



# Gentry Martial Arts

## Sept 05

### **Congrats to our new black belts:**

Mr. Obed Soto and Mr. Tyler Liese were promoted to the rank of cho-dan in Hapkido on Aug 20<sup>th</sup>. While GMA has several black belts, these two are the first to come from the junior HKD program. Congrats.

### **Also congrats to our Lil Dragon Graduates**

Aug also saw the promotion of three new graduates of our Lil Dragon class. This represents a lot of hard work and perseverance for their age. Congrats to Ally Creech, Cora Berkebile, and Daphanie Ward.

### **Special Congratulations to Mr. and Mrs. Yoshida and Kylie**

Kylie Nobara Yoshida was born on Sept 1<sup>st</sup>, weighing in at 5 lbs 10 oz. The family is doing fine.

### **Demo Team**

Demo team has two major performances scheduled for the month of Oct. The new show must be put together for the fall foliage demo on Friday night, Oct 7. This is a primetime, spotlighted performance, so we need to pull out all the stops. Listen in class for specific announcements about which groups need to practice on Friday nights, and note that we have two Saturday practices in Sept. We hope we don't have to add another.

### **Upcoming Events, Seminars, and Testings:**

|                       |  |
|-----------------------|--|
| Sept 3 <sup>rd</sup>  | Black belt prep class 9:00 am  |
| Sept 5 <sup>th</sup>  | We Do HAVE class on Labor Day  |
| Sept 9 <sup>th</sup>  | TTCA testing in Martinsville 5:30 start time. Paperwork due by the 8 <sup>th</sup>   |
| Sept 10 <sup>th</sup> | Demo team practice 10:00-12:00   |
| Sept 10 <sup>th</sup> | Hapkido black belt class 12:30-2:00  |
| Sept 12 <sup>th</sup> | RAK's start in memory of 9-11  |
| Sept 17 <sup>th</sup> | Leadership team 9:00-10:00   |
| Sept 17 <sup>th</sup> | Demo team practice 10:00-12:00   |
| Sept 17 <sup>th</sup> | Summer attendance award party—bowling at Artesian bowl from 12:30-2:30. Look for sign ups, as we will need an approximate number who will be attending |
| Sept 24 <sup>th</sup> | Possible TKD black belt class 8:00-9:30  |
| Sept 24 <sup>th</sup> | Fitness Fair 10:00-12:00   |
| Sept 30 <sup>th</sup> | HKD testing 7:00-9:00 Martinsville school  |
| Oct 1 <sup>st</sup>   | Tai Chi seminar 9:00-12:00   |
| Oct 1 <sup>st</sup>   | Ciaque seminar in Brazilian jujitsu. Indiana University 12-4   |
| Oct 7 <sup>th</sup>   | Fall foliage demo team performance 6:30 pm. No class   |
| Oct 8 <sup>th</sup>   | Horangi Cup collegiate TKD tournament at DPU.  |
| Oct 9 <sup>th</sup>   | Fall foliage parade  |
| Oct 15 <sup>th</sup>  | USHF Fall seminar. Indiana University 10:00-5:00   |
| Oct 22 <sup>nd</sup>  | TTCA black belt testing- Louisville 1:00 EST   |
| Oct 29 <sup>th</sup>  | Tentative date for the annual kick-a-thon  |
| Oct 29 <sup>th</sup>  | Demo Team performance  |

### **Random Acts of Kindness Campaign in Honor of 9-11**

As we have done every year to commemorate the 9-11 attacks, we will be promoting a campaign of Random Acts of Kindness. This originated out of the Presidents address to the nation following the attacks, in which he called on Americans to do a million acts of kindness. Students will receive a journal to record their daily acts of kindness stating after the anniversary and lasting the rest of the month.



## Yearbook Photos

The parents committee is still looking for a few more yearbook sales to meet their minimum goal. We would greatly appreciate these being pre-ordered.

We are also working on setting up the photo day for parents to get professional photos of their kids in the martial arts. These photos will also be the basis of the yearbook. At the time of this newsletter, we are still trying to coordinate with the photographer. *Possible dates* for sessions include the late afternoon/evenings of Sept 17<sup>th</sup>, Oct 1<sup>st</sup> or the day of Oct 8<sup>th</sup>. Please watch for announcements and sign ups.

## GMA and Martinsville will host a Fitness Fair

This year instead of doing our safety school, we have decided to tackle a different, much needed public problem—childhood fitness and obesity. We will be hosting a community wide “Fitness fair” with information on nutrition, on lifestyle changes, and how martial arts can improve different aspects of fitness. While we expect our students to be able to do all the martial arts exercises, we still feel that there will be adequate chance to educate on fitness in general. Talks about inactivity and effect of too much TV and videogames will also be addressed. We are also working on setting up free fitness assessments, so our students can also get a gauge on just how well they stack up. This event is free and open to the public. We appreciate your support and also help in promoting it. Please consider bringing a friend who might also benefit. WCBK will be broadcasting, prizes will be given out, and we hope to have a very educational event.

## Birthdays:

Happy Birthday to all of our students who celebrate a birthday this month.

|                |      |                 |      |               |      |
|----------------|------|-----------------|------|---------------|------|
| James Dunn     | 9-1  | Shawn Burkes    | 9-9  | Caitlyn Grula | 9-11 |
| Andy Fields    | 9-13 | Caleb Allen     | 9-18 | Trae Brouse   | 9-20 |
| Jesse Stuard   | 9-22 | Cora Berkebile  | 9-24 | Cory Bunnell  | 9-24 |
| Nick Firsich   | 9-24 | Tiernan Randall | 9-26 | Gave Wilson   | 9-26 |
| Trevor Lanning | 9-29 |                 |      |               |      |

## Training anniversaries

Congrats to all our students who celebrate an anniversary date for training with us. Thanks for working so hard to reach this milestone.

|                                  |                                 |
|----------------------------------|---------------------------------|
| Shelby Moler-TKD 4 years         | Brittany Nenedjian-TKD 4 years  |
| Makyla Nenedjian-TKD 4 years     | Noah Lambert-Adams -TKD 3 years |
| Brandy Potter-Hap 2 years        | Dakota Jackson-TKD 2 years      |
| Daphanie Ward- Lil Dragon 1 year | Luke Monts-Lil Dragon 1 year    |
| Jake Waltz-TKD 1 year            | Isaac Bair-LD 1 year            |
| Reese Elliot-TKD 1 year          | Chris Mosby-TKD 1 year          |
| Patrick Mosby-TKD 1 year         | Ryan Jerome- TKD 1 year         |
| Krystal Hendrickson-Hap 1 year   | Tamela Chitton-Hap 1 year       |

## Quotes of the Week

TKD: We will finish up discussing respect, and then reinforce the Random Acts of Kindness campaign

HKD: In addition to the action principles, don't forget about doing your RAK's also.



## **Martial Arts and Violence—the Reality.**

Every so often we get someone who is interested in classes but is concerned about the possibility of their child becoming violent from the classes. Sometimes it is a legitimate concern, in which case we try to explain what martial arts is really about. Other more regrettable but also more entertaining times, we have had people use the violence as an excuse when their trial was up and we required them to pay. I say entertaining because when it is a Lil Dragon who has only learned down block and front kick, along with a bunch of focus positions, it makes you wonder what they thought we were going to do in the first place. I say regrettable because that represents a chance that we weren't able to effectively communicate the positive impact and power of martial arts in child's life. Again, not to make light of the concern, whether it is legitimate or not, but I do find it ironic that many times these people who are concerned about their child becoming too violent because of the martial arts then turn around and let them engage in activity that research has proven to be much more detrimental in this regard—media exposure to violence and videogames.

At the upcoming Fitness Fair we are hosting, one of the major features we are going to have, although I suspect it will be one of the least noticed, is information from Indiana University and the Center for Successful Parenting. I wanted to take a minute to give a little more background to at least our own families about this important and hopefully behavior changing information.

Admittedly, it is a growing concern as school shootings and violent behavior in children continues to escalate. In 1998 there were over 250,000 cases of serious injury as a result of violence in our schools. That is does not include the millions of theft, other cases of bullying and school-fights that did not result in injury. What is the cause—kids are becoming more and more exposed to media violence at an increasingly young age—even at times at a developmental stage where they cannot separate reality from fiction—making the images they see on TV as real as if they were living it themselves. Most of these kids do not grow up to become killers—they just grow up to depressed and fearful. Those that do turn violent become bullies—they simply are modeling the coping mechanisms and the way the world works based on what they have learned on TV. And of course, how do the movies and videogames of today teach the victims of bullies to respond? With payback—leading to even more violence.

Then of course there are the cases we hear about the most on the news—the school shootings. What is the typical profile of these kids? They were not obsessed with martial arts. In fact, most of them couldn't handle sports or martial arts because they couldn't handle the discipline or being subjected to authority. Those that did martial arts never lasted more than a couple of months. The primary connection between all the school assassins was an addiction to violent media and violent video game playing. In fact, in the case of the shooting in Paducah KY, the assassin became so skilled in shooting games that he was able to reach an expert level of marksmanship and efficiency in his killing spree that it marveled and surpassed most SWAT members, even though he had only shot an actual gun once in preparation.

Granted, most of our kids will not someday shoot up a school. But new research using brain scan technology suggests that media violence and violent video gaming actually hinders a child's brain development in the areas responsible for logic and decision-making. It makes normal kids brain function comparable to those kids diagnosed with Disruptive Behavior Disorders. Come to the fitness fair and see the brain scans and here more of the story.

For now, let me go back to my original topic and how it relates to martial arts. People want to blame the martial arts for the violence in society instead of looking at their own home. Citing violence as the reason, they pull their kids out or let their kids quit the one activity that teaches the discipline and respect for authority that the most violent kids never had the chance to learn. They condemn us and then go home and let the kid play more video games at home. Of course, now that the kid is no longer involved in a structured activity, there is lots more time to learn what media violence and videogames have to teach. Instead of learning self-control in class, they are free to destroy the part of the brain that controls impulsive action by excessive videogame playing. Ironic, isn't it?

As stated before, some parents who are concerned about the violence in the martial arts are also vigilant in the other areas. Conversely, some parents who might not be concerned about the martial arts might not appreciate the dangers of those other considerations either. In either case, I sincerely hope that many of you and your children will get the chance to be more fully educated at the upcoming fitness fair. In the meantime, I would recommend reading the work of Lt. Colonel Dave Grossman on this subject. ---BLS