



Jan 06 NEWS

Special Congrats:

To our award recipients at this years Christmas party and awards banquet:

Martial Spirit Award to Austin Clark, Richie Long, and Nike Fine

Most Improved Student to Mike Dodge (who also just received his second stripe in BJJ)

Co-competitors of the year: Collyn Dodge and Miki White

Student of the Year: Jeremiah Deckard

Black Belt of the Year: Shelby Moler

To Mr. Tim Sledd who had an outstanding showing at the Coral Combat Classic in Chicago this December. Mr. Sledd beat one professional fighter and then went to the wire with a UFC contestant in the finals, finishing 2nd. He also took a 1st and a 3rd in other divisions.

To Mr. Miller on his recent engagement

Upcoming events:

Jan 7th LD testing: white/yellow from 9-10:30; orange/green 10:30-12:00, purple/red 12:00-1:00.

Jan 7th TKD black belt class 2-3:30

Jan 13th TKD Testing at 5:30

Jan 14th Tai Chi seminar 9:00-12:00

Jan 14th HKD outing—Bound by Blood Premier (Mr. Yoshida’s movie debut) in Indy

Jan 21st Demo team 9:00-10:30.

Jan 21st HKD black belt class 11:00-1:00

Jan 21st LD movie and buddy night 5:00-9:00

Jan 27th USHF testing

Feb 4th Leadership team CPR certification from 9:00-12:30 (must sign up and take pretest)

LD Movie and Buddy night

Our little guys don’t have as many opportunities to hang out as a group as the other programs do (with tournaments/seminars/camps/bad kung-fu nights, etc.) So this is a chance to for everyone to get together, play some of their favorite lil dragon games, watch a movie together, and have some fun. Mom’s and Dad’s can use it as a night out. The Dragons are free to invite their friends to come see what they do and try it out. We do like to know in advance who is coming though, to plan for snacks, staffing, etc. so please sign up. The movie night will be on Jan 21st from 5:00-9:00.

Tai chi class—interest survey

We are exploring the possibility of having a regular tai chi class during the week rather than/or in addition to having the current weekend seminars. This would likely be Mon/Wed mornings from 8:00-9:00, and possibly another evening practice. If there is interest to support the class, we can start in Feb...but please let us know so we can determine that interest.

GMA Wishes a Happy Birthday to:

Austin Runkle	Jan 4 th	Evan Wilt	Jan 4 th	Tyler Hilt	Jan 05 th
Brittany Nenedjian	Jan 8 th	Alex Rodriguez	Jan 9 th	Ryan Jerome	Jan 11 th
Raven Shotts	Jan 17 th	Braydon Tsohl	Jan 17 th	J. Burress	Jan 19 th
Austin Fowler	Jan 20 th	Noah Lambert Adams	Jan 23 rd	Makyla Nenedjian	Jan 24 th
Brady Chalfin	Jan 27 th	Jacob Gabbard	Jan 28 th	Corbin Schultz	Jan 28 th
Jacob Waltz	Jan 31 st				

Training Anniversaries

Cory Pierce (TKD 6yrs)	Mike Ksenak (HKD, 5 yrs)	
Caleb Shotts (TKD 4 yrs)	Marc Shotts (TKD 4 yrs)	Raven Shotts (TKD 4 yrs)
Jacob Gabbard (TKD, BJJ, 1yr)	Ethan Rupert (TKD 1 yr)	Zach Rupert (TKD 1 yr)

Quotes of the Week

As is it the season for New Year’s resolutions, this month will be talking about what makes a good goal and goal setting.



KEEP US POSTED

Please don't forget to update your information if you switch contact numbers or move! There have been several incidents where we have tried to call people and haven't been able to reach them because of outdated info.

Are Shoe Companies Fans of the Martial Arts?

While in grad school I learned that there are two main ways to validate sporting activity. The first is referred to as legitimization *of* sport, which states that the activity of sport itself, leading to increased fitness, reduced heart disease, perhaps some therapeutic release and stress reduction, are valid enough. The second is legitimization *through* sport, which states that the key qualities that people are able to develop as a result of participation justify playing sports. In other words, the lessons of sportsmanship, leadership, teamwork, hard work, etc, carry over into other areas of life. "This battle was won on the playing fields of high school" to paraphrase.

Obviously, a major focus of martial arts education in America falls under the "legitimization through sport" camp, and while I am biased, no other activity helps the individual like martial arts—otherwise I would be coaching it instead.

The major athletic apparel and shoe companies however, have for the most part been about the act of sport. Their ads were concerned with performance, and how their shoes can help with that performance. They might celebrate the greatness of athletes, but that was viewed as an individual quality and talent that their equipment helped to shine. But recent ads have got me wondering if someone in their marketing department has taken up martial arts.

One ad shows Miami Heat guard D. Wade taking some hard fouls and getting knocked to the floor. The slogan is a phrase constantly heard in martial arts, that we have on a poster at the school, and GM Choi even uses at testings: Fall down 7 times, get up 8. I can only wait until someone comes in, looks at the poster, and comments that we got it from a shoe commercial. In reality, I believe the original phrase appeared in a book of samurai writings entitled Hagakure, first compiled in 1716.

I have only seen the second ad once, I believe it has Denver Nuggets guard Carmelo Anthony. The ad finishes with the phrase: Be More. Now obviously, GMA students have heard that before. What I didn't get by the shoe commercial is what exactly we are supposed to be more of...except more of a player. Generally speaking, I would think that most parents wouldn't want their kids to "be more like" most of the spoiled self-centered professional athletes. On the walls of GMA however, we give you several ways in which martial arts can help you "be more": Be fit, Be well, Be safe, Be confident, Be a leader, Be among those who care. It isn't about "being more of a professional jerk" or even "being like Mike," it is about "being Gentry". You don't get it by magically strapping on a pair of our shoes. You get it by hard work in our classes and continuing to travel the martial path.

I must admit, the martial arts have always been considered a fringe activity and play second fiddle to more "American sports" like baseball, basketball, and football. Don't get me wrong, I am big sports fan as well, but as a professional, I am regrettably disappointed that talent driving a racecar really fast is given much more fame and fortune than some of the greats in our profession, who trained and sacrificed more than many professional athletes, without any expectation of serious reward other than passing along the art they love and empowering countless others through the benefits of martial arts training. We have had many kids choose to discontinue martial arts for other sports. Again, let me say that I realize the martial arts are not for everybody and that kids should explore lots of sports. But one story I think sums up the mindset of many who chase the "glamour" of other sports:

I had a parent explain to me that there are no scholarships in martial arts, and that there are in sport X. While that may be true, lets do the real math. For example, my high school was rather successful athletically during my varsity career, but only a handful of athletes even made division 2 scholarships, and only one in a span of about 6 years earned a full ride to a major Division I school in a major sport like basketball, football, or baseball. By contrast, several people in my graduating class alone (including myself) got full or significant scholarships to schools across the country. So while you cant necessarily get a TKD scholarship, I do believe that the focus, self-discipline and character skills that martial arts teaches can indeed help people get what they want in life—scholarships and beyond. Several of my admissions and Scholarship interviewers commented on me earning my black belt.

While I have long ago accepted by the fact that the major sports companies and sport culture have all the glamour, fame and fortune, as stated I am bit wary of the sudden trend of shoe companies borrowing from the martial arts. To me, it seems to suggest that their activities and culture give you the same results as our activity and culture of discipline and respect. Again, I am biased, but I don't think those activities come close. Could the new trend in advertising be partly explained by the fact that the public is starting to realize this and are also looking for something "more?" Part of me has to scratch my head when we get "Johnny has too much on his plate, and so something has to give." Since martial arts is "not a real sport", it always seems to be the first to be cut, even though it is possibly the most beneficial of all the competing activities. Thankfully, many of our students and parents realize that there is a lot to be learned *through* martial arts training, to say nothing of the benefits *of* training. And we don't need a lucrative shoe deal to pass those benefits on...only let us keep our phrases!--BLS