



GMA NEWS

Jan 2005

Congratulations to award recipients and nominees

This year at the Christmas party we continued our tradition of recognizing some outstanding efforts this past year among our students.

GMA-Martinsville:

Martial Spirit Award: Thomas McGuire

Most Improved: John-Michael Murphy

Competitor of the Year: Brittany Nenedjian

Student of the Year: Marc Shotts

GMA-Ellettsville

Martial Spirit Award: Katie Seprodi, Jacob Green

Most Improved: Chris French

Competitor of the Year: Max McLeod and Taylor Anderson

Student of the Year: Devin Arthur

Special Congratulations to Our New Black Belts

Laura Lempke (DPU)-- TKD black belt on 12-11.

Stephanie Brown (DPU)-- Hapkido black belt on 12-4

Marc Shotts (Martinsville)-- Hapkido black belt on 12-4

Mike Ksenak (Martinsville)—Hapkido black belt on 12-4

Mr. Shotts and Mr. Ksenak become our first hapkido black belts from our Martinsville school. Quite a milestone, years in the making!

Big Promotions for the Little Guys

Congrats to several lil' dragon graduations into the TKD program. This is dragon equivalent of getting their black belt. Now they start working on the real thing!

Ryshen Dow (GMAM)

Riley Bowling (GMAM)

Kody Clark (GMAM)

Jesse Stuard (GMAM)

Ethan Gabbard (GMAM)

Zek Neihart (GMAM)

Katie Seprodi (GMAE)

Tai Chi Seminar Series

After many requests, we are starting a series of seminars on tai chi ch'uan that will hopefully meet on a regular basis (calendar cooperating). Each seminar will cover many facets of the art of tai chi and will build upon the previous one, but it will also be designed to stand alone if you can't make everyone one. With a little study at home, we hope our students can get a solid foundation. The first seminar is schedule for Sat. January 15th.

GMA and Club Fitness—allies in getting you fit in 2005!

We are working on a couple of different arrangements with the new gym in Martinsville, Club Fitness. Our parents now can get discounts at the gym. Drop off the kid at class and then get a workout in yourself. Also, adult BBC and GMA club members will receive an extreme discount in their own membership. See a staff member for details, but we are excited about the chance to offer even more value to our families.



Upcoming Events:

- Jan 8th Leadership Team 8:00-9:00 am
 Demo Team 9:00-10:00 am
 TKD 1st kup and black belt training session 10:00 am –noon.
 Special black belt training and black belt preparation class for those who are eligible in the spring.
 Hapkido black belt class 1:00-3:00
- Jan 15th Tai Chi Seminar Series --seminar #1 9:00 am-12:00 noon
- Jan 21st TTCA TKD testing, 5:30 at GMAM. No TKD classes at either school because of testing that evening.
- Jan 25th and Jan 28th Tues and Friday—USHF Hapkido tests at GMAE and GMAM respectively.
- Feb 5th Tentative date for next Leadership team, demo team, and TKD black belt session
- Feb 12th Lil Dragon Testing
- Feb 26th Master Whalen Hapkido seminar in Great Lakes, IL
- March 5th IU Friendship tournament—DPU college team only.
- April 2nd USHF Spring Seminar, hosted by GMA at DePauw University
- April 9th TTCA Spring tournament in Louisville and black belt test

Happy Birthday to the following students this month:

GMAM

Cheryl Jones	1-2	Elijah Tumey	1-14
Jake Betzold	1-18	Makyla Nenedjian	1-24
Tyler Hilt	1-5	Chacity Selburg	1-17
Austin Fowler	1-20	Jacob Gabbard	1-28
Brittany Nenedjian	1-8	Raven Shotts	1-17
Noah Lambert-Adams	1-23	Jacob Waltz	1-31
Neal Fashimpaur	1-9	Evan Wilt	1-4
Zach Jones	1-23		

GMAE

Brian Terrell	1-6	Ryan Jerome	1-11
Brent-Thomas Bloom	1-27	Brian Emmons	1-27
Scott Denewett	1-9	Ally Creech	1-16
Brady Chalfin	1-27		

Quotes of the Week

- This month's character development is designed to assist in keeping those New Year's Resolutions
- "Nothing can add more power to your life than concentrating all your energies on a limited set of targets."*
 --Business consultant Nido Qubein
- "Bad habits are easy to keep but hard to live with; good habits are hard to keep but easy to live with."*
 --martial arts instructor Tim Kovar
- "The successful person has the habit of doing the things that failures don't like to do. They don't like doing them either necessarily, but their disliking is subordinated to the strength of their purpose"* —E.M. Gray.
- "Always bear in mind that your own resolution to success is more important than any other one thing."*
 --Abraham Lincoln



Training Anniversaries

Haven Camden	(GMAM-TKD 1 yr)
Kody Clark	(GMAM-TKD 1 yr)
Jessie Stuard	(GMAM-TKD 1 yr)
Sam Greenkorn	(GMAE-TKD 1 yr)
Matthew Greene	(GMAE-TKD 2yrs)
Evan Brinson	(GMAE-TKD 2yrs)
Sean Burkes	(GMAM-Hap 2 yrs)
Alex Ellis	(GMAM-Hap 2 yrs)
Mariah Ellis	(GMAM-Hap 2 yrs)
Caleb Shotts	(GMAM-TKD-3 yrs)
Raven Shotts	(GMAM-TKD-3 yrs)
Marc Shotts	(GMAM-TKD-3 yrs)

2004: A year in review and looking ahead to next year.

Some of the milestones seem to have occurred longer than just a year ago, so I think it is worthwhile for everyone to stop and think about all the things we were able to do this year. It also lets us look forward to the year ahead, as we see how much momentum we are gaining.

It is hard to imagine that even a year ago, GMA-Ellettsville didn't exist. We were in a building with sporadic heat and only able to teach a couple of night a week. Now we have a facility full of equipment and a full schedule of classes, including hapkido. In other ways, time certainly flies. One of the students who joined during GMAE's grand opening just one won student of the year honors.

Our tournament schedule was a little light this year, but we still did well. We had a couple of divisions where we swept the sparring division. Despite a revision in the point system that more likely benefited other schools, the DPU TKD team was able to win its own invitational—the Horangi Cup, narrowly defeated IU.

Our demo team provided an encore that was more demanding, and by most accounts, more entertaining than the original show. This year we will add some twists, but will slow things down and use a lot of the material that has already proven popular.

We have set records and far exceeded our goals for charity. We raised over 6,000 dollars this year, bringing our historical total to over 16,000. This year's efforts place us in the top tier of fundraising schools in the country. As our name implies, we look to continue to be a pillar in our community in 2005, with more than just fundraisers, but more service projects such as hosting a blood drive. Humility through service is an important lesson in the martial arts and in life. We hope to continue to lead by example in this regard.

We reached some significant milestones in rank achievement as well. Mr. Watts became our first 2nd degree promotion in Hapkido. The number of Hapkido black belts that we have produced went from 4 in the years before, to 12 by the end of this year. That includes our first two Martinsville native HKD black belts. But HKD is not the only program beginning to see maturation. On two occasions, our lil dragons program graduated more top notch mini-peewees at a single testing than all the graduates before that time. Next year, the milestones keep coming: by the end of the year, we will likely have to split the classes because we will have too many black belts! We should also see the promotion of our first black belts at the GMA-Ellettsville school.

This year our instructors went everywhere from Tucson to Memphis to Florida for training. We also brought some unique opportunities to our students' doorsteps. Guest seminars this year included GM Mark Shuey of Canemasters on cane techniques, Master Hal Whalen of the KHF for more traditional hapkido, and



Aaron Damus for Chin-na, an event that normally Mr. Sieg and Mr. Ksenak travel to Boston to experience. A quick glance at this coming year's calendar looks even more promising. It should hopefully prove that we are committed to not only teaching great classes weekly, but also providing our students with every opportunity to get world class training with some very notable experts. This year we have tentatively slated the founder of FAST, Bill Kipp to return to Indiana to expand our certifications and class offerings in that program. We are also very excited about establishing a continued relationship with a US hapkido legend in Master Hal Whalen. We will do our part to ensure Dr. Yang Jwing Ming's return to IN in August will be a success (it beats us chasing him around the country!) Not to mention the fact that we have the luxury of regularly learning under a 9th dan grandmaster in TKD, GM Choi. Maybe you haven't heard some of the other names before, but rest assured, martial artists all over the country, and all over the world, seek them out.

In the meantime, we will be introducing a few new classes this year as well. Black belts and black belt testing candidates will be having special training sessions on select Saturdays to better prepare them and cover advanced material we often don't get to cover as much as we would like in class. A renewed Tai Chi interest has gotten us to also start a semi-regular seminar series, where we hope to be able to teach large chunks and then give plenty of time to practice at home before we add on more.

All three of our schools—Martinsville, Ellettsville, and DePauw reached all time highs in terms of enrollment. We take that as a good sign that we are doing some things right. As always we appreciate everyone's continued support. This year will prove to have some challenges as well. We are optimistic that our team and our students will help GMA rise to the occasion. This year, more than any other so far, will hopefully see the seeds planted 3-4 years ago come to fruition...and everyone will be able to enjoy the fruits of that labor. Our students and parents deserve much of that credit, it is more their accomplishments than ours. Congrats to all those that reached milestones this year. The martial arts are a lifelong journey, so they know they can go even further in 2005. Others are looking to make milestones this year. We wish them luck in setting some key markers in their own journey. To all, thanks in advance for your continued hard work and support in what we hope to be our best year yet! –BLS