



GMA NEWS

March 05

BILL KIPP and FAST weekend

World-renowned self-defense expert and founder of the FAST defense program, Bill Kipp, will be returning to GMA on March 11-12th. This is a chance to get woofed on by the master himself. We are GMA pride ourselves on our pedigree and also searching out the best instruction we can. Simply put, no other martial arts school in the area brings in anyone of this magnitude—but we want the best for our students. And believe us when we say that FAST defense is the best self-defense program out there. If you haven't done a FAST class before, there simply isn't anything as easy and as effective for improving self-defense. This really is the missing link between martial arts and self defense. *These classes are great for parents and others who don't have the time to dedicate to extended martial arts practice, but want to get some real solid self-defense training.* The content is very mature and realistic (part of what makes the program so effective), so it is limited to adults and juniors who are accompanied by a parent. But don't forget parents, older siblings...anyone who you want to be more comfortable in tough situations and remain safe!

For the first and only time, we will be offering a Multiple assailants class—learn how to fight against a pack. We think these classes are so important, that we will give double points for any student taking either the basic or the multiples.

FAST BASICS	GMA-Ellettsville	Friday March 11 th	6:30-9:30
Multiple Assailants	DePauw University	Sat March 12 th	9:00-12:00
Multiple Assailants	GMA-Martinsville	Sat March 12 th	2:00-5:00

Please make note of class cancellations

Our extra programming has led to a couple of class cancellations in the coming months, please make note.

GMAE—no class on Wed. March 9th on account of testing at GMAE.

--no Lil Dragon or Hapkido classes on March 10th on account of FAST training

--no TKD classes on March 11th on account of the FAST basics class

All schools: No classes on Friday April 8th on account of the TTCA tournament and black belt testing.

Happy Birthday to the following students this month:

Elaine Hooker 3-02	Daniel Jones	3-16
Trenna Dodge 3-02	Julie Sisson	3-20
Tyler Sonnega 3-06	Shelby Moler	3-25
Logan Scott 3-06	Tanner Norman	3-28
Brenna Kalus 3-07	Marc Shots	3-30
	Courtney Bayliff	3-30

***Due to computer problems in Ellettsville, we are unable to access our student records at this time. We apologize if we miss any GMAE student b-day on account of the glitch.

Quotes of the Week

This months quotes will revolve around the concept of power and potential

Congrats to a new Black belt

Congratulations to Josh Yoder, who completed his requirements for his black belt in Hapkido in January.



Upcoming Events:

- March 5th Demo team practice-GMAM: 9:00 am to 10:30 am. These practices are crucial for anyone wanting to be a part of the tournament performance.
- March 5th. *IU Friendship tournament*—DPU college team only. Others can watch. Tournament starts at noon
- March 5th GMAE Parents committee meeting at 1:00
- March 9th TTCA Testing at GMAE. Please note the following schedule
5:30 White belt, re-tests, and pre-tests
6:15 Yellow belts
6:45 Green, purple, and brown
- March 11th FAST Weekend: Basics class at GMAE 6:30-9:30
- March 12th FAST Weekend: Multiples class at DPU 9:00 am-12:00 pm
Multiple assailant class at GMAM 2:00-5:00 pm
- Mar. 14; 16th Hapkido testing at DPU (lower ranks mon, inter. and upper ranks on Wed)
- Mar. 18th Hapkido testing at GMAM
- March 19th TTCA black belt and 1st kup class 8:00 am-9:30 am
- March 19th Demo team practice 9:30-11:00 am
- March 19th Hapkido black belt class 11:00 am-12:30pm
- March 19th Tai Chi seminar 1:00-3:00 pm Due to our very full March calendar, we decided to give everyone a bit of a break—a shorter seminar (less new material) and also a price break—only 15 bucks (10.00 for BBC).
- April 2nd *USHF Spring Seminar*, hosted by GMA at DePauw University
- April 8th *TTCA Black belt testing...good luck to all our candidates*
- April 9th *TTCA Spring tournament* in Louisville

Training Anniversaries

Congrats to those students who this month have completed a years worth of training. We appreciate your hard work and dedication.

- Brenner Williams (GMAM, TKD, 1 yr)
Cameron Adamson (GMAM, TKD, 1 yr)
Taylor Dixon (GMAM, TKD, 1 yr)
Alex Townsend (GMAM, TKD, 2 yr)

** Again, we are very sorry to any GMAE student who we are not able to recognize at this time on account of the software problem, but we plan to do so in the very near future.