



May 07 GMA NEWSLETTER

Upcoming events:

May 5 th	USHF black belt testing and black belt ceremony: 9:00-12:00 and ceremony to follow
May 12 th	Stickfighting seminar 9:00-12:00.
May 12 th	TKD black belt class/stripe test 1:00-3:00
May 12 th	HKD black belt class 3:00-4:30
May 18 th	HKD testing
May 19 th	BJJ competition class and privates
May 19 th	Leadership Team 9:00-10:30 (at the park)
May 19 th	Demo team 10:30-11:30 (at the park)
May 19 th	Tai Chi seminar (at the park) 9:00-11:30
May 19 th	Annual break a thon and school picnic 12:30- ?
May 26 th	Fight night/ open mat for BJJ and HKD at GMA (tentative, times to TBA)
June 1	Relay for Life Demo- Fairgrounds 8:00 pm ***NO TKD/HKD class on June 1 st on account of summer camp and relay demo. BJJ will meet
June 2 nd	Lil Dragons testing
June 1-3	TTCA summer camp
June 9 th	Hoosier Open BJJ tournament
June 22-24	Tai Chi seminar with Master Chen, Bloomington
June 25-29	HKD daycamp
June 29 th	HKD testing

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 houses 7 and 9. 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.

Congrats to our seniors

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DPU: Josh Enneking Clint Hasenour Frank Aba-Onu James Holmes
From Martinsville HS: Brandy Potter Josh Boren Josh Britt Kyle Holden

BJJ competes at Extreme Grappling Open

Members of GMA were part of Team Caique at the Extreme Grappling Open. Team members included Mr. Sledd, Josh Boren, Josh Britt, Daniel Wiggins, Doug Bailey and Mike Dodge. Mike took 2nd in his division, and Team Caique took third in the team standings in the no-gi division.



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. 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 25th.

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, get the discounted rate (50.00 off) if you pre-register the month of May.
Hapkido camp: June 25-30 July 23-27 TKD camp July 9-13 Aug 6-10

Also announcing a new stickfighting mini-camp

We are also excited to announce we will have our first ever stickfighting mini-camp on July 18-20. Our goal is to go through every level we have been covering in the monthly seminars as a comprehensive review and catch up if case you have missed one. Of course, we also have some special twists and opportunities planned as well. Whether you are interested in getting started or have been a regular so far, we are excited at the promise this camp holds for taking our stickfighting program to the next level.

We are also surveying for interest in a lil dragon mini camp

GMA Wishes a Happy Birthday to:

Garrett Pelley	5-7	John Michael Murphy	5-8	Ariel Stuard	5-10
Catie Willhardt	5-14	Mack Garsey	5-15	Jayden Dent	5-15
Kathryn Goodin	5-17	AJ Bottorff	5-18	Shelby Crites	5-18
Marshall Tucker	5-18	Andrew Henry	5-22	Alex Ellis	5-23
Branden Edwards	5-29	Brett Luttrell	5-29	Miki White	5-30

Training Anniversaries

Greg Law (TKD 1 yr)	Erin Monts (TKD 1 yr)	Shae Brouse (HKD and TKD 2yrs)
Mr. Griffin Selch (TKD, 5 yrs)		

Quotes of the Week

In light of the upcoming break a thon, we will use the boards as a metaphor for obstacles while also fostering a sense of community and citizenship.

A "little bit" on Virginia Tech

I unfortunately feel compelled to replace my originally planned article with a commentary on current events—namely the shootings at VA Tech. I have very briefly touched upon a few angles of the shootings in class, and we wish our recent FAST class was not so well timed as to occur just after the shootings. Renowned self defense expert and FAST founder Bill Kipp, who has taught classes here on almost a yearly basis, sent out a message to FAST instructors across the



country. I think his words are worth noting, but I will quickly put my own GMA spin on it. At the recent USHF seminar, some of our students also were taught by a SWAT instructor who tried to put our pretend world of fighting in the dojang in contrast to the horrific aspects of real world self defense. He cited the same books that I routinely recommend to our students and anyone who gets deployed. I listened on talk radio and even had some students question “why didn’t the students of VA Tech rush the shooter when he reloaded?” Mr. Kipp points out one reason below, but anyone who has done the FAST can already relate—at least a little bit.

I will be the first to admit that I only have a more “academic” working knowledge of many of the issues of the ugly side of violence and combat, rather than the real world experience possessed by some law enforcement officers, soldiers and other “sheep dogs” of the society. But for a civilian, I think I can relate a “little bit.” And more importantly, I take a “little bit” of pride in the fact that most of our students have at least a “little bit” of perspective on such things. They have heard the same sources that SWAT team members cite—whereas for many martial arts students these are foreign concepts. I am sure that the adrenaline dump that students of VA Tech experienced is more than what our FAST participants get, but as Bill Kipp points out, it doesn’t take much to go low brain. And at least our FAST students have had a “little bit” of experience and an inkling of what it is like to function in that environment. As I see our students stack up in this area of knowledge and training, I can’t help but feel a “little bit” proud. --BLS

Yesterday’s tragic event had me up all night thinking about why adrenal stress training is so important on so many levels, and is so needed NOW. The basic premise of adrenal stress training is to train folks to deal with and respond appropriately to the adrenal fear state, whether it be induced by an armed attacker, an irate parent, a bully, fear of public speaking, discussing money problems with a spouse, or even internal doubts.

How does this play out? On one very sad level, we just experienced the largest massacre in the history of the U.S. This will be examined from every psychological & technical viewpoint imaginable. But what about from the students’ view who were the only ones with the possibility of stopping this gunman? Why didn’t they stop him despite superior numbers?

One Answer: In simplified terms, the part of the brain that takes over under duress as an innate survival response (the amygdala section of the limbic system) has essentially the emotional and problem solving capacity of a 9-11 year old. Thus most “victims” fail in the heat of the moment to find an effective solution to the problem at hand because they fail to access the more capable and rational higher brainpower. They get stuck in what we affectionately term the “frog brain”.

In Adrenal Stress Training we call the amygdala the low road of the brain, and our larger conscious rational brain sections the high road. These two factions cannot communicate to each other in tandem. At any given moment we are either in one or the other. Through adrenal stress training we can learn to skillfully switch from the high road to the low and back again at will, depending on our specific needs in the moment. Both parts of the brain have their uses, whether we need to stay calm and rational, or flip that switch and use the adrenal fear rush as a tremendous source of power. The important thing to note is that it only takes a little bit of stress or fear to trigger the low brain switch. It can and does happen much more than we realize!

Think about the myriad applications of this ability to help us live skillfully in a world full of stressful moments. Who needs this training? On a gross level, how about firemen, police, and military forces dealing with life and death situations everyday? How about Martial Artists teaching students to really defend themselves? (Most martial techniques are stored in the High Road of the brain and are inaccessible while we are in the low road) Or dealing with that irate parent. And how about school teachers dealing with difficult students? Or sports umpires and judges making an unpopular call, or dealing with angry soccer moms on the sidelines? How about a pilot with a planeload of passengers flying over the ocean who loses an engine, or a dentist whose power goes out in the middle of drilling a cavity? You get the idea...

How else can this technology be applied? How about as a powerful ally in healing victims of post-traumatic stress? The limbic system is where past traumas are recorded and stored. Thus, victims who have frozen in past situations will continue to repeat that freeze response when the adrenal fear triggers the low brain switch. Traumatic stress is not a conscious rational phenomenon, it is an emotional one that often plays out physically. Adrenal stress training has been used with tremendous success to recondition new action responses in the low brain and rewrite a new positive ending to that trauma. It has helped victims of rape, abuse, and war recover from these traumas and take back power and control of their lives that was lost due to the trauma!



But shall we go deeper? Think about at the end of each and every day, it is typically not the person who has the best technical knowledge, or the most college degrees that prevails; It is the person that can tap into their "go for it spirit" that will usually win, even if they are "technically" inferior. Yet in our society we put so much focus on "technique". How about facing that fear to start that new business, committing to run that 10K (or 50 Miler), or travel to a far off place you have always dreamt of? How about the competitive gymnast, football player, grappler, (fill in the blank) who controls and focuses their adrenaline and nervous fear into laser beam focus on their task? Or the employee that makes that cold call, or steps up to the boss for a raise, or offers to help that struggling co-worker despite the fear they might be rejected or "screw up"? The doctor that dares to confront the "system" and offers an obscure treatment to a dying patient? Or the dying patient who decides they will survive beyond all odds, and does! How about the big world of Life Coaches out there dealing with every aspect of improving performance on a personal, professional, and competitive level?

So I ask again, who needs this training? Let's ask: Who doesn't need this training? The very cool thing is that applying this training is really very simple! We as Martial Artists, as Life Coaches, and as Leaders have the ability and the responsibility to be a Force for Positive Change in our World!

Yesterday was a horror and a lesson to us all. The technology exists to really make a difference. The FAST SUCCESS ASSOC is a resource for anyone ready to step up to the challenge and make lasting change in the world. It is a bold new adventure. JOIN US!

Peace my friends!

Bill Kipp - President FAST SUCCESS ASSOCIATION