



GMA NEWS

November

Upcoming events:

Nov 4 th	Inter school TKD scrimmage 9:30-12:00 (BB meeting at 9:00)
Nov 4 th	Charity Dodgeball tournament 1:00-3:00
Nov 10 th	HKD testing 7:00 pm
Nov 11 th	Lil dragon testing: beginners 9:00—11:00; intermediate/advanced 11:00-12:00
Nov 11 th	HKD bb class 1:00-3:00
Nov 11 th	Tai Chi seminar 3:00-4:30
Nov 17-19 th	HKD seminar with Master Hal Whalen and Master Holcombe Thomas of the Korean Hapkido Federation, Depauw University. Friday night session possibly at GMA. **No HKD class on Friday Nov 17 th on account of the seminar
Nov 18 th	Holiday Sale at GMA 8:00 am-11:00
Nov 18 th	TTCA Black belt ceremony
Nov 22-24	No class
Dec 1 st	TTCA testing
Dec 2 nd	USHF black belt testing and ceremony. Tentatively 1:00-5:00
Dec 2 nd	Stickfighting seminar 9:00-12:00
Dec 9 th	Leadership team 9:00-10:30
Dec 9 th	Demo Team 10:30-12:00
Dec 9 th	TKD brown belt (black belt prep class) 1:00-2:30
Dec 16 th	Tai chi seminar 9:00-12:00
Dec 16 th	TKD black belt class
Dec 16 th	HKD black belt class
Winter camps	
Dec 27 th	Weapons camp 9:00-3:00
Dec 28 th	BJJ camp 9:00-3:00

Congrats to:

- TKD black belt testing. Congrats to our newest dan promotions in TKD. Mr. Devin Arthur received his 1st degree, and Mr David Yoshida earned his sam-dan (3rd degree).
- BJJ stripe/belt promotions. At the last Professor Caique seminar, GMA had a record number of stripe promotions: Miki White (2nd stripe white belt), Daniel Wiggins (2nd stripe white belt), Jeremiah Deckard (1st stripe white belt), Mr. Tim Sledd (2nd stripe purple belt). Additionally, a very special congrats to Mike Dodge for receiving his blue belt. While we are lucky to have as many as 3 blue belts or more in class at the same time (unique for the size and age of our BJJ program), Mike is the first person to be earn his blue belt through the GMA training affiliate.

Intra-school Tournament Scrimmage—Nov 4th

We are once again holding our own little tournament at the school. No entry fees, no trophies or medals, just a learning experience. We will do sparring only (no forms competition), but we will ring the rings and brackets as a regular tournament. Our black belts will officiate and judge. Last year we held this event and we had several people use it as their first “tournament” and went on to do well at the Louisville tournament. Registration begins at 9:00. We hope to start at 9:30. Black belt students will have a special refereeing and judging camp from 9:00-9:30. This will help them lead our event, but also hopefully will better prepare them for service at TTCA events and beyond.



Winter Camps Set

This year we will be doing another winter weapons camp during the holiday season. In addition, we are adding a training seminar with Mr. Sledd. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and all the weapons or gear needed for the seminar. Sign up at the front desk.

Winter Weapons camp, Dec 27th. Learn a variety of weapons not normally taught in the classes—this year we will be building on our growing stickfighting program, but teaching more knife and stick and dagger work...techniques and drills not covered in the regular seminars. Camp will be Dec 27th from 9:00-3:00.

BJJ camp with Mr. Sledd on Dec. 28th. Obviously based on Brazilian jujitsu, but with a change in emphasis. Unique things covered include: closing the distance, fighting from the club, takedowns, ground and pound strategies, and conditioning. This is going to be a hard core camp with lots of new techniques and/or new spins on old ones.

Holiday Sale Set for Nov 18th

Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 19th from 8:00 to 11:00. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well.

GMA Wishes a Happy Birthday to:

Brenden Fearrin Nov 3	Hannah Skaggs Nov 15	Jeff Knudson Nov 25
Seth Wilson Nov 13	Greg Law Nov 19	Hailea Howard Nov 27
Jessica Wilson Nov 15	Kristian Poorman Nov 19	Ken Hawkins Nov 29
Austin Clark Nov 15	Chandler Drake Nov 23	

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Jared Holt (TKD, 4 years)	Austin Brummett (TKD 2 yr)	Taylor Dodge (LD, 1 yr)
Alex Townsend (TKD, 4 years)	Nevin Markitan (TKD 2 yr)	
Chris French (TKD, 4 years)	Caleb Allen (TKD 2 yr)	

Quotes of the Week

The holidays offer many opportunities for self control—from moderation on Thanksgiving to budgeting for holiday spending to friction with the relatives. Our quotes will discuss self control in a broader context, but perhaps will help in this area also.

Class Cancellations—Holiday and Other

No HKD class on Friday Nov 17th—see you at the HKD seminar on Saturday. Other classes will meet as usual, but all HKD black belts (instructors) will be doing a special event with Master Thomas.

No classes on Wed, Nov 22nd, Thanksgiving (23th) or Friday Nov 24th. Classes will resume as normal the following Monday. Have a happy Bird-day!



Special Thanks for Fall Foliage and beyond.

Thanks to all the demo team and parade marchers for making a great fall foliage.

Special thanks to all the parents who put together the float...especially Kevin Folwer and sons for providing the trailer, for Brenda Markitan and Cindy Stuard for getting all the decorations prepared and for Carrie Weber for manning the booth during the parade.

Special thanks to all the parents committee and all the parents who helped organize, decorate, or worked the school Halloween party!

Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.

Lastly on a personal note, thanks to everyone at the school who has been so generous in regard to the birth of my son, Donovan, or in regards to my birthday. The response to both has been overwhelming. I cant thank so many people adequately.....but I will start with this. --BLS

Special Recognition to Our Families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special appreciation to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved....Perhaps someone else in your family is ready to try it out?

Marc Shotts (TKD, HKD), Caleb Shotts (TKD, HKD, BJJ) and Raven Shotts (TKD, HKD)

Bobby Brouse (TKD, HKD), Shae Brouse (TKD, HKD, tai chi, stick) Trae Brouse (TKD), and Sharona Brouse (Tai chi) Plus 3rd generation to both the Brouse's and Shott's: Woody and Sharon Shotts (Tai Chi)

Kevin, Austin, and Bailey Fowler (TKD)

Mike Dodge (HKD, BJJ), Trena Dodge (HKD, Tai Chi), Collyn Dodge (TKD), and Taylor Dodge (LD)

Jessie Stuard (TKD), Ariel Stuard (TKD), Tony Stuard (HKD)

Greg, Adam, Jared Hamilton (HKD, TKD, Stick) and Alex Hamilton (TKD, stick)

Ian Hooker (LD), Alec Hooker (TKD) and Elaine Hooker (Tai Chi)

Kelly Murray (HKD) and Nikki Murray (TKD)

Greg Law (TKD), Amy Law (TKD, HKD) and Nina Law (Tai Chi)

Josh Turner (LD), Josh Turner (HKD), and Jessica Turner (HKD)

Picture Day at GMA

We will be having picture day at the school on Monday Nov 13 and Tues Nov 14. We will take a group photo of each class at the beginning of their class, and individuals can have poses/shots taken during their normal class times. Even if you can't stay for class, we hope as many people as possible can be there for the group photo. We want everyone in the group photo whether you chose to purchase any photos or not. Anyone who misses their class on Mon or Tues can still have an individual photo taken during the make up day on Friday, but of course, won't be in the group shot.



Since November is family appreciation month, for our musings this month we thought you might be interested in a different perspective on the martial arts family. We hope you enjoy a fathers perspective....

Combining Family and Martial Arts by Greg Hamilton

Above all things that affect my world, it is my family and those things which surround them that is of utmost importance to me. Everything that affects my children (four total—ages 8, 11, 15 and 16) impacts my wife and I as well. We as parents strive to always be vigilant about what and who is around each child, the activities they are involved in, and who might be having an impact on them. It is highest importance to us to maintain lines of communication and bonds to our children—extending into play activities, learning activities, and guidance for life.

The one thing common to all caring parents is the concern for a child's welfare and how to best accomplish that, especially in this fast paced world where to do one activity you must give up another, to choose what best suits your needs and fulfills your desires. This is why, with our personal hectic schedules and life we made room after due consideration to become part of the Gentry "family" and commit to spending time there. To further back up this point, I wish for you the reader to know some of my family and where we are coming from: I am self-employed in residential construction and do average over 60 hours a week/work in this business. In addition to being an awesome mother and wife, my wife is the primary home schooling instructor for our children. Each of our children, in addition to the martial arts, are also very active in numerous activities, from church and outdoor activities to music and even clowning (yes, actual clowns.) At GMA, we as a family have been involved for approx. one and half years, my two oldest boys and myself in TKD and HKD, the youngest son in TKD, and Vickie in tai chi when time allows. At Gentry I have also participated in the FAST Defense program (that I highly encourage for all people) as well as various tournaments and seminars offered by and through GMA.

With this in mind—it begs the question—why add martial arts to an already full life? It is not a question of being busy and involved, but where to place time and involvement and is the activity really worthwhile for my family to partake in the world of martial arts. As I reflect back from our start at Gentry to today, I can see how our family and each member has evolved into what I see now—more confidence (not an arrogance, but that of quiet assurance), a desire to be involved with other children and adults—at all levels of life and platforms of learning, and a wish to see others succeed even when there is not a vested interest in such. I have seen my children and myself achieve better physical fitness and stamina (in the time I have spent at GMA, I have lost 35 pounds). And as my children and I have sweated together in our practice together, both in class and at home, we have bonded even tighter and become even closer to each other. I strongly feel this bond is lacking with most homes and with most parent/children relationships. I would also like to interject that I am 45 years old and past the youthful curve of most students, yet I like other people with desire can learn and "be more".

My family has also had very good role models in our instructors at GMA and has seen first hand how to care and show concern—how to work with others and encourage them appropriately. Frankly, while I would trust few with my children, I would without reservation let my instructors work and teach my children and be an influence upon their life. The instructors at GMA have been exemplary in not just techniques and mechanical forms of the various martial arts, but good role models for my children to emulate.

In short, as my children and I have learned the concepts and ways of the martial arts, we have taken more, vastly more, than we could repay. The closeness and cohesiveness of my family is highly important to me and what I cannot replace for any price is what is so sadly lacking in most of today's homes and families. I am proud to have my affiliation and sense of "family" with GMA, and the experience has been a valuable asset [in that bonding].