voice, for those who won't speak up for themselves,
How many lives would we save,
now it's our turn to pick a side,

So don't keep walking by, not wanting to intervene, cause you just wanna exist but never be seen
So lets wake up , Change the world, Our time is now.

[Chorus]

As many of us found out this month...being nice isn't always easy, both emotionally but also in terms of effort. It takes work to look for opportunities. Moments given to us as an opportunity to serve are often short-lived. People are often distrustful or think you are up to something.

Martial arts can give us the confidence, the courage, and the vigilance to be able to stand up for what's right. Kindness is a disciplined choice, your chance to "pick a side". Don't think RAK's matter? You might never know it, but you could be an unsung hero if you help that one person.

GMA's namesake, Gentry, is in reference to being that type of person. Martial arts gives us the tools to be a hero, a pillar of society. The RAK assignment was a chance for us to practice applying those tools in the real world, in a way that could make a difference to others. As bullying and general aloofness run rampant in our schools and society, I think most of us would agree that America could indeed use more leaders, more people who choose what's right, more pillars of society. Being Gentry is being that Pillar. Pillar---that is another one of my favorite Christian bands—but that is another article....BLS