



GMA NEWS

Dec 2004

Upcoming Events:

Lil Dragon Buddy/Movie night:

We will be having a buddy night, play some games, and watch a movie. Parents can enjoy a night out, and lil dragons are encouraged to bring a friend to class and fun.

GMAE—Friday Dec. 3rd from 6-9 pm.

GMAM—Friday Dec. 10th from 6:30-9:30

Leadership team training—Dec 4th. 12:00 at GMAE.

Testings:

TTCA Testing: Friday Dec. 3rd. 5:30 at GMAM

USHF Black belt: Saturday Dec 4th. Testing at 3:00 pm. Black Belt ceremony TBA, but likely to follow.

USHF colored belt testing: DPU—lower ranks Wed. Dec 1st. Upper ranks Mon. Dec. 6th

Martinsville—Friday, Dec 17th 7:00 pm

Lil dragon testing: Sat. Dec 11th at GMAM. White/yellow from 9:00-10:30. Orange/Green from 10:30-12:00. Advanced from 12:00-1:00. As always, let us know if you need any invitations.

You are invited to join us for our annual Christmas Party and Recognition banquet.

GMAE—Sat. Dec 18th from 5-8 at the Ellettsville Christian Church Family Life Center (near the fire station). Please sign up and tell us what specifically you will be bringing and how many in your family will be attending.

What to bring:

White Side dishes
Lil dragon: Drinks, cups, ice
Yellow: Entrees (small)
Hapkido: Bread/rolls, or side dishes
Advanced TKD: Desserts

GMAM—Mon. Dec 20th from 6-8:30 at the 4-H building at the fairgrounds (one of the few places big enough to have it.) Signups will be posted soon. Please let us know how many people and what you will be bringing.

What to bring:

White/green: Side dishes
Lil Dragon Drinks, cups, ice and/or bread
Yellow: Desserts
Hapkido: Bread and utensils
Advanced class: Entrees (small)

Join us for fellowship, recognition of some key students and leaders, and maybe even a visit from Santa.

HOLIDAY SALE:

Both locations will have a Holiday sale on Sat. Dec. 4th from 9:00-11:30. We have lots of special, seasonal items for Xmas, but we encourage everyone to order early to avoid sell out issues. Use Xmas to buy that sparring gear or training supplies they need. We will have discounts on all normal stocked items, plus save even more with prearranged packages. Santa, Mom or Dad, or anyone else can stop in on Sat. without the special someone being with you.

GMA GIFT CERTIFICATES ALSO AVAILABLE

What better gift than confidence, control, fitness....all the benefits of the martial arts. We will doing our popular gift certificates again this year. It is a gift that saves you money by getting them for much less than face value, and a great chance to impact someone's life by helping them be more. See a staff member for details.



Holiday Schedule Adjustments

Both schools will observe Christmas and New Years with the following closing.

For Christmas—No class on Thursday, Dec. 23rd or Friday Dec. 24th.

For New Years—No class on Friday, Dec. 31st.

- There WILL be class on Mon Dec 27th through Thurs, Dec. 30th.

Dobok Tops needed

Smith Elementary's performance of the nutcracker is in need of some old dobok tops as part of the costumes. If anyone is willing to lend a top to cause, it would be appreciated. A drop off basket will be at GMAM.

Happy Birthday to those unlucky people who get Xmas and B-day gifts combined!

Martinsville

Austin Brummett	12-3	Collyn Dodge	12-12
Samuel Muncy	12-7	Mark Van Huss	12-18
Brenner Williams	12-9	Kyle Wells	12-21
Gage Kidwell	12-11	Griffin Selch	12-30
Drew Wilson	12-12		

Ellettsville

Lynn Miller	12-06	Luke Monts	12-23
Mike Bair	12-19	Isaac Bair	12-23
Chad Moffatt	12-30	Andrew Creech	12-26
Rachael Creech	12-22		
Mrs. Yoshida	12-26		

Training Anniversaries

Jared Holt (GMAM, TKD 2 years)	Noah Lambert (GMAM, TKD, 1 yr)
Riley Bowling (GMAM, LD, 2 years)	Trae Spina (GMAM, TKD 1 yr)
Violet Nenedjian (GMAM, HKD 1 yr)	Tracy Thorsell (GMAM, TKD, 1 yr)
Dakota Jackson (GMAM, TKD 1yr)	

New TKD section opening at GMAM

We are opening a new mon/wed TKD class at GMAM. Starting Mon, Dec 13th, we will have a beginning TKD class from 6:45-7:30. We have had interest from several people who have had conflict on Tues/Thurs, so we are starting with a beginner class but may expand or readjust our schedule further in the spring. If you know of anyone who was previously interested but had conflicts, please let them know of this new opportunity. Please note that this will begin as a beginners class, with only beginners content.

Parents Committee news

The parent committee would like to thanks all those who helped to make the Halloween parties a big hit. Our staff agrees we couldn't have done it without all our parents.

The next parents committee meeting will be Friday, Dec 3—meeting during testing time.



Misc:

Please keep us updated. Please remember to update your records with us if you happen to move, change numbers, or have your address changed. We like being able to stay in touch!

Reminder about weather policy: If local schools are closed for the day or let out early, our schools will follow suit. If local schools run on a 2-hr delay, we will have class as normal. The only exception is the rare chance that local schools cancel class in anticipation of a huge snowfall and the forecast clearly misses and we get nothing. Also make sure you are up to date on the email list and we will send you cancellations by email.

As always, just because we have class doesn't mean you are required to risk your life to be there. If you feel like it is unsafe to travel, please don't feel compelled to do so.

Remember those Focus Points

This month's character development is reviewing the 4 focus points—which we feel is one of the most important series of lessons on developing a black belt attitude and work ethic of excellence, not only in martial arts, but in school and in life. We encourage you to find ways to illustrate the four points in other areas of their life besides martial arts.

Focus point #1—Rate yourself on a scale of 1-10. Being able to critique your own effort is key. Remember the enemy of greatness is good.

Focus point #2—Concept of Healthy Competition. Everyone in class should be pushing each other by trying to outwork each other...as a result, the bar is raised for everyone.

Focus point #3—Train as if it were real. First, having a seriousness to training, the mind and body together. Second, being able to prepare properly.

Focus point #4—Coach Yourself. Being proactive in self-assessment and correction. The idea of self-improvement.

Reflections on the Pacer Brawl, from a martial artists perspective.

Well, I had planned for a long time that the Xmas addition of the newsletter should be talking about the GMA family—how martial arts are really a fraternity. How very few people have 20 year friendships, but I have dozens every time I go to a tournament, testing, or GM Choi's Xmas party, which most of our instructors wouldn't miss. How no other activity, save possibly the church, unifies a diverse group of people in a common spirit like the martial arts does—a natural outgrowth of trusting each other with the techniques that we practice.

Ok, in a nutshell, that was what I was going to say. Now, to what I have to say. I am sure everyone has been saturated with highlights and talk of the Pacers/Pistons brawl. I originally decided I wasn't going to add to the hype, thinking it is/was a cut and dry issue that needed no additional commentary. But the comments I have heard on talk radio, commentators, etc...compels me to write an opinion almost more than the incident itself. There are indeed several lessons that a martial artist can hopefully learn from the incident.

Put bluntly, I have been surprised at how many people just don't get it. Commentators and fans have justified the Pacers actions for a variety of reasons. (let me add I am big Pacer fan and hated for the team to suffer, but that doesn't matter) While admitting going into the stands was wrong, they all seem to "understand" that in an emotionally charged situation, it is easy to "lose it." They all say that the players have a right to defend themselves. An even sillier permutation of this argument is the whole "can't be disrespected like that" nonsense.

But I would hope that anyone of my college self-defense graduates or any of our Hapkido students would recognize the serious flaws in those justifications. First, there was no right to defend themselves when there is no threat. Yes, getting doused with beer is not fun and may even be an illegal action by the fan, but responding with physical violence to a cup of liquid is not self-defense—it is assault, plain and simple. It goes way beyond the appropriate level of force, which in this case is none. In the Pacers debate, I have heard comments like these: "You have a right to defend yourself, the league is just coming down hard on the players because it was caught on camera, if this happened in outside the arena, it wouldn't be an issue. We are singling out athletes because they are high profile." My response: if Joe Smo



did this in a local establishment, he could be going to jail. Regardless of whether we are the “bad boy of the league” or a first time offender, if you cross the line into a physical response, we can and probably will be held accountable.

I will agree with the commentators that you can at least understand that in an emotionally charged situation, it is easy to lose control. But the fact remains you can't. No matter how much we want to sympathize with the Pacers, the fact remains that we can't do such things, and if we did, not many people would sympathize with us. Plain and simply, cut and dry, you have to walk away. Is it hard, yes! Would I want to hit someone instead of walking away? Probably. But whether it is “understandable” or not, it is not justifiable. One of the most important aspects of martial arts is to learn control. Not just physical control, but emotional as well. One can't respond to any threat if one is too emotional.

It takes a superior man to walk away. Not just on moral grounds, and not simply a matter of control, but also in terms of practicality. In FAST, we make mention of triggers. How people deliberately try to push our buttons to get us to lose control. The minute we lose that control, or should I say give it to them, we place ourselves in a serious disadvantage. In short, we took the bait. We fell for their trick. We lost the minute we gave up control. Here is the biggest disappointment in the Pacers brawl. The team will suffer for the entire season. Players will sit out and lose huge sums of money. Why? Because they fell for the opponents strategy. You can talk about this whole misguided “street rep” thing—egomaniacal pride and a sense of entitlement—only trying to be packaged in the much more accepted terms of respect and disrespect. Should a NBA superstar care what an inconsequential fan for an opposing team thinks of him in terms of “street cred?” Should we care if someone we don't know or don't like calls us a name or worse—pours a drink on us? Should we become enraged when someone we have never met and will likely never see again makes an obscene gesture on the highway at us? Who wins when we take the bait? Can any of the Pacers sit back and laugh and say, “I taught those fans a lesson?” It is the Detroit fans who are laughing, crippling their biggest opponent for the season with suspensions and the Pacers biggest stars with lost pay—not to mention lawsuits. Who really came out the winner and losers here? Was the Pacers response really sound self-defense, even if were possible to justify on legal grounds? As a fan, it is not fair for the Pacers. But they only have themselves to blame—they lost the war. They took the bait. And if you have a similar response and end up with similar repercussions, you will only have yourself to blame as well.

That same week we had a peewee brown belt, who would have no problem handling himself physically against people twice his size, get attacked and punched in the face on the school bus. He realized getting expelled at school and all the other ramifications of fighting were not worth responding to what was a low level threat. It is a shame the grown men of the Pacers hadn't learned that lesson. Maybe they need some martial arts to learn self-control, and why control is important to see the bigger picture. --BLS