



# GMA NEWS

## November 2005

### Upcoming events:

Nov 4-6 <sup>th</sup>	Chin-na seminar with Aaron Damus at DPU 6-9 on Friday, 10-1 and 2-5 on Sat, and 9-12 on Sun
Nov 4 <sup>th</sup>	NO HAPKIDO CLASS on account of chinna seminar
Nov 5 <sup>th</sup>	Girls Scout day at the school
Nov 11 <sup>th</sup>	Hapkido testing
Nov 12 <sup>th</sup>	Tai Chi seminar from 9-12
Nov 12 <sup>th</sup>	Inter school TKD scrimmage 1:00-4:00 (Black belt seminar at 12:30)
Nov 12 <sup>th</sup>	Indiana jujitsu championships at IU (see flyer)
Nov 19 <sup>th</sup>	Holiday Sale at GMA 8:00 am-11:00
Nov 19 <sup>th</sup>	Leadership Team 11:00am-12:00
Nov 19 <sup>th</sup>	Hapkido black belt class 12:00-1:30
Nov 20 <sup>th</sup>	Black belt ceremony at GM Choi's, 1:00 pm
Nov 20 <sup>th</sup>	BJJ black belt ceremony and Ciaque seminar, Indy.
Nov 23-25	No class
Dec 2 <sup>nd</sup>	Projected date for next TTCA testing
Dec 3 <sup>rd</sup>	Tentative USHF black belt testing date
Dec 4 <sup>th</sup>	Master Chen Tai Chi seminar in Indianapolis

### Congrats to:

- *GMA had monumental black belt testing.* Congrats to our 6 newest black belts—Miss Raven Shotts, Miss Miki White, Mr. Obed Soto, Mr. Alex Townsend, Mr. Jared Holt, and Mr. John-Michael Murphy. Catie Willhardt passed the forms portion of the test, and only has to finish up her break to join them. Also congrats to Mr. Yoshida and Mr. Smith for successfully completing their bo (step) tests. Lastly, Mr. Sieg passed his test for 5<sup>th</sup> degree black belt. Thus, GM Choi requested that etiquette be followed in addressing Master Sieg.
- *Mr. Sledd* has been enjoying a lot of success in regional BJJ tournaments. Recent finishes include: Music City Grappling Championship 1st Place (Purple Belt Under 175#) 2. Music City Grappling Championship 3rd Place (Purple/Brown Belt Absolute) 3. Extreme Grappling Open 2nd Place (Purple Belt Lightweight) Mr. Sledd would like to thank all the GMA students who have shown up to root him on and those that helped him train for the competitions. While Mr. Sledd is new to our instructor team, our students should realize just how elite of a grappler Mr. Sledd really is.
- Lastly Congrats to *Isaiah Sherfick for graduating our Lil Dragon program*, which is quite a big accomplishment for the lil guys.

### Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. In addition, we are adding a NHB training seminar with Mr. Sledd. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and all the weapons or gear needed for the seminar. Sign up at the front desk.

Winter Weapons camp, Dec 29<sup>th</sup>. Learn a variety of weapons not normally taught in the classes—this year we will be covering “kumdo” sword techniques and possibly staff or maybe stick/dagger as well. Camp will be Dec 29<sup>th</sup> from 9:00-3:00.

NHB camp with Mr. Sledd on Dec. 28<sup>th</sup>. Obviously based on Brazilian jujitsu, but with a change in emphasis. Unique things covered include: closing the distance, takedowns, ground and pound strategies, and conditioning. After lunch, Mr. Sledd may also cover his yoga for grapplers program for flexibility. This is going to be a hard core camp with lots of new techniques and/or new spins on old ones.



## **Intra-school tournament scrimmage**

Due to the fact that our regularly planned trip to St. Louis did not happen this year, we are instead holding our own little tournament at the school. No entry fees, no trophies or medals, just a learning experience. We will do sparring only (no forms competition), but we will ring the rings and brackets as a regular tournament. Our black belts will officiate and judge. Last year we held this event and we had several people use it as their first “tournament” who went on to do well at the Louisville tournament. Registration begins at 1:00. We hope to start at 1:30. Black belt students will have a special refereeing and judging camp from 12:30-1:30. This will help them lead our event, but also hopefully will better prepare them for service at TTCA events and beyond.

Other TTCA schools will also be invited in hopes of getting a bit more variety in sparring.

## **GMA Wishes a Happy Birthday to:**

Seth Wilson	11-13	Jessica Wilson	11-15	Austin Clark	11-15
Hannah Skaggs	11-15	Hailea Howard	11-27		

## **Training Anniversaries**

Special Congrats to those who started with us a year or multiple years ago.

Jared Holt (TKD, 3 years)	Alex Townsend (TKD, 3 years)	Cameron Ruba (TKD, 2 years)
Isaiah Sherfick (LD- 1 year)	Austin Brummett (TKD 1 yr)	Nevin Markitan (TKD 1 yr) Caleb Allen (TKD 1yr)

## **Quotes of the Week**

This month our quotes will take a slightly different approach. We will be focusing on common misunderstandings concerning terminology or knowledge about Korean martial arts. These are things that are understandable from the average non-martial artist, but when a supposed practitioner of a Korean martial art says it, it makes them look stupid. We don't want our students making those mistakes—even though a lot of other people do.

“You don't have a sensei in TKD” \*\* “You don't own a gi” \*\*\*“You do not have a belt rank, you have a gup rank”

## **Kick a thon info and thanks**

We didn't reach our goals of 100,000 kicks, but we do appreciate the hard work of everyone who did show up. We managed to raise over 1,300 dollars for Project Action. High kicking honors goes to Jeremiah Deckard who did over 4,000 kicks.

## **Holiday Sale set for Nov 19<sup>th</sup>**

Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 19<sup>th</sup> from 8:00 to 11:00. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well.

## **Class Cancellations—Holiday and Other**

No HKD class on Friday Nov 4<sup>th</sup>—see you at the chin-na seminar. Other classes will meet as usual. No classes on Wed, Nov 23<sup>rd</sup>, Thanksgiving (24<sup>th</sup>) or Friday Nov 25<sup>th</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day!

## **Special recognition to our families:**



In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special appreciation to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount because many generations are involved....Perhaps someone else in your family is ready to try it out?

Marc Shotts (TKD, HKD), Caleb Shotts (TKD, HKD, BJJ) and Raven Shotts (TKD)

Bobby Brouse (TKD, HKD), Shae Brouse (TKD, HKD, tai chi) Trae (TKD), and Sharona (tai chi) Brouse

Plus 3<sup>rd</sup> generation to both the Brouse's and Shott's: Woody and Sharon Shotts (Tai Chi)

Kevin, Austin, and Bailey Fowler (TKD)

Mike (HKD, BJJ), Trena (HKD), Collyn (TKD), and Taylor (LD) Dodge

Jessie (TKD), Ariel (TKD, Tony (HKD), and Cindy Stuard (HKD)

Ethan (TKD), Jacob (BJJ), and Jeff Gabbard (BJJ)

Ethan (TKD), Zachary (TKD) and Esther Rupert (tai chi)

Greg, Adam, and Jared Hamilton (HKD)

Brittany (TKD) Quinton (TKD) and Violet Nenedjian (HKD).

**We thought you might be interested in a different perspective on the martial arts family.**

### **A Family That Trains Together** By Marc Shotts

What visions appear when you hear the phrase “family fun” and togetherness? Kicks and punches flying? Things breaking? Yelling, sweating, grappling, grunts and groans? Sounds like a summer family reunion. Actually, this describes being a family training together at Gentry Martial Arts. The Shotts family at Gentry consists of Marc (age 39, black belt in Hapkido and Tae Kwon Do), my son Caleb (age 15, black belt in TKD and red belt in Hapkido) and my daughter Raven (age 11, black belt in TKD and soon starting hapkido). We have been training together at Gentry Martial Arts for about 4 years and have loved every minute.

Training together is a uniquely enjoyable experience. Caleb used to play soccer when he was younger, and I watched him play and cheered the team. Still, there was something missing. I wanted to do more than watch. I wanted to participate, but of course I was not allowed to play on his team. Then we found the martial arts. I remember our first night together at Gentry Martial Arts. I was standing in line as a white belt and looked over at Caleb and Raven wearing their white belts looking at me. There was a type of equality with their father they had never really experienced before. Instantly, a new relationship began and blossomed into something unique and wonderful. The enjoyment and benefits of training as a family are so deep and numerous that I will fail in this article to fully explain. Everything my children experience in the martial arts, I experience right along with them. Lessons that I would normally be “telling” them, they can actually see in our training. Sometimes I'm sure they have taken a perverse pleasure in seeing their dad work hard, sweat, struggle, be uncoordinated, fall down and try again, and again, and again... until finally success. Training alongside them, I am able to teach them lessons about respect, trust, self-control, self-discipline and perseverance. Not just lessons taught by mouth... but by sweat and example. There is equality and trust created by training with my children that makes my authority and position as a parent more effective and respected. The enjoyment of time spent together, training, sweating, helping one another improve, sharing the sorrow of temporary failures and ultimately the sweet taste of victories. There is a deep bond forged between warriors who together have endured a great struggle and emerge thru sweat and tears as victors. Shakespeare described this bond as “we few, we happy few, we band of brothers”. It is an honor to enjoy this type of bond with my children thru our training together in martial arts.

What do the kids think? I asked Caleb and Raven to write why they thought it was enjoyable to take martial arts as a family. Raven answered, “I have help with my forms at home. Plus, with my dad and brother I was able to practice my break for black belt test at home every other day.” Caleb on the other hand wrote: “What I think is neat about having my family in martial arts together is that we are creating a house influence, like in ancient times, when powerful houses (families) were the Emperor's warriors and advisers. Another thing I like about it is that it forms a bond between us.” Ok, interesting... Even now, thru our life together in the martial arts I continue to learn about my children and be allowed into their world.



## Random Act of Kindness Summary

As a school, we did over 900 acts that we thought were legitimate acts of kindness. We thank everyone who helped change the world one act at a time and in doing so, hopefully learned a little bit about being Gentry. Here are some of our favorites.

Many acts of courteous driving  
Several acts of helping the elderly  
Giving an outfit to sibling when he didn't like what was packed for him.  
Read to a little boy at the library  
Helped with a garage sale to benefit Riley hospital  
Helped a younger girl get off a piece of playground equipment when she got stuck  
Did all the errands while letting the wife sleep in  
Fixed a friends bike  
Didn't really want to play a particular game, but played it anyway  
Gave her umbrella to someone else when it was raining  
Did my sisters chores for her  
Stopped a fight at school using FAST-like words  
Helped people who appeared lost to find their way  
Helped a shorter lady trying to reach something on the top shelf at the store unsolicited  
Left a note for the janitor at work thanking them for doing a good job  
Talked to someone who seemed lonely  
Listened to someone who appeared to be having a bad day and needed someone to talk to  
Volunteered to visit people at the nursing home  
Gave up a spot in line at the supermarket to someone who had more stuff  
Did a co-workers paperwork and other work intended for someone else  
Sprayed roundup on my neighbors weed  
Picked up trash around the block  
Earned a prize and gave it to sister because I knew she wanted it.  
Stood up for neighbor girl when her brother was picking on her  
Saw a movie w/ grandparents that I didn't really want to see without complaining  
because they wanted to see it.  
Helped a motorist whose load of shelves came out of his truck  
Cut neighbors grass  
Vacuumed secretaries office  
Made a gift for a friend-just because  
Allowed rude children to cut her in line without saying a word  
Stopped beside the road to help someone whose car had overheated  
Found money in a book and made sure it was returned  
Waited to finish his school work so that someone else could borrow his scissors  
Did my brothers chores  
Bought flowers for my wife (no reason)  
Hung out with new kids at a church party  
Jumped vehicle in walmart parking lot  
Took money from penny bank and put in donation box for Katrina relief  
Sold some gourds from the garden to raise money for Katrina  
Left change in the pop machine for the next person  
Helped a smaller kid get his money back and helped get the bully away from him  
Washed my moms car