



GMA NEWS

April 06

Congrats to our new black belts and other major promotions

GMA wishes to congratulate our newest crop of black belts: Mr. Nick Fine, Mr. Chris French, and Ms. Jessica Mason. Graduating the entire lil dragons program is quite a big feat in the lil guys lifespan, so we want to give a big dragon roar out to Ethan Warrix for his lil dragon graduation. Also, good luck this month to our hapkido black belt candidates: Jeremiah Deckard, Alex Ellis, Leah Sirmin, John Bossnack, and Rajib Bhattacharjee.

IMPORTANT DATES

April 7 th	TKD movie/buddy night 6:30-9:30
April 8 th	USHF seminar at Indiana State 10:00-5:00 (GMA has three presenters!)
April 8 th	Bluegrass BJJ tournament in Louisville
April 14 th	USHF testing, 7:00 pm
April 21 st	TKD movie/buddy night 6:30-9:30
April 22 nd	FAST KIDS Class 9:00-11:30
April 22 nd	USHF black belt testing and ceremony 1:00-5:00
April 22 nd	TKD movie/buddy night 6:30-9:30
April 28 th	Tentative date for TTCA black belt ceremony
April 29 th	Leadership team 9:00-10:30
April 29 th	TKD bb class from 10:30-12:00
April 29 th	Tai Chi seminar 1:00-4:00
May 6 th	Lil dragons testing TBA
May 6 th	HKD Black belt class TBA
May 6 th	Demo team practice TBA
May 13 th	Official opening as Caique training association
May 14 th	Chinna seminar in Indianapolis

GMA to become an official Caique Training Association—Hosting the master himself

To mark the one year anniversary of the BJJ program here at GMA, we are excited to announce that GMA will become an official member of Team Caique. To mark the occasion, we are bringing the world champion and famous Professor Caique here as we are officially recognized as a training association. Caique currently has only 12 officially endorsed TA's in the country. The event will be May 13th from 12-6 with a four hour seminar (with breaks) and a happy hour afterwards, where you get to hang out with this legend of the art.

TKD Buddy/Movie Nights

It has only recently become apparent to us just how many of our students have not watched the Karate Kid, and this is a travesty that we shall attempt to correct. Besides being a values based martial arts movie, instead of random violence, this movie actually has huge social significance. Students are encouraged to bring a friend who might be interested in classes. We will do a little martial arts, some dodgeball, and learn something from the movie. We will have three showings of the movie to try to accommodate everyone.

Friday April 7th 6:30-9:30

Friday April 21st 6:30-9:30

Sat April 22nd 6:30-9:30

Students can only sign up for one night to allow everyone a chance, and space is limited at each showing. We do need everyone and their buddies to sign up so we can make sure of numbers.

FAST CATS KIDS CLASS coming up

We recently had another adult FAST class, now it is the kids turn. On April 22nd from 9:00-11:30 we will be hosting a kid's FAST defense module (FAST CATS) where they will learn non violent ways to deal with bullies, how to deal with common child lures used by predators, and what to do in an abduction scenario. As we said before, these classes are the missing link between martial arts and real self defense and covers skills we just cant normally cover in class. It is our goal that all of our students take the course sometime in their career.



Summer day-camp dates are set

Some people have been asking about this year's date of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply.
 HKD day-camps: June 12-16, July 27-21 TKD day-camp: July 10-14, Aug 7-11

Happy B-day:

We hope the following students have a wonderful birthday this month

Mike Ksenak	April 01	Bailey Fowler	April 25	Chris Mosby	April 21
Cindy Stuard	April 07	Noah Wilson	April 01	Caleb Shotts	April 27
Karra Kirsch	April 24	Danny Tallent	April 19	Alex Townsend	April 06
Danny Key	April 01	Shawn Ferguson	April 26	Haley Sieg	April 23
Grant Ksenak	April 13	Olivia Clavio	April 02	Chris French	April 29

Training Anniversaries:

Congrats to those students who are celebrating the anniversary of the start of their training.

Remington Luttrell (LD and TKD, 2 yrs)	Alex Hermann (TKD, 2yrs)	Trae Brouse (TKD, 1yr)
Devon McCabe (TKD, 1 yr)		

Tournament Results: Congrats to everyone!

Great job to everyone on another successful tournament. We are proud of everyone. Special thanks to our demo team who rocked! We received tons to compliments and GM Choi commented on how proud he was of the show. Overall, our over 60 competitors took home 26 forms and 30 sparring trophies. The following is our list of those who placed...if there are any errors, please let us know and our apologies.

Brenner Williams	4 th sparring	Devin Arthur	4 th forms
Nevin Markitan	1 st forms, 3 rd sparring	Ryan Jerome	3 rd form
Makyla Nenedjian	2 nd sparring	Cory Pierce	4 th sparring
Ryan McComas	1 st forms, 2 nd sparring	Miki White	4 th forms, 2 nd ptf
Jesse Stuard	1 st forms	Cameron Adamson	2 nd form
Ariel Stuard	4 th forms, 1 st sparring	Chris French	3 rd form, 2 nd sparring
Timothy Thomas	3 rd forms, 3 rd sparring	Patrick Mosby	4 th sparring
Noah Lambert Adams	2 nd forms, 2 nd sparring	Chris Mosby	4 th sparring
Megan Luecke	1 st forms, 2 nd sparring	Richie Long	4 th forms, 4 th sparring
Mark VanHuss	4 th forms	Raven Shotts	4 th forms
Devin McCabe	2 nd sparring	Marc Shotts	3 rd forms, 3 rd sparring
Catie Willhardt	3 rd forms, 3 rd sparring	Abigail Farmen	2 nd sparring
Alex Willhardt	2 nd forms	Michael Lutz	1 st form, 3 rd sparring
Gabe Wilson	2 nd form, 4 th sparring	Jessica Mason	1 st forms, 2 nd sparring
Noah Wilson	3 rd forms	Shaun Watts	1 st form, 1 st sparring
Obed Soto	3 rd sparring	Leah Sirmin	2 nd form, 1 st sparring
Shae Brouse	3 rd sparring	Chris Lawburgh	1 st forms, 2 nd sparring
Trae Brouse	4 th sparring	Derek Smith	2 nd sparring
Tylor Martens	3 rd sparring	David Yoshida	2 nd forms, 2 nd sparring



Sheep, Pacifists, and Predators O my!

“It does not good for the sheep to preach the benefits of diet of grass if the wolves are of a completely different mind.”

Bet I got your attention with that title. I have been involved in a lot of seemingly different things that actually tie in quite nicely together, and if you will indulge me for a second, I will attempt to explain how sheep, pacifists and predators tie in to what we do, and why we think what we do is so important.

First, I had the pleasure of attending a lecture with Lt. Col Dave Grossman, one of the foremost experts on effects of violence in society and in children. His books are recommended reading for virtually every law enforcements and military group (On Killing is required reading at the FBI). He uses the following working metaphor to describe his work. 98% of people are sheep, nonviolent people who are also mostly naïve about violence. 1% of the population are wolves that prey on the population. Then there is the 1% of the population that are sheepdogs. These are the warriors who have some of the properties of the wolf but use them to protect the sheep rather than harm them. The sad thing is that most of the time the sheep don't really care for the sheepdog, find him scary, label him as paranoid for always watching out for the wolf, maybe even call the sheepdog a bad man himself. That is, until a real wolf shows up and 98 sheep try to hide behind one sheepdog.

Second, I recently read C. S. Lewis's essay on “Why I am not a pacifist” and it reminded of a couple of recent incidents. Some time ago we had a new yellow belt quit abruptly over the prospect of free sparring. He was being bullied at school and I believe was associating the bullying with free sparring in class (mental anchoring). The rationale given by the parents was that he was always brought up to not hit other people. It seemed to me—given that he had been punching and kicking at air, targets, and other people in various capacities before this—that is wasn't the part about hitting others but rather the part about getting hit that was the bigger problem. A problem I can sympathize with but differ in “solution”. I am not talking about people learning how to take a punch, but am speaking more broadly. Sparring and other things we do here are metaphors on how to deal or confront aggression—or at least not be scared by it. It is great to teach people to be nonviolent, but there are lots of wolves out there that are of a different opinion. And when they are preying on you it is rather difficult to dissuade them of their opinion. As Lewis puts it: “In the liberal society, the number of pacifists will either be large enough to cripple the state as a belligerent or not. If not, you have done nothing. If it is large enough, then you have handed over the state which does tolerate pacifists to its totalitarian neighbor who does not. Pacifism of this kind is taking the straight road to a world in which there will be no pacifists.”

Lastly, some of you might have seen the news about a child molester being caught hanging around a martial arts school. On top of that, the new sex offender website is compounding the discussion. It usually goes something like this: “did you know there are X number in X location, doesn't that surprise you?” My answer: Gavin DeBecker cites that there is one child molester per square mile, so no, it doesn't. “X town has X many, Y town doesn't have any.” My answer: yes, Y town does have them, they apparently just aren't registered. And don't worry about the ones on the list you don't know nearly as much as the babysitter, the step-dad, your crazy uncle, etc...that are much more statistically dangerous. Now, I don't know how much people appreciate my non politically correct candor, but that is the reality of the beast. It isn't pleasant, in fact it is down right scary to think about. But the alternative is to keep on grazing and pretend there aren't any wolves around. BAAA! As it relates to the martial arts school incident, it doesn't surprise me that a predator hangs around a place of high traffic of kids. We pray it never happens here, but have taken steps (FYI—that is why the changing rooms are so small and close to the sitting area).

Now, we have an upcoming FAST class for kids, which deals with both of the incidents I have described above—bullies and child abductions. I hope I am preaching to the choir in our readership, but I am constantly surprised at how tough a sell the classes are to the general public. In our business, there is a saying that fear doesn't sell. I see why. It is easier to stay in denial about the real dangers than to face the fears and the reality of the situation. I am sure some sheep are put off by the sheepdog's bark while they are trying to enjoy their grass. It is easier to pretend it won't happen here, my kids won't be fooled, etc. BAAA. The FAST course is about making sheepdogs. It is about accepting the fact that there are wolves out there, and try as we might to teach our kids not to be violent, at some point aggression and violence might find you. As the founder of the program, Bill Kipp, puts it in his new book, “The person whose pacifism is not a choice to fight back but a fear based emotional reaction is in denial.” As Lewis point out, war is a great evil, but not the greatest. Letting yourself or others be victimized is worse. Not standing up for yourself and others against greater evil—because we prefer to stay in our happy place—is worse.

We at GMA consider ourselves sheepdogs. We hear bleating all around—from well meaning sheep—all the time. Our job is to give our students a bark also. We hope it never has to become a bite. But if the wolf ever comes around, it is too late to preach the benefits of a diet of grass. We hope our parents and students can appreciate the difference and choose to not be part of the flock. ---BLS