



Sept 07 NEWS

Congratulations to our new Lil' Dragon graduates!

It takes a lot of hard work and perseverance for our little guys to graduate the entire program. Way to go Joshua Turner and Sabrina Chouinard

Upcoming events:

Sept 1	Summer Attendance Party 10:00-1:00. Please RSVP at the desk
Sept 3 rd	Paragon Homecoming Parade. Meet at Paragon Elementary at 12:30. Details in class
Sept 3 rd	TKD black belts invited to GM Choi's demo/Korean festival.
Sept 3 rd	We DO HAVE CLASS on Labor Day
Sept 8 th	Demo Team 9:00-10:30
Sept 8 th	TKD black belt prep class 10:30-12:00
Sept 8 th	Tai Chi seminar 1:00-4:00
Sept 8 th	TKD Buddy/movie night 7:00-9:30
Sept 12 th	RAK's begin in remembrance of 9-11.
Sept 15 th	Stickfighting 9:00-12:00
Sept 15 th	Kids FAST defense 1:00-3:30
Sept 15 th	LD movie night 7:00-9:00
Sept 22 nd	Demo team 9:00-10:30
Sept 22 nd	Professor Caique BJJ seminar at IU (TBA but typically 12:00-4:00)
Sept 22 nd	TKD Buddy/movie night 7:00-9:30
Sept 29 th	Tentative date for the Horangi Cup (college TKD tournament)
Oct 6 th	TTCA black belt testing Oct 6 th . Louisville at 11:00
Oct 6 th	USHF Fall seminar. IU 10:00-5:00
Oct 7 th	Martial Concepts seminar (details later)
Oct 12 th	Fall foliage demo
Oct 14 th	Fall foliage parade

****Demo team—Friday practices at 6:30 start on Sept 7th. Watch viewpoint for which groups to practice on Friday evenings!**

TKD and Lil Dragon Buddy/Movie Nights

It has been a while since we have done a movie night, so we have another round scheduled this month. TKD will be watching TMNT.. 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.

Lil dragon Sept 15th 7:00-9:00 TKD Sept 8th or 22nd 7:00-9:30

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.

GMA Wishes a Happy Birthday to:

Mr. Tim Sledd	9-06	Rylie Owens	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	Ethan Simpson	9-25	Gabe Wilson	9-26
Madison Cain	9-28				

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.



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

Shelby Moler (TKD, 6 yrs)	Noah Lambert-Adams (TKD, 4 yrs)	Reese Elliot (TKD, 3 yrs)
Jake Waltz (TKD 3 yrs)	Megan Luecke (TKD 3 yrs)	Ryan Jerome (TKD 3 yrs)
Greg Hamilton (HKD, 2 yr)	Jared Hamilton (HKD, 2 yr)	Adam Hamilton (HKD, 2 yr)
Erica Honaker (TKD 2 yr)	Travis Holman (TKD 2 yr)	Isaac Honaker (TKD 2 yr)
J. Burress (LD 2 yr)	Carl Underwood (TKD 2 yr)	Mya Freed (LD, TKD 2 yr)
Amy Law (HKD 2 yr)	Caleb Shotts (HKD 4 yrs)	Miki White (HKD 1 yr)
Joshua Britt (BJJ 1 yr)	Todd Huff (BJJ 1 yr)	Kassie Hogan (LD 1 yr)
Ethan Jones (LD 1 yr)		

When will we be Bruce Lee?

As both IU and DePauw university have recently begun the fall semesters, I have found myself giving the same syllabus talk(s) over and over again. My DPU students and alumni might be able to write this next section themselves, as they have maybe heard it in multiple classes. I say it in all my courses because I believe it to be true, and thought it might bear repeating here.

After basically giving an overview of the course, I tell them that they won't be Bruce Lee when they leave the course at the end of the semester. As silly as it sounds, I am surprised at how many people think that we have the magic bullet, the secret technique that is easy to learn and sure to work. But martial arts are a skill acquisition, that like anything else, requires hard work and practice. I tell my students that if this were beginning basketball, and none of them had ever dribbled a ball before, I don't think any of them would have ambitions of walking onto the college team at the end of the semester. And yet, that is the exact type of thing Mr. Miller and I get in some of our courses. Women (and men) think they will take a semester long, beginning self defense class and then the problem will be solved. But the key word is beginning. It will do a lot, but the course (and martial arts in general) is not about invincibility. I tell my classes—and my numbers or arbitrary—but let's say that coming in we have a 30% chance of defending ourselves. At the end of the class, maybe we have a 45% chance. Still not great odds, but a lot better than were we started! And that is what a beginning class is designed to do, get you started. (As an aside, the one program that gets people from point A to point B the fastest is FAST defense, which is why we are such fans of those classes. But that is a different training methodology and experience than our martial arts classes. Even then, we close every FAST class by pointing out that it is not about invincibility—we could all walk out to the parking lot and get shot by a 12 year old with a gun. It is more about empowerment).

Anyway, as I was giving this talk several times, I occurred to me that we get the same type of responses here at GMA. Recently our HKD classes discussed the action principle “follow through,” and martial arts is the perfect example. As I written about in previous articles, some people like the idea of being a martial artist more than actually coming to class and becoming one. Some people like to think they are would-be MMA fighters but aren't willing to sacrifice the time, energy, and endure the training and bruises (to body and ego) along the way. Others come only sporadically and wonder why they are not getting the results as other students. Still others are simply too impatient. They expect overnight gains and success. They want to be like the black belts but without doing all the work. Some kids want to be like Jackie Chan, but don't want to work on their yellow belt requirements along the way. Others simply coast through class and then wonder why they don't have the speed, power, and sharpness of those who push themselves. As I also tell my college students, the course is the epitome of the phrase “you will get out of it what you put into it.” Or as GM Choi says, “martial arts are fair...either you do the time and it shows, or you don't put the time and effort in, and it shows also.”

But this applies to just not the physical realm. We once in a while get new students whose parents expect us to fix their child's issues in the two week trial period. Granted, we have had some drastic turnarounds in short amounts of time, but generally speaking it takes a little while longer to literally change a persons habits and thinking. Similarly, we are expected to drastically influence a child's behavior even though the kid is sporadic at best in class (kinda hard to have consistent reinforcement that way.) Often we can see the tug of war going on between our positive messages and the negative ones they are getting elsewhere, like running with the wrong crowd at school. People point out the times that these kids backslide a bit as evidence that martial arts do not help. I would counter by pointing out that it would probably be much worse if it weren't for martial arts to help counterbalance those other factors.

While we all have a lot of growing to do, I think you can ask any instructor or black belt whether the martial arts has helped them grow and improve as a person and they will tell you unequivocally yes. Most of our colored belt students are finding this out as well. But they gave the arts a chance to do so. It didn't happen overnight. To all our students, new and old, I encourage you to stay with it and as we talked about in class, “follow through”. You still won't be Bruce Lee by the end of the semester, but I promise that you will be one step closer. ---BLS