



GMA NEWS Oct 07

Good luck to our Black belts candidates:

This month, we have a record number testing for black belt. We wish those testing for their dan (black belt degree) ranks in TKD good luck: Miss Shelby Moler (2nd), Mr. Caleb Shotts (2nd), Mr. Marc Shotts (2nd), Mr. Thomas McGuire (black belt midterm), Drew Wilson, Collyn Dodge, Noah Wilson, Noah Lambert-Adams, Nevin Markitan, Jake Waltz, Darian Crites, Shaun Watts, Cameron Adamson, and Ariel Stuard

Congrats to our BJJ promotions

Several Students recently were awarded stripes at the Professor Caique seminar. Mr Sledd (4th purple), Brandon Sieg (2nd blue), Jeremiah Deckard (4th white), Josh Britt (4th white), Justin Roberts (1st white), Bryan Neal (1st white), Bill Ward (1st white), Lane Stocke (1st white), Vince Kreipke (1st stripe), and Doug Bailey (2nd white)

Upcoming events:

*****RAK's are now due****

Oct 6 th	TTCA Black belt testing, Louisville 11:00 am
Oct 6 th	USHF Fall HKD seminar, Bloomington 10:00-5:00
Oct 11 th	No BBC, demo practice 7:45-8:30
Oct 12 th	Fall Foliage Demo on the square 7:30-8:00?* Adjusted class schedule
Oct 13 th	Lil Dragon Testing: Beginning 9:00-10:30; Intermediate/advanced 11:00-12:30
Oct 13 th	Stickfighting 1:30-4:00
Oct 14 th	Fall Foliage Parade*
Oct 20 th	EGO BJJ Tournament in Indy
Oct 20 th	Hand target seminar * 9:00-11:30
Oct 25 th	TTCA testing Thursday night 5:30 all colors
Oct 26 th	Halloween party/costume class 7:00-9:00,
Oct 27 th	Black belt class/stripes test/ref course. 9:00-11:30
Oct 27 th	In school TKD scrimmage: Registration begins 12:00
Nov 10th	BJJ Tournament in Bedford

* See below

Class cancellations/adjustments

No BBC on Oct 11th to allow for demo team practice

No HKD class on Oct 12th on account of fall foliage demo. TKD will have an all rank class from 5:00-6:00. BJJ will meet as usual.

Regular white belt will meet class on Thursday evening of TTCA testing. No TKD class Thur. October 25th testing students only.

Demo Team news

Demo Team have crucial practices on Fridays. We also have another practice on Thurs Oct 11th after advanced class at 7:45. First demo is Friday, Oct 12th on the square for fall foliage. The team will also meet early at the school at 6:00 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 12th, we DO expect you at the Thurs practice. If you can't make it, we expect you to notify either Mr. Sieg or Mr. Yoshida.

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 Friday Oct 26th at 7:00 pm. Parents committee will be decorating on Friday afternoon and would like some volunteers for both set up and clean up. We will also be taking donated bags of candy for the party during the preceding week.

Cookie dough fundraiser

The parents committee primary fund raiser –cookie dough—Oct 15-29. Orders are due by the 30th 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. Money must be collected at the time of order, and no orders will be filled if turned in after the deadline. Sheets will be handed out in class that week.

Fall Foliage Parade:

As usual, we will be doing the fall foliage parade on Oct 14th. We will be in Division III unit 10 (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!)

Hand Target Seminar

Our parents frequently ask how they can help their child practice at home. Obviously, most of the time parents can't comment much on the forms, but the one thing they can really help do is increase focus, timing, reaction, speed, and many other attributes through effective hand target practice. This seminar is designed for parents, grandparents, or siblings. We will teach you the art of feeding the mitts to get maximum effect from your training, what to look for, etc. Of course, the kids can come to the workshop so you can practice together. We hope it will be a productive training session, but also a chance to spend some quality time and learn how to become more involved in their martial arts development—at the seminar and beyond. The seminar will be Oct 20th from 9:00-11:30. Hand targets will be included in the cost of the seminar, so you need to pre-register so we have enough for the seminar.

GMA Wishes a Happy Birthday to:

Travis Litton	10-3	Jared Holt	10-4	Kevin Fowler	10-5
Rebekah Wiley	10-6	Darian Crites	10-8	Jaque Branham	10-10
Mr. Sieg	10-12	Sam Greencorn	10-12	Devin Arthur	10-16
Tylor Martins	10-17	Steffin Lentz	10-17	Erin Monts	10-18
Doug Bailey	10-19	Mike Phelps	10-19	Robbie Hammitt	10-20
Jared Hamilton	10-21	Sarah Honaker	10-21	Miciah Weaver	10-23
Ethan Rupert	10-28	Nick Adam-Lawless	10-29	Tony Stuard	10-30

Training Anniversaries:

Shawn Burkes (HKD 5 yrs)	Patrick Mosby (TKD 3 yrs)	Luke Monts (TKD 3 yrs)
Christopher Mosby (TKD 3 yrs)	Kira Weaver (TKD 3 yrs)	Logan Scott (TKD 3 yrs) Miciah
Weaver (TKD 2 yr)	Haley Sieg (LD, TKD 3 yrs)	Jared Hamilton (TKD 1 yr)
Isaiah Roach (TKD 1 yr)		

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

Another 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.

Preach the benefits of martial arts; use words if necessary.

One of my pastors frequently uses a quote attributed to St. Francis of Assisi: “Preach the gospel at all times; if necessary, use words.” Our actions should do most of the talking for us and often gets us further. Not only that, but it means we are practicing not just preaching. The same could be said for our martial arts walk as well. Many of you have heard me compare martial arts class in church in this way. Just like it doesn't mean much if we sit in church on Sunday but forget to act on those concepts during the week, it doesn't mean much to talk about martial arts values like respect in class twice a week, only to not show them at home, at school, etc. Indeed, our students are just finishing their random acts of kindness campaign, which is a perfect example of how “being Gentry” includes being a role model.

As I have mentioned frequently in class, we have many examples of where our random acts of kindness have been met with distrust and doubt. Similarly, we have actually had kids get in trouble for answering “yes sir!” or “yes, ma'am!” because the teacher thought they were mocking them instead of being sincere. Being nice or respectful is so foreign of a concept anymore, that people assume you have an ulterior motive. A study once showed that lack of respect is one of the biggest things that people regret has changed about American society, and yet I wonder how many of those same people who were polled practice what they preach? If everyone did, it wouldn't be the number one thing being missed!!! It is a sad commentary on our times, but more importantly, it is an opportunity for us to stand out, to make a difference.

Who better to give a breath of fresh, respectful air than the group who supposedly follow the martial path. Wouldn't you expect the people who should be more respectful of others to be more in tune with their needs, and consequently, more kind? Wouldn't you expect the people who espouse themselves to be more disciplined to be more habitual in looking for opportunities to help, and more willing to sacrifice or defer gratification in order to be kind to someone else?

In short, we are supposed to be part of the solution, not another piece of the problem. We are to show that there is a better way. We are to show that the things they feel are missing from their lives and society are still obtainable: respect, discipline, focus, self-improvement. If they see it in us, then they know how they can get it for themselves. But we have to show them the difference, not just give lip service to it.

Sadly, there are plenty of martial artists, and martial arts instructors, who are out of shape, have shady business practices and questionable lifestyles and habits. They give a lot of lip service but don't practice what they preach. Anyone who is biased against the martial arts will point to them as an example--that we are being hypocritical. Now admittedly, none of us are perfect and we all fall short of the ideal. But if we can be positive role models every time we do something good, we can easily undo all of it by being a negative example as well. We don't expect our students to be perfect, but they need to realize that when they do act disrespectfully it causes all of us to lose respect as well. This is especially true of our upper ranks and black belts, where even the public will look at them as representative of our school.

We tell our upper ranks that when they execute a technique, they are supposed to be an example to the lower ranks on how it is to be done. When we teach the techniques, we just don't talk about the move but have to demonstrate how to do it. We lead by example. I plan on teaching the martial arts in class for a long time, but I hope to continue preaching the martial arts outside of class for even longer. --BLS