



GMA news May 06

New HKD Black belt promotions

Congrats to our new black belt promotions in Hapkido: Mr. John Bossnack, Mr. Jeremiah Deckard, Mr. Rajib Bhattacharjee, and Miss Leah Sirmin

In addition, Mr. Miller was recently awarded his 3rd degree black belt, and Mr. Sieg his 4th degree black belt in the USHF.

Break-a-thon and annual school picnic

It is time for our annual school picnic and break-a-thon to benefit Project Action Foundation—which provides scholarships for at risk children to become involved in dance, gymnastics, and martial arts. Some of our own students benefit from PA, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 1:00 (arrive at 12:30) with a cookout and fun and games to follow. It will be held at Jimmy Nash Park, shelter house no 5. Watch for sign ups for the pitch in; we will also need help with grills.

Mothers day invitation

As usual, our students are welcome to invite their mom, grandma's, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

Upcoming Events

May 5 th	TTCA testing, 5:30
May 6 th	Lil Dragon testing: beginning 9:00-10:30; advanced 10:30-12:00
May 6 th	Demo Team practice 1:00-2:30
May 6 th	HKD black belt class 2:30-4:00
May 13 th	Caique Training Association Grand Opening—Caique seminar 12:00-6:00
May 14 th	Chin-na seminar in Indy
May 20 th	Tai Chi seminar 9:00-12:00
May 20 th	Break a thon and annual school picnic 12:30-4:30
May 26 th	HKD test
May 27 th	BJJ open mat, BJJ fight night at the school
June 2	Relay for Life Demo 7:30-8:00
June 2-4	TTCA summer camp—camp applications due ASAP.
June 9-11 th	Tai Chi seminar with Master William CC Chen in B-ton
June 11 th	Hoosier Open—BJJ tournament
June 12-16	Hapkido Daycamp



Sign up now for Day Camps/Summer camps

First, sign up right away for the TTCA summer camp. The number of beds is limited and are assigned on a first come, first serve basis. Be sure to plan to pick you child up on time on Sun morning. Anyone interested in the talent show also needs to inform an instructor right away. Finally, we need to turn in applications in advance so that plans for food and other things can be planned. Applications will be sent in May 20th.

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts dodgeball. Large discounts are available for multiple camps or multiple family members. Additionally, save 20% if you pre-register in the month of May.

Hapkido camp: June 12-16 July 17-21 TKD camp July 10-14 Aug 7-11

Caique news

GMA will become an official Caique training association with one of the top BJJ masters in world. Register now for the seminar and stay for the meet and greet and hang out with a legend in the art on May 13th from 12-6.

Happy Birthday to these students

Joe Wiggins	5-02	Shelby Crites	5-18	Branden Edwards	5-29
John-Michael Murphy	5-08	Alex Ellis	5-23	Brett Luttrell	5-29
Ariel Stuard	5-10	Jay Vladioiu	5-23	Miki White	5-30
Catie Willhardt	5-14	Nicole Cook	5-24		
Mariah Ellis	5-18	Jeannine Metz	5-28		

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:
Shae Brouse (TKD, HKD 1 yr) Ryan Clark (TKD 3 yrs) Griffin Selch (TKD 4 yrs)

Quotes of the week

Quotes this month will revolve around goals, challenges, and the motivation and process of achieving them. With Break-a-thon, testing, and other events, we want our students to focus a bit more on the process rather than the end result.

Yearbooks for sale

There are a handful of GMA yearbooks still available, if you didn't preorder and would still like one.



GMA-What I Always Wanted in the Martial Arts

I must admit that this letter seems a bit awkward to me, mainly because I feel it is difficult to write just how profound some of my feelings on this issue are. Recently, several events have gotten me thinking about GMA—what it has grown into and where it is going. First, TKD and HKD have had another crop of students earn their black belts. It is a measure of perseverance for all students, but for one TKD student in particular, it has been a 6 year journey, proving once again the power of indomitable spirit. A lot has changed in those six years since we took over classes on the square. Second, as a couple of students have job shadowed me (they didn't believe that I worked) on campus, it got me thinking about where they are on their martial arts journey and where they will be when they get to college, as compared to where I was.

Most importantly, this month marks the one year anniversary of our Brazilian jiu-jitsu program, which coincides with us becoming officially part of Team Caique. There are only a dozen official training association sites around the country, and we will be the next one. On May 13th, we will be honored to have the world champion Professor Caique teach and socialize with our students at the official grand opening of our TA. BJJ enthusiasts from as far away as Washington DC are also scheduled to attend—a testimony to the bond of Team Caique and the respect Mr. Sledd has in the BJJ community. Professor Caique is a pioneer in BJJ, being called the most knowledgeable person outside of the Gracie family by the founder of BJJ himself, Helio Gracie. It is another example that we try to bring the best for our students—to keep close to “pure water”

I have been lucky to study under some truly great master instructors in the martial arts, which is partly luck. When I did go in search of additional instruction, I made it a point to go after some of the best and usually purer water. I owe a great deal to all of my martial arts instructors and can't thank any of them enough. The experiences I have had in the martial arts have made me into the person I am today and I wouldn't trade them. I remain loyal to these instructors as I still respect them and owe them a great deal. I don't mean to take anything away from my instructors' efforts or those experiences, but my dream for GMA is for it to be the school I always wanted—not just as a co-owner and instructor, but as a student.

I think a simple illustration will help explain. During the formative years in my martial arts career—my teenage years in TKD—I worked as hard as could. That meant usually an hour class on average 3 or 4 times a week. (of course, there was time I would spend before and after class in the dojang, there was time at home, etc.) By comparison, we now have kids who take TKD, HKD, and BJJ and get three hours of training on a Friday night alone. We have had some of our students train for 6 hours on a Saturday. Now, to put that in perspective, if that were a high school basketball player spending 6 hours in the gym on sat, he would be heralded as the next great recruit. Yet we have kids who put in as much time in the martial arts year-round and remain unsung. I think that is a shame, but rest assured that I am proud of them. I am also proud that we have helped give them a place to do that.

While I was lucky to walk into some great schools in the beginning, I eventually had to track down the best of what I was seeking later. While I certainly am not the same level as my instructors, GMA brings my experiences to our students much sooner and in their own backyard. People I or Mr. Miller have traveled the country to see now visit Martinsville, or we bring the info back with us. Our students have the school I wish I had growing up. Of course, I didn't know that at the time, I was certainly happy where I was. It took me much longer to travel the martial path to where some of our students have already reached. Some lesser instructors might be challenged by that. But the goal of the instructor should be to have their students exceed themselves, not have the art dwindle with each successive generation. To borrow a phrase I heard about Dr. Yang—“he wants you to eclipse him, but he isn't waiting around for you to catch him, he is still growing too.”

Sometimes I see how hard our students are working, how much they are learning, how much of a martial arts education that they are getting so much younger than most, and I have to smile. In fact, in some ways it is going to be scary. As I told my college students about one of our black belts who job shadowed me: “by the time she gets to college she could do this job.”

GMA is a one stop place to learn a lot of martial arts to meet a lot of different needs. I am glad that we are able to offer so many opportunities. I am glad that so many students have decided to take advantage of all the opportunities available to them—opportunities that in retrospect, I wish that I had. I can't help feel a sense of pride as I watch them develop. –BLS