



# Sept 06 NEWS

\*\*\*No classes on Sept 29<sup>th</sup> because of FAST Training for instructors\*\*\*

## Congratulations to our new black belts in HKD!

Special congrats to Mr. Caleb Shotts and Mr. Ken Hawkins on promotion to 1<sup>st</sup> dan, congrats to Mr. Derek Smith on his promotion to 2<sup>nd</sup> degree black belt.

## Upcoming events:

Sept 1	HKD testing—7:00
Sept 4	We DO HAVE CLASS on Labor Day
Sept 8 <sup>th</sup>	Hapkido/BJJ Movie Night—the Protector (details in class)
Sept 9 <sup>th</sup>	Demo team 9:00-11:00
Sept 9 <sup>th</sup>	TKD Brown belt class 11:00-12:00
Sept 9 <sup>th</sup>	TKD Black belt class 1:00-2:30
Sept 9 <sup>th</sup>	Tai Chi seminar 2:30-5:00
Sept 15 <sup>th</sup>	TKD Buddy night/movie night 7:00-9:30
Sept 16 <sup>th</sup>	Lil dragons testing 9:00-12:00. Beginning from 9:00-10:30. Intermediate/Advanced from 10:30-12:00
Sept 16 <sup>th</sup>	Demo Team 12:30-2:00
Sept 16 <sup>th</sup>	Stickfighting seminar 2:00-4:30
Sept 16 <sup>th</sup>	Lil dragons buddy/movie night 6:00-9:00
Sept 22 <sup>nd</sup>	TKD Buddy night/movie night 7:00-9:30
Sept 23 <sup>rd</sup>	Chung do kwan tournament in Omaha Nebraska
Sept 23 <sup>rd</sup>	Tournament in Bedford. Details will be announced soon
Sept 23 <sup>rd</sup>	Dr. Yang seminar in Memphis TN
Sept 29 <sup>th</sup>	Bill Kipp unveils the weapons class at DePauw
Sept 29 <sup>th</sup>	NO CLASS on account of the FAST program.
Sept 30 <sup>th</sup>	USHF seminar at IU 9:00-5:00
Oct 7 <sup>th</sup>	Demo team 9:00-11:00
Oct 7 <sup>th</sup>	Caique BJJ seminar at IU (projected)
Oct 13 <sup>th</sup>	Fall Foliage Demo
Oct 15	Fall Foliage Parade
Oct 28 <sup>th</sup>	TTCA black belt testing-Louisville

**\*\*Demo team—watch viewpoint for which groups to practice on Friday evenings!**

## TKD/HKD/LD Buddy/Movie Nights

It has been a while since we have done a movie night, so we have another round scheduled this month. HKD and BJJ will watch the Protector, which although being released in theaters that same day has been out internationally for a while and we have on DVD. TKD will be watching Karate Kid II. Many of you watched the first one at our last movie night. It is now time for the follow up. For lil dragons we plan to watch an entertaining but educational movie about stranger danger. 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.

HKD/BJJ Sept 8<sup>th</sup> 9:00-11:00      TKD Sept 15<sup>th</sup> or 22<sup>nd</sup> 7:00-9:30      LD Sept 16<sup>th</sup> 6:00-9:00

TKD 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.



## The Bulletmen are coming! FAST founder Bill Kipp Coming in Sept.

We are very excited to announce that world re-known self-defense expert and founder of FAST Defense, Bill Kipp, will be coming to further certify our FAST team and allow us to lead a brand new FAST course module—**Weapons**. Come see the FAST response against stick, knife, and gun attacks. Adult class only.

There will be a limited number of spaces at the class led by Bill Kipp at DePauw on Friday Sept 29<sup>th</sup>.

## GMA Wishes a Happy Birthday to:

Mr. Tim Sledd	9-06	Tony Edwards	9-07	Daniel Wiggins	9-8
Greg Hamilton	9-09	Shawn Burkes	9-09	Caleb Allen	9-18
Alex Hamilton	9-19	Bryce Carlisle	9-19	Jessica Zimmer	9-20
Trae Brouse	9-20	Jesse Stuard	9-22	Cora Berkebile	9-24
Andrew Baugh	9-25	Gabe Wilson	9-26	Tiernan Randal	9-26
Debra Bowling	9-27	Madison Cain	9-28		

## Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training with us.

Nick Fine (TKD, 6 yrs)	Brittany Nenedjian (TKD, 5yrs)	Makyla Nenedjian (TKD 5yrs)
Shelby Moler (TKD, 5 yrs)	Noah Lambert-Adams (TKD, 3 yrs)	Brandy Potter (HKD, 3 yrs)
Reese Elliot (TKD, 2 yrs)	Jake Waltz (TKD 2 yrs)	Megan Luecke (TKD 2 yrs)
Ryan Jerome (TKD 2 yrs)	Greg Hamilton (HKD, 1 yr)	Jared Hamilton (HKD, 1 yr)
Adam Hamilton (HKD, 1 yr)	Erica Honaker (TKD 1 yr)	Travis Holman (TKD 1 yr)
Hailea Howard (TKD 1 yr)	Isaac Honaker (TKD 1 yr)	J. Burress (LD 1 yr)
Carl Underwood (TKD 1 yr)	Mya Freed (LD, TKD 1 yr)	Amy Law (HKD 1 yr)

## Quotes of the week/ RAK

As anyone who has been with us for over a year may recall, Sept is the month we do our Random Act of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

## 9-11, RAK's and Heroes

This article was actually written in 2004. It has been a while since most read it, so while I normally don't do this, I am re-printing a modified version here.

If you have been a part of the school for a while, you have gotten used to September being Random Acts of Kindness (RAK) month. We do it to honor and commemorate the WTC attacks, based on a specific request by President Bush during his address to the nation—calling on Americans to do a million acts of kindness. Over the years, I am proud to say our students have done some interesting, creative, and sometimes inspiring acts of kindness. Like many of you, I remember 9-11 vividly. I was in the weight room when the first reports—rather low key, came over the radio. I immediately went to teaching class at IU, wondering why everyone was missing—most, as you can imagine, were glued to the TV. We had class that night in the old building on the square in Martinsville. I didn't see actual footage until I got home late that night.

As reports of the rescue and recovery efforts dominated media for the next couple of days, several of us probably felt a little powerless to help here in Indiana. We witnessed heroes in action at the cleanup, and stories of heroism by those who perished came to light. We had newfound respect for fireman, law enforcement, etc, who rushed in as others rushed out. These accounts and examples were inspiring, but also left us feeling a little more frustrated for not being able to contribute. When the challenge for acts of kindness was raised, that was something that we could help with. Now, some of you might be asking,



while the RAK's are a nice, but honestly, how does that really impact America.? Well, I really like a song by the Christian group Superchic[k]. called hero. I think the lyrics sum up heroism for our kids today.

No one sits with him he doesn't fit in  
But we feel like we do when we make fun of him  
Cause you want to belong do you go along?  
Cause his pain is the price for you to belong  
Its not like we hate him or want him to die  
But maybe he goes home and thinks suicide  
Or he comes back to school with a gun at his side  
And a kindness from you might have saved his life

Heroes are made when you make a choice  
You could be a hero  
Heroes do what's right  
You could be a hero  
You might save a life  
You could be a hero, you could join the fight  
For what's right, for what's right, for what's right

Like Micky Dee was the one in class who every day got totally harassed,  
The went on for years until he decided he would never shed another tear,  
So he walked through the door grabbed the 44 out of his father's dresser drawer,  
Said I can't take life no more, and just like that life can be lost,  
But this ain't even about that,  
All of us just say back and watched it happened,  
Think it's not my responsibility to solve a problem that isn't about me,  
This is our problem, this is just one of the daily scenarios which we choose to sit by,  
Instead of doing the right thing,  
If we make a choice,  
To be the voice for those who won't speak up for themselves,  
How many lives would we save,  
Now it's our turn to pick a side,  
So don't keep walking by, not wanting to intervene, cause you just wanna exist but never be seen  
So lets wake up, change the world, our time is now.  
Our time is now  
You could be a hero....

+

I certainly don't mean to make light of the real heroism shown that day. But sadly, as time passes, society is forgetting the tragedy and the sense of community that followed. RAK's is our chance to remember—to never forget—not only the tragedy itself but the lesson learned that day—that it isn't always about us.

As many of us will find out this month...being nice isn't always easy, both emotionally but also in terms of effort. It takes work to look for opportunities. Moments given to us as an opportunity to serve are often short-lived. People are often distrustful or think you are up to something. Martial arts can give us the confidence, the courage, and the vigilance to be able to stand up for what's right. Kindness is a disciplined



choice, your chance to “pick a side”. Don’t think RAK’s matter? You might never know it, but you could be an unsung hero if you help that one person. GMA’s namesake, Gentry, is in reference to being that type of person. Martial arts gives us the tools to be a hero, a pillar of society. The RAK assignment was a chance for us to practice applying those tools in the real world, in a way that could make a difference to others. As bullying and general aloofness run rampant in our schools and society, I think most of us would agree that America could indeed use more leaders, more people who choose what’s right, more pillars of society. Being Gentry is being that Pillar. Pillar---that is another one of my favorite Christian bands—but that is another article.

--BLS