



# GMA NEWS FEB 06

## Congrats to

Our most recent Lil Dragon graduate, Daniel Bradburn.

## NEW Morning and Midday classes to be offered

Every so often we get requests to have more class options during the day, for stay at home moms and third shift workers, etc. We are excited to announce that we are going to start new morning and lunch hour classes. Send the kids off to school and then come get your day started with the benefits of martial arts classes.

**Morning Tai Chi class: Mondays and Wednesdays from 9:15-10:00.**

**Lunch hour Hapkido class: Tues 12:15-1:00; Friday 1:15-2:00.**

If you are someone you know has been interested in classes, but evenings are too frantic with running the kids around, working late, etc, then this is a great opportunity to finally do something for yourself. As always we would appreciate everyone's help in spreading the news.

New classes start Feb 21st

## Upcoming events:

- Feb 4th CPR class (additional classes may follow)
- Feb 18th Tai Chi—yin/yang symbol training in Indy (see flyer)
- Feb 19th Tai Chi/Hapkido—chinna from yin yang symbol training in Indy (see flyer)
- Feb 24th Hapkido testing 7:00 pm
- Feb 25th Demo team 9:00-10:30
- Feb 25th TKD black belt class 10:30-12:00
- Feb 25th HKD black belt class/pretest 1:00-3:00
- Feb 26th BJJ—Caique seminar in Bloomington 12-4
- March 3rd Projected date for TTCA testing
- March 4th IU collegiate Friendship tournament (College only, but can watch)
- March 4th FAST Defense Adults Basics 10:00 – 1:00pm
- March 11th Tentative Lil Dragon testing date
- March 31st TTCA black belt testing, Louisville
- April 1st TTCA Spring tournament Louisville
- April 8th USHF spring seminar, Indiana State University

Monthly classes: Tai Chi seminar this month is the larger seminar in Indy.

## Demo Team news

As the TTCA tournament approaches, the demo team really needs to ramp up for our big show. Friday night practices are becoming much more serious and regular (though not perfect) attendance is expected. Please note the Sat practices that are crucial as well. Lastly, of course if you want to be in the show, you have to be in Louisville for the tournament. We expect commitments by March, and we will set our lines according to those people who promise to be there. While we appreciate everyone wanting to practice, we need to be working with the group that we will have there.

## Tournament plans

Tournament information should be available in a couple of weeks. Please make note that April 1st is the end of spring break, so if you haven't already made plans, you might want to take that into consideration if you are planning on doing anything over spring break. Reservations for the Galt House should be made as soon as possible. TTCA Tournament Hotel info – Galt House 1-800-the-galt or info@galthotel.com.

## GMA Wishes a Happy Birthday to:

Kyle Metz	2-4	Zach Rupert	2-16	Remington Luttrell	2-22
Reese Elliot	2-5	Rob Pounders	2-17	Amy Law	2-26
Jayse Willhardt	2-11	Carson Halstead	2-17	Taylor Green	2-26
Wayne Boyles	2-12	Shaun Parker	2-20	Travis Holman	2-27
Thomas McGuire	2-14	Kayla Gray	2-21	Riley Bowling	2-28



## **Training Anniversaries**

Miki White (TKD 3 yrs)  
Karra Kirsch (TKD 3 yrs)  
Collyn Dodge (TKD 3 yrs)  
Brenner Williams (TKD 3 yrs)

Cameron Adamson (TKD 2 yrs)  
Sam Greencorn (TKD 2 yrs)  
Ethan Warrix (LD 1yr)  
Ariel Stuard (TKD 1 yr)

Tony Stuard (HKD 1 yr)  
Cindy Stuard (HKD 1 yr)  
Seth Nunley (TKD 1 yr)  
Clayton Smith (TKD 1 yr)

## **Quotes of the Week—Marks of a Champion**

In the spirit of the Olympics, we will be talking about “championship qualities.”

## **Valentine Passes**

As usual we are offering our Valentine’s Day referral passes. We don’t ask that you pass them out on every street corner, but if you have a friend that comes to mind, we hope you would feel comfortable recommending GMA. Make sure to put your name on them from the friend line, so that we can give you credit.

## **The BULLETMEN are COMING!!!!**

It has been a while since the Bulletmen have stopped in to do a FAST DEFENSE program. A FAST Adult basics course is set for March 4th 10:00am -1:00pm to initiate a new group of students into the most cutting edge self defense program out there. We would like for all of our students to do a FAST class at some point so that they can appreciate the bridge between our martial arts classes and more real life self defense.