



GMA News June 08

Congrats to our new black belt and other awards:

We had some milestone promotions in the HKD program in the month of May. Congrats to our new black belts Miss Mary Weston and Mr. Greg Hamilton. Additionally, Mr. Jeremiah Deckard received his 2nd dan, Congrats to everyone.

A special congrats and thank you to three special students who received GMA's highest honor, the gentry or kunja certificate: Mr. Josh Wyant, Mr. Rob Snyder, and Miss Erica Griffin

Break-a-thon Results

Thank you to everyone who worked very hard to make our break a thon and annual picnic a success. Our final tally was approximately \$1,200. Also a special thanks to our sponsors lumber companies who donated part of the wood: Bender Lumber, Black Lumber in Greencastle, and Crone Lumber Co.

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months. We also have a special summer referral program. See the handout in class for details.

Upcoming Events

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| May 30-June 1 | TTCA summer camp |
| June 6 | Relay for Life Events: We will be marching the opening ceremonies—meet at the fairgrounds at 3:30. Demo team will have a performance at 6:30 that evening. Meet at GMA at 5:00 or soon as possible.
***NO TKD/HKD/LD class on account of the relay demo. BJJ will meet as regular. |
| June 7 nd | Kung fu Panda outing (see below for details) |
| June 13 th | TTCA testing, 5:30 |
| June 14 th | Stickfighting 9:00-12:00 |
| June 14 th | Hoosier Open BJJ tournament |
| June 16-20 | Hapkido Day camp 9:00-3:30 |
| June 20 th | Hapkido testing |
| June 20-22 | Tai Chi seminar with Master Chen, Bloomington |
| June 21 st | Lil dragon testing: beginning 9:00-10:30, interm. 10:30-12:00, advanced 12:00-1:00 |
| June 21 st | Boys and Girls club graduation 1:30-2:30 |
| June 28 th | Demo Team 9:00-10:30 |
| June 28 th | BB prep class 10:30-12:00 |
| June 28 th | TKD BB class 1:00-2:30 |
| June 28 th | HKD BB class 2:30-4:00 |

Fathers day invitation

After inviting the mothers to join the kids in class for mother's day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Fathers day—June 16-20.

Join us for Kung Fu Panda

We have reserved a private showing of Kung Fu panda at AMC theaters in Greenwood for Sat, June 7th at 10:00 am. There are a limited number of seats available, but GMA will cover admission for every student plus one guest. Every additional person in the group is only 3.00—bring a friend who might be interested in martial arts. Since you are taking up a reserved seat that will be paid for, no shows will be charged 5.00. YOU MUST REGISTER AT THE DESK.



Happy Birthday to these students

Alex Hermann	6-09	Jia Jones	6-21	Bobby Brouse	6-26
John Peet	6-10	Audrey Eskonen	6-21	Mandi Kestler	6-27
Morgan Williams	6-19	Nevin Markitan	6-24	Ethan Jones	6-28
Sarah Smith	6-21	Cameron Adamson	6-25	Trenton Pfaff	6-30

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Timothy Thomas (LD, TKD 5 yrs)	Gabe Wilson (TKD 5 yrs)	Lane Stocke (BJJ 1 yr)
Abigail Farnen (TKD 4 yrs)	Kristian Poorman (TKD 2 yrs)	Vince Kreipke (BJJ 1 yr)
Seth Wilson (TKD, 5 yrs)	Rebekah Wiley (TKD 2 yrs)	Kian Benton (TKD 1 yr)
Noah Wilson (LD, TKD 5 yrs)	Zach Hamilton (LD 1 yr)	Johnny Benton (LD 1 yr)
Drew Wilson (TKD 5 yrs)	Tyler Stocke (BJJ 1 yr)	Steffin Lentz (HKD 1 yr)

Quotes of the week

Following up on our discussion of discipline, we will be talking about commitment—to ourselves and others.

Please keep us posted

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don't worry if we miss you in classes. Thanks.

Meditate on this!!

Some of you will recognize the title as being one of my favorite one-liners from an upcoming movie: *The Foot Fist Way*, which opens May 30th. With the hype from such bigger budget movies like *Forbidden Kingdom* and *Kung Fu Panda*, and even *Red Belt*, this martial arts comedy has been under the radar. Here are some excerpts from the description.

the seriously self-deluded Tae Kwon Do instructor Fred Simmons, who talks a big, macho game, but falls to pieces when his wife betrays him.

Self-control, courtesy, perseverance, integrity and an indomitable spirit – those are the basic tenets preached by the proud but stern Master instructor Simmons at the Concord Tae Kwon Do Studio. There "the way of the foot and the fist," a.k.a. the definition of the featured Korean martial art, turns boys into black belts and suburbanites into great warriors.

That is, until Simmons' seemingly perfect life starts collapsing when he discovers his wife having an affair on him. Twice. A chance to resurrect his life by battling his hero - the 8-time undefeated champ and star of the "Seven Rings of Pain" trilogy, Chuck "The Truck" Wallace - gives Simmons' life purpose as he winds up on a wild, comic journey that will take him from egomaniacal bluster all the way to becoming the stand-up man of his delusional dreams.

Basically, it is going to be the "Talladega Nights" or "Anchor Man" for TKD. It certainly deserves the R rating it is getting, so it isn't going to be appearing in one of our movie nights anytime soon. But frankly, it looks absolutely hysterical. I am actually quite surprised it isn't getting more negative attention in the martial arts community—I expected a backlash.

Why do I find it so amusing? Because, unfortunately, I know many people like Fred Simmons. Why did I expect the backlash? Because many other martial arts professionals know people like Fred Simmons but want to sweep them under the rug. And for others—those who are honest enough to recognize themselves in



the character—the truth hurts. One of the things that made “Talladega Nights” funny was that much of the satirization of NASCAR was grounded in a bit of truth. It is clear that the makers of the Foot Fist Way did their homework, cause they have us martial artists pegged in a lot of ways. Personally, I find the little nuances the most hilarious...like how Fred Simmons stares at the camera while shooting his commercial, instead of focusing on the move. I have more or less seen real life examples of those things and said to myself, “what an idiot.” I heard one national news anchor comment that everything that goes on in the movie Anchor Man relating to the job, he had personally seen in real life over his career. While I haven’t seen the movie, I think I will be able to say that just about everything that Fred does, I have seen or heard about in my 24 years in the martial arts.

But satire of a bad commercial doesn’t invoke a lot of emotion (unless of course, you made a similar bad TKD commercial). The points I truly “meditate on” are the ones that have a much larger impact, the ones that give our profession a bad name (ok, the commercials don’t help). It is all the “egomaniacal blusters” that are in the martial arts for their own self aggrandizement, not to help their students grow. It is the ones who lord over their students how good they used to be (or who they met once) not about the cultivation of good martial arts students, or as Fred would put it “You sure as heck are a lot weaker than me!” It is those who like to talk about themselves and their accomplishments, like Fred being the 1991 North American Las Vegas Open sparring champion, rather than the success of their students. It is those who like to badmouth other styles (according to Fred: “jiu-jitsu sucks”), rather than celebrating the martial arts as a whole. It is the ones who will give you a pitch about how they will teach your child about integrity as they engage in questionable business practices and habits themselves. It is the ones who, as Fred puts it “just connected” with the female students, while the woman walks away feeling like she has been slimed. In short, there is a total disconnect from what “Fred” preaches and what he practices.

I am certainly not saying that myself or the other GMA instructors are perfect. The Foot Fist Way is funny because we all have a little Fred Simmons in us. I have been known to make a few comments similar to his. Fortunately, I think it is a small enough part that I can still laugh at it. If anything, it will allow me to meditate on how not to do things. For others, I suspect their celluloid reflection will be a little painful to look at. As I said before, unfortunately there are way too many Fred Simmons out there who basically lower the perception of our profession and the power and benefits of martial arts training. I know some of our students and parents have run into antics that Fred would committ. Students who end up with instructors like Fred will usually have a negative experience in the arts. That, unfortunately, is no laughing matter.

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