



GMA news Aug 08

Congrats to Mr. Yoshida at the Hanmadang

Mr. Yoshida placed 1st in forms in his division at the hanmadang championship recently held in Anaheim California—the first time the hanmadang was held outside of the Korea. While smaller than other events held in Korea, it still drew competitors from around the world. Congrats and well done Mr. Yoshida.

Thanks to Mr. Shotts and Welcome Jared

If you haven't noticed or heard, we would like to formally thank Mr. Caleb Shotts for his years of service as an assistant instructor. Mr. Shotts is taking on other responsibilities with going to college (and paying for it). Jared Hamilton has taken his role and classes won't miss a beat. While Caleb will be missed, we are fortunate enough to have ample student leaders and role models here at GMA.

UPCOMING EVENTS and CALENDAR

Aug 4-8	TKD camp
Aug 9 th	TKD BB prep/BB class—trip to GM Choi's
Aug 9 th	BJJ Blue belt pretest and privates: times TBA
Aug 16 th	Lil dragon testing beg 9:00-10:30; int 10:30-12:00; adv 12:00-1:00
Aug 16 th	Demo Team 1:30-3:30
Aug 23 rd	Michigan Open BJJ tournament
Aug 23 rd	Demo team 9:00-11:00
Aug 23 rd	TKD black belt prep 11:00-12:30
Aug 23 rd	GMA FUN DAY Back to school party 5:00-8:00
Sept 1 st	Paragon Labor Day Parade
Sept 5 th	<u>Projected</u> TTCA testing
Sept 6 th	HKD black belt testing 9:00 am
Sept 6 th	FAST Adults Basics class 1:30-4:30

The summer retention party was unable to be scheduled in Aug.--

***We are working on scheduling it for the beginning of Sept. ***

Other dates to make note of: Sept 27th tentative date for KHF seminar and test. Oct 4—TTCA Tournament. Oct 12th—Fall foliage Parade. Oct 18th—USHF Fall seminar. Nov 15—TTCA black belt ceremony

Parent committee news and notes

Parents committee will have a meeting on Aug 8th. Key agenda item is finalizing plans for the GMA fun day—a carnival style party for our students to have some fun. We need lots of parents to volunteer to work a shift in order for the event to happen. Look for sign ups. Also look for the cookie dough fundraiser in Oct.

Back to School Letters

As students go back to school, it is a time to make good impressions and get into good habits for the new schoolyear. As always, our students will receive a letter to take to their teachers toward the end of the month. In addition, all students are expected to complete an exercise in figuring out ways that they can show respect to their teachers. Look for these to be sent out this month.



Happy B-day to these students in Aug

Isaiah Roach	8-2	Levi Johnson	8-13	Walter Elliot	8-20
Rob Snyder	8-2	Taylor Nobles	8-13	Alli Pounders	8-21
Christian Iversen	8-2	Josh Haney	8-14	Elias Elsner	8-23
Josh Eskonen	8-3	Jeremiah Deckard	8-16	Zac Speer	8-27
Sean Lamar	8-4	Luke Goodin	8-18	Patrick Mosby	8-27
Grant Wolfa	8-4	Kira Weaver	8-19	Adam Hamilton	8-28
Trent McLain	8-12	Roarke Irland	8-20	Phoenix Mullendore	8-31

Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect.

OLYMPIC News and Notes

Check out the viewing: Don't forget that TKD events will run Aug 20-23. Coverage is subject to change, but right now it looks like most of the TKD events will only be available on internet coverage.

Master Chen's son, Max, will be representing the USA in an international san-shou competition in China, running parallel with the Olympics.

To get in the Olympic spirit and to celebrate the recent Hanmadang, we will be having our own "mini Olympics or Hanmadang" in class with special events to test our students' skill and talent.

"Do you know it, cold?"

To know something, cold; this is an idea, a phrase, that I've heard many, many times throughout my life. I've always understood the over all meaning, to know something very well. But in a martial arts aspect it means a little more then that. It is more then just knowledge. It is also performance, and I reflected on this concept in Anaheim, at the Hanmadang during the hours that I waited for my turn at individual forms, to test myself against a panel of referees, and also during the hours on the flight back to Indiana.

The "something" that was required of me in this instance, was the form Keumgang. Now I had known this form for several years. It is not one that I particularly enjoy, nor did I really consider myself excellent at executing. It is not one required by the TTCA, nor one that I, until deciding to participate in the Hanmadang, had practiced very frequently. I knew it, I could go through it, but by no stretch of the imagination, did I feel that I knew it, cold.

In the following months after my decision to go to the Hanmadang, I practiced. I practiced a great deal. Almost daily, I practiced. This could have been a formal session, or just taking time off to the side, standing on one leg, practicing balance. Some days it was reviewing video of previous world champions and other individuals or teams, or just visualizing the form. I simply practiced.

After a while I thought I knew it well enough, then it was time to go. On the day I was to compete, we started early by packing everything up, all our stuff for the previous week which was in the rented condo. We had to be ready to go to the airport after I performed. That was completed by mid morning. I was supposed to report at 1pm. I waited in the room with my family, and tried to clear my mind. That didn't really happen very well. I eventually left early to walk to the Arena, due to nervous energy. After watching other athletes, wandering the lobby of the convention center, and passing time, I reported to holding around 12pm, changed into my uniform, and started to warm-up and stretch. Everything was backed-up. It was obvious my division wouldn't go on for several hours, so it gave me time to watch, eat a pretzel, keep hydrated, and try to relax. In



the hours leading up to my turn, I started to question how I would perform compared to the others in my division. I noticed my form was performed differently among the majority of competitors. The ones I resembled the most, weren't scoring as high. Some by clear shortcomings, but others... well, I couldn't quite put my finger on why. I knew going in that there were small stylistic difference, but I thought a solid performance either way would score well. What I was seeing however, contradicted that.

I started to question my basic technique, how I moved. I started to make little alterations in how I performed Keumgang, in how I had been doing it in the time leading up to that moment. Then I started to worry about my postures, and waited, and began to wonder about the other people in my division, and waited, and worried about the squishiness of the mat, and waited, and later, worried about actually catching my flight, and waited. Throughout all this, I was trying various tweaks, changing the tempos in my performance of Keumgang, and basically over thinking.

Once my division was officially called to holding, I was a nervous wreck. I had gone over Keumgang at least 50 times in the past few hours leading up to this moment, in whole, or in part. Finally, we went onto the arena floor... and waited. When we got inside the arena, the referees took a break, or had a meeting. Regardless of which it was, we waited again. After the referee break, it was time. And now, I was cold... again, and thank God for that. Just an hour ago, I was being pulled in many directions. Here I was, cold. Hours ago I was trying to change technique I had practiced for months prior. Now, I was cold. When you perform cold, you execute as you had practiced. I knew Keumgang, cold, but in the way I had practiced the months before, in the manner I practiced it in preparation for the Hanmadang. Any change in technique, all the possible adjustments I could have made, everything I was worried about, went out the window. Of all the tweaks and adjustments I thought I could make at a moment's notice, I only kept one very minor one, and I was so very mindful of that one. It was one I had actually thought of months before, so it wasn't completely unfamiliar. I vaguely remember the rest of performance. That's what video is for. But I did well enough to score an 86 out of a possible 100.

In a Self-defense situation, there is no warm up or practice round. At our taekwondo belt testing, particularly black belt, there are long pauses between candidates, forms, sparring, and breaking. All of these are performed cold. I've seen it, been through it, but until the Hanmadang, never really reflected on it.

Now, after all this, I think the truest test of how you practice, is how you perform, cold.

Do YOU know it cold?

-David Yoshida