



GMA NEWS Oct 06

Congrats to our lil dragon graduates and good luck to our bigger guys:

A big congrats to the lil guys...the lil' dragons who graduated into TKD at the last testing: Austin Clark, Shelby Crites, and Haley Sieg

This month, we wish those testing for their dan (black belt degree) ranks in TKD good luck. GM Choi still has final approval, but the following are working on fulfilling requirements to test: Mr. Yoshida for his 3rd dan. Mr. Cory Pierce for his 2nd dan. Devin Arthur for his 1st dan. Also, several are testing for their bo tests (midterm check).

Upcoming events:

RAK's are now due*

Oct 6 th	TTCA testing 5:30
Oct 7 th	Demo Team practice 9:00-11:30
Oct 7 th	Ciaque BJJ seminar 12:00—4:00
Oct 12 th	Demo Team practice 7:45-8:45?*
Oct 13 th	Fall Foliage Demo 5:30 on the square*
Oct 14 th	Stickfighting seminar 9:00-12:00
Oct 14 th	Tai Chi seminar 1:00-4:00
Oct 15 th	Fall foliage parade*
Oct 21 st	TKD BB class/stripe testing 9:00-11:00
Oct 21 st	FAST defense course in Indianapolis 1:00-4:00
Oct 28 th	TTCA black belt testing—Louisville at 1:00
Oct 28 th	Halloween party 6:30-9:00
Nov 4-5 th	Chin-na seminar in Chicago
Nov 4 th	In School TKD Tournament
Nov 4 th	Dodgeball Tournament fundraiser

* See below

Class cancellations/adjustments

No BBC on Oct 12th to allow for demo team practice

No TKD class on Oct 13th on account of fall foliage demo. HKD and BJJ will meet as usual.

Demo Team news

Demo Team has a crucial practice on Sat Oct 7th. We also have another practice on Thurs Oct 12th after advanced class at 7:45. First demo is Friday, Oct 13th on the square for fall foliage. The team will also meet early at the school at 4:00 on Friday and run through it a couple of times before we pack up and go to the site. We realize not everyone can make all of the Friday practice, but show up when you can. If you plan on doing the demo on the 13th, we DO expect you on the Sat and Thurs practices. If you can't make one of these, we expect you to notify either Mr. Sieg or Mr. Yoshida.

Fall Foliage Parade:

As usual, we will be doing the fall foliage parade on Oct 15th. We will be in Division III unit 2 (in case you have to ask) in the Martinsville High School parking lot. Everyone needs to be in place by 12:15. All participants need to be in dobok pants, belts, and character counts t-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the character counts T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)



Congrats to those who competed at the Tournament

We are proud for everyone who attended and competed. The support resulted in us receiving the plaque *for the most supportive school*. Thanks! Here is the list of all who placed. Our apologies to anyone who was omitted. Please let us know of any mistakes:

Name	Forms	Point Sparring	Continuous Sparring	Breaking	Weapons
Rob Snyder	2 nd	1 st	1 st	1 st	*
Greg Hamilton	1 st	1 st	2 nd	2 nd	*
Richie Long	*	2 nd	2 nd	3 rd	*
Shae Brouse	3 rd	2 nd	2 nd	2 nd	*
Mr. Cory Pierce	2 nd	1 st	2 nd	*	2 nd
Mr. David Yoshida	1 st	1 st	1 st	*	3 rd
Haley Sieg	2 nd	2 nd	1 st	*	*
Caleb Allen	*	3 rd	1 st	*	*
Kaitlyn Weber	1 st	1 st	*	*	*
Reese Elliot	3 rd	3 rd	*	*	*
Mr. Jared Holt	1 st	1 st	1 st	*	*
Greg Law	*	3 rd	*	*	*
Miss Shelby Moler	3 rd	*	2 nd	*	*
Cameron Adamson	*	3 rd	*	*	*
Logan Scott	2 nd	1 st	*	*	*
Brenner Williams	3 rd	2 nd	2 nd	*	*
Alex Hermann	*	2 nd		*	*
Megan Luecke	1 st	2 nd	2 nd	*	*
Erica Griffin	1 st	1 st	*	*	*
Michael Lutz	1 st	2 nd	1 st	*	*
Josh Enneking	2 nd	1 st	1 st	*	*
Ryan Ely	*	2 nd	2 nd	*	*
Mr. Obed Soto	2 nd	*	*	*	*

In addition, Mr. Yoshida won the overall grand champion (against other black belt divisions) in both point and continuous sparring

GMA Wishes a Happy Birthday to:

Jessica Bastin	10-2	Sam Greencorn	10-12	Jared Hamilton	10-21
Jared Holt	10-4	Devin Arthur	10-16	Sarah Honaker	10-21
Kevin Fowler	10-5	Tylor Martins	10-17	Miciah Weaver	10-23
Rebekah Wiley	10-6	Erin Monts	10-18	Christopher Reidy	10-25
Darian Crites	10-8	Mike Phelps	10-19	Tony Stuard	10-30
Renee Parker	10-10	Triston Franklin	10-19		
Mr. Sieg	10-12	Isaac Honaker	10-20		

Training Anniversaries:

Shawn Burkes (HKD 4 yrs)	Christopher Mosby (TKD 2 yrs)	Logan Scott (TKD 2 yrs)
Patrick Mosby (TKD 2 yrs)	Kira Weaver (TKD 2 yrs)	Miciah Weaver (TKD 1 yr)
Luke Monts (TKD 2 yrs)	Kyle Wells (TKD 2 yrs)	Jessica Wilson (TKD 1 yr)



Quotes of the Week

The parade will tax the endurance of many of our kids. Black belt testing is a testimony of endurance. These are great opportunities to pre-fame perseverance, and our quotes deal with such.

Halloween party

Our school Halloween party will be Sat. Oct 28th at 6:30 pm. Parents committee will be decorating during the day...watch for details.

Parent's Committee meeting times:

Parents Committee will try to hold monthly meetings the first Friday of each month during the TKD class from 5:30-6:30. Any parent from any one of our programs is welcome to become involved.

Cookie dough fundraiser

The parents' committee primary fund raiser –cookie dough—begins this month. Orders are due by the 26th/27th in order to ensure they are filled by Thanksgiving holiday. The money goes to events like the pool parties, entertainment, etc that the parents' committee organizes.

Make sure you are signed up for both announcements and newsletters on our website:

This is just a reminder to sign up for our website announcements and newsletters. Never miss a newsletter because it doesn't get home. More importantly, make sure you are signed up for both announcements and newsletters. While we have hundreds on the newsletter list, we only have a fraction of that for announcements, but there are many announcements that aren't relevant to the newsletter list that we send to the announcement list...like a reminder to get character counts t-shirts ordered promptly. Don't miss time sensitive and urgent messages—sign up for the announcements online.

***Why Random Acts of Kindness are Part of Your Training.**

Taken for a Feed the Children brochure on Random Acts of Kindness:

On a cold Virginia night two hundred years ago, an old man was sitting on the bank of a river, waiting for someone to come along who could help him get across. After a while, he saw several horsemen rounding a bend.

The first rider passed by, and the old man made no effort to get the rider's attention. Another rider passed by, then another. Finally the last rider neared the spot where the man sat. Catching the rider's eye, he asked, "Sir, would you please help me to the other side? There is no way by foot."

Reining his horse, the rider replied, "Sure thing," and dismounted and lifted the old man onto the horse. The rider then took the man not only across the river, but to his destination. As they neared the old man's home, the rider's curiosity caused him to inquire, "I noticed that you let several others pass you by. Then I came along. Why did you wait to ask the last rider for help? What if we had refused?"

The old man said, "I've been around and I know people pretty well. I looked into the eyes of the other riders and saw no concern for my situation. It would have been useless to ask them. But when I looked into your eyes, kindness and compassion were evident, and I knew you would welcome the opportunity to assist me in my time of need."

These comments touched the horseman deeply. "I'm most grateful for what you've said," he replied. "May I never get too busy in my own affairs that I fail to respond to the needs to others with kindness and compassion." And with that, Thomas Jefferson turned his horse around and made his way back to the White House.

Honestly, I have no idea if the above story is factual, embellished or otherwise. But frankly, I don't care. Because the both the moral of the story, and the ideal that it is supposed represent, whether embodied in Jefferson or not, is still relevant for each one of us.



In class I mentioned the story of Ronald Fazzio, who was last seen in the burning twin towers holding a door open so others could file through more quickly. He helped expedite the saving of several people, but failed to make it out himself. You can learn more about his story at the website of the foundation inspired by his action—www.holdthedoor.com.

The real question to ask yourself is, “If you are so pre-occupied that you are not normally in the habit of holding the door for others under normal circumstances, do you think you would be inclined to be a hero like Ronald Fazzio under horrible circumstances?” As James Wilson puts it, “A good character arises from the repetition of many small acts and begins early in youth.”

In a world that is quickly losing respect and basic decency among men, how might the many small acts of bowing that our youth do in every class help? In a world that is full of selfishness and a general lack of concern for others, how may practicing control in free sparring or drills, of being mindful of the other person and giving us a sense of how our actions might impact them, be helpful in the long run? In a world full of self indulgence and entitlement, how might having self-discipline and self-control in martial arts help instill self restraint in a crises...the ability to be the voice of reason. We routinely say that martial arts train the mind, body, and spirit. Character is also trained, refined, and practiced, not just in grand gestures, but in everyday opportunities.

People may want to trivialize holding the door for someone as a RAK, but as you can see, even small acts are good training. The cynic might find the above paragraph as being a bit melodramatic. But just like one front kick is just a small part of the cumulative effect of thousands, so too does our character grow through small acts. Or as GM Choi says, “The drop hollows the stone not by its force but by its frequency.” The skeptical might also say, “That sounds like you guys are a swell bunch, but you don’t always act like that.” Sadly, it is true that hypocrisy undermines the message of the martial arts (much like the church)—at least to the cynics. My response is the same as in class, “That is why we practice...one RAK at a time.” because practice brings us closer to perfect. As I said at the beginning, I don’t care if it was really Jefferson or not. I do care in the ideal—and hold the belief that it could have been. I believe in the ideal of kunja, of gentry. That is why we continue to practice. And that is why we continue to train mind, body, spirit... and *character*.

--BLS