



# GMA NEWS

## November

### Upcoming events:

Nov 1st	Halloween Party 7:30-9:00
Nov 1 <sup>st</sup>	Stickfighting 1:00-3:30
Nov 8 <sup>th</sup>	Demo Team 9:00-10:30
Nov 8 <sup>th</sup>	TKD black belt class/stripe make up 10:30-12:30
Nov 8 <sup>th</sup>	HKD black belt class 1:30-4:00
Nov 8 <sup>th</sup>	Movie Night/Buddy Night –middle school and up 7:00-9:30
Nov 13 <sup>th</sup>	Jason Winkle MMA seminar at IU 5:30-7:30
Nov 15 <sup>th</sup>	TKD black belt ceremony in Louisville 1:00 pm
Nov 15 <sup>th</sup>	Holiday Sale at GMA 8:00 am-11:00 am
Nov 15 <sup>th</sup>	FAST Basics class 1:00-4:00
Nov 22 <sup>nd</sup>	FAST Extravaganza 10:00-4:00
Nov 22 <sup>nd</sup>	Lil Dragons movie night/buddy night 6:30-9:00
Nov 26-28	No class—Happy Thanksgiving
Dec 7th	Master Chen Tai Chi seminar, Indianapolis
Dec 29 <sup>th</sup>	Winter Weapons daycamp 9:00-3:00
Dec 30 <sup>th</sup>	Jason Winkle seminar/daycamp--TBA

### Congrats to:

- **TKD black belt testing.** Congrats to our newest dan promotions in TKD. Mr. Caleb Allen, Miss Shae Brouse, Miss Ariel Stuard, Mr. Alex Hamilton, Mr. Greg Hamilton, and Mr. Alex Hermann.
- **LD Graduates.** Don't forget the little guys who achieved a major milestone in graduating from our LD program. Congrats to Hunter Meredith and Johnny Benton
- **Michigan Open BJJ Competitors.** GMA members of Team Caique/small axe travelled to Detroit at the end of Sept. Congrats to Bryan Neal (1<sup>st</sup> place), Dan Wiggins (2<sup>nd</sup>), Doug Bailey and Josh Britt for representing. Doug also competed at EGO in Oct. taking 2<sup>nd</sup> and 3<sup>rd</sup> place
- **HKD Black belt testing.** Congrats to Mr. Shawn Burkes for completing his black belt exam in HKD.

### GMA Picture Day:

After a year break, there have been lots of requests to have another school picture day. We have tentatively scheduled a professional photographer to come during regularly scheduled classes on Nov 10-11th. Make sure to be in full, clean uniforms promptly at the beginning of your class for a group photo. Individuals will then have the chance to get photos taken before joining class. We will confirm the dates ASAP.

### Holiday Sale set for Nov 15<sup>th</sup>

Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 15<sup>th</sup> from 8:00 am to 11:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

### Holiday Class Cancellations:

No classes on Wed, Nov 26<sup>st</sup>, Thanksgiving (27<sup>th</sup>) or Friday Nov 28<sup>nd</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day!



## Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and all the weapons or gear needed for the seminar. Sign up at the front desk.

Winter Weapons camp, Dec 29th. This year we are going to take our stickfighting program to the next level with stick sparring. The weapons that come with camp this year are action-flex soft sticks that you can train sparring with sticks safely. This will allow us to add a reality that previously had to be simulated before. The instruction will be based on basic techniques that translate well into the "fights", so even if you haven't been training a lot of stick with us, it will be fun to get out there and start swinging.

Sifu Jason Winkle will be hosting a couple of training sessions as another winter camp on Dec 30<sup>th</sup>. Details on times and topics we will be covering will be announced.

## Special Thanks for Fall Foliage and beyond.

- Thanks to all the demo team and parade marchers for making a great fall foliage.
- Special thanks to all who helped with the parade...especially Greg Hamilton and sons for providing the trailer, and Kathy Roach for manning the booth during the parade.
- Special thanks to all the parents committee and all the parents who helped organize, decorate, or worked the school Halloween party!
- Thanks for everyone's support of the parents committee fundraiser.
- Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.

## GMA Wishes a Happy Birthday to:

Erica Griffin	11-01	Mr. Seth Wilson	11-13	Kristian Poorman	11-19
Justin Roberts	11-03	Daniel Barnes	11-13	Liam Kidwell	11-23
William Wells	11-5	Hunter Meredith	11-13	Ken Hawkins	11-29

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Jared Holt (TKD, 6 years)	Adam Hamilton (TKD 2 yr)	Charlie Hopkins (TKD 1 yr)
Austin Brummett (TKD 4 yrs)	Morgan Williams (TKD 4 yrs)	Faith Hopkins (LD 1 yr)
Nevin Markitan (TKD 4 yr)	Hunter Meredith (TKD/LD, 1 yr)	Brett Hopkins (HKD 1 yr)
Caleb Allen (TKD 4 yrs)	William Wells (TKD/LD 1yr)	Alexus Hopkins (TKD 1 yr)
Taylor Dodge (TKD/LD, 3 yrs)	Joe McNelis (LD 1 yr)	

## Quotes of the Week

It has been a while since we have revisited the focus points, and some of our newer students need to learn the importance of these traits to success.

## Tuition rate to increase for incoming students only

Effective in Jan, GMA will be raising tuition one dollar per class, making the monthly rate 77.00. This will apply to incoming students only. Current students will remain at the current levels of tuition so long as they are a continuous student. Students who let their agreement lapse will return at the 09 rate. If you have friends who might be interested in lessons, help them get locked into the 08 rate before Jan and still get a referral credit.



## Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special appreciation to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved....Perhaps someone else in your family is ready to try it out?

- Marc Shotts (TKD, HKD), Caleb Shotts (TKD) and Raven Shotts (TKD)
- Bobby Brouse (TKD), Shae Brouse (TKD) Trae Brouse (TKD),
  - Plus 3<sup>rd</sup> generation to both the Brouse's and Shott's: Woody Shotts (Tai Chi)
- Mike Dodge (HKD, BJJ), Collyn Dodge and Taylor Dodge (TKD)
- Greg, Adam, Jared Hamilton (HKD, TKD, Stick) and Alex Hamilton (TKD, stick)
- Brett Hopkins (HKD), Charlie and Alexis (TKD) and Faith Hopkins (LD)
- Drew, Seth, Noah, and Gabe Wilson (TKD), Nate and Luke Wilson (LD)
- Dana Elliot (LD) and Walter Elliot (BJJ)
- Tyler and Lain Stocke (BJJ)
- Larry Hayes (HKD) and Lyndia Hayes (TKD)
- Sarah McGuire (HKD, Tai chi), Thomas McGuire (TKD) and Karissa Pope (LD)
- Brenner and Morgan Williams (TKD) and Frankie Williams (Tai chi)
- John, Christopher, and Patrick Mosby (TKD)
- Brandi and Roarke Ireland and Quinn Purtee (TKD)
- Bryan Neal (BJJ), Zada Neal (LD) and Sydnee Twardoski (TKD)
- Jeremy Silcox (BJJ) Destiny and Mackenzie Silcox (TKD)
- Jon and Zac Speer (TKD)

## Tournament notes

Altogether our team of 30+ competitors brought home 49 trophies. Some divisions were quite full, some were light, but we are proud of everyone's performance. Congrats to those who placed:

Haley Sieg	1 <sup>st</sup> forms	1 <sup>st</sup> sparring	Richie Long	4 <sup>th</sup> forms	
Morgan Williams	1 <sup>st</sup> forms	3 <sup>rd</sup> sparring	Jared Hamilton	1 <sup>st</sup> forms	1 <sup>st</sup> sparring
James Cummings	4 <sup>th</sup> forms	1 <sup>st</sup> sparring	Logan Scott	4 <sup>th</sup> forms	3 <sup>rd</sup> sparring
Sarah Smith	2 <sup>nd</sup> forms	1 <sup>st</sup> sparring	David Yoshida		2 <sup>nd</sup> sparring
Ethan Rupert	1 <sup>st</sup> forms		Greg Hamilton	1 <sup>st</sup> forms	1 <sup>st</sup> sparring
Caleb Allen	4 <sup>th</sup> forms	1 <sup>st</sup> sparring	Ron Haduch	2 <sup>nd</sup> forms	2 <sup>nd</sup> sparring
Travis Holman	2 <sup>nd</sup> forms		Chris Alonzi	3 <sup>rd</sup> forms	3 <sup>rd</sup> sparring
Gryffyn Wren	3 <sup>rd</sup> forms	3 <sup>rd</sup> sparring	Ian Boyd	4 <sup>th</sup> forms	
Ethan Minton	2 <sup>nd</sup> forms	1 <sup>st</sup> sparring	Stefan Freed	3 <sup>rd</sup> forms	4 <sup>th</sup> sparring
Zach Rupert	3 <sup>rd</sup> forms		Chris Lamble	1 <sup>st</sup> forms	1 <sup>st</sup> sparring
Alex Hermann		3 <sup>rd</sup> sparring	Rob Snyder	3 <sup>rd</sup> forms	
Brenner Williams	2 <sup>nd</sup> forms	1 <sup>st</sup> sparring	Ingrid Elias	2 <sup>nd</sup> forms	1 <sup>st</sup> sparring
Shae Brouse	2 <sup>nd</sup> forms	3 <sup>rd</sup> sparring	Erica Griffin	4 <sup>th</sup> forms	
Miki White	1 <sup>st</sup> forms	1 <sup>st</sup> sparring	Mary Weston	1 <sup>st</sup> forms	4 <sup>th</sup> sparring
Adam Hamilton	2 <sup>nd</sup> forms	2 <sup>nd</sup> sparring			

## The Real Cost of Martial Arts Training

“If you think education is expensive, try ignorance.”—Andy McIntyre  
 “An investment in your education always yields the best dividends.” Benjamin Franklin



The state of the economy and raising prices are certainly at the fore-front of most everyone's mind. And conventional wisdom states that when things tighten up, leisure and recreational spending are one of the first things to go, so businesses like ours are hit hard. To be sure, we are feeling a pinch as well. I am sure that some of our prospects are weighing costs more heavily, and perhaps some of our students have even re-evaluated classes as an expense. While I will admit, food and lights are certainly more important, I have always maintained that this isn't just another leisure activity for yourself or your child. Martial arts training is truly an investment in yourself and your future. If parents can't afford boarding school, I believe the next best education you can give your child happens in the dojang. Obviously I am biased on the perspective that I am going to share, but keep in mind that I was on the consuming end of martial arts 15 years before I was ever on the producing end...and my perspective is what got me "in the business" in the first place.

As I stated above, martial arts is an education, not only in the sordid details of mortality, but more importantly, in the traditional values and attitudes that are needed to achieve success: respect, humility, self control, black belt attitude—which is 100% effort, perseverance and fighting spirit, personal responsibility, constant growth, the power of practice and the importance of preparation, the ability to self-critique, appreciation of culture, loyalty to country, honor, fitness, self-discipline, the importance of role models, aspects of leadership, confidence that comes from truly earning something. These are all areas in which the martial arts first influenced me, and now I try to pass on at GMA—through quotes of the week and mat chats, to action principles, to the intrinsic nature of the arts themselves. I think you will agree that a lot of these lessons are not getting taught fully in today's school system, and sadly, sometimes are lacking in homes as well.

Clearly, there are lots of people in today's society that need a lesson or two in some of the areas I mentioned. And as the quote mentioned, if you think classes are expensive, think about what the ignorance costs people who never learn those lessons. How much will a person pay in health care costs for not valuing fitness? One study says obese people make 3.00 less per hour than fit counterparts, and pay as much as an additional 500 annually in insurance alone. That's 500 a month over their entire working careers versus 70.00 a month now. There's a lot of other examples that are perhaps less easily quantifiable but are no less important. How much will it cost the person who gets a criminal record, addicted to drugs, or expelled from school because he doesn't have the "fighting spirit" to say no to peer pressure? How much will be the opportunity and happiness costs for the good kid who never develops quite enough confidence to open his own business? How many times will the kid who never completely learns the value of respect be passed up for promotions? For the person who never develops the martial arts attitude of personal responsibility and black belt effort, how long will he wallow in life circumstances?

Our black belt Mr. Caleb Shotts needed a bigger job to pay for college. Caleb shows up to his interview at Wal-Mart in business casual dress. The other guy shows up in a hoodie over a white undershirt with stains on it and basketball shorts. Caleb was the second of the two, but he had the job before he sat down in the chair. Some people get it and some people don't. Fumio Demura is one of the pioneer karate instructors in the west. He also doubled as Mr. Miyagi in the fight scenes for the Karate kid. Only a couple of brief classes with him has influenced some of the things we do at GMA. He puts it this way in a recent interview: "Most young people, if you ask them to fetch you a cup of coffee will immediately ask for money. When they get back from the restaurant, you will realize that they have forgotten their milk. Send them back again and they will return without a spoon or sugar. When they finally manage to get everything you need, you will have to ask them for your change. On the other hand, if I ask one of my students to get me coffee they go once, come back with everything I need, and I have to ask them how much it cost! This is my karate, this is what I teach everyday....Even if the economy is bad, companies are still looking for employees with the right attitude and drive."

GMA tries to teach those life skills that help our students "be more." Industry consultants tell us we should never refer to cost (an outgoing expense), but always refer to the price of our tuition as an investment (something that returns the value). I believe that is more than a cheap psychological trick. But what about those who say they simply don't have anything to invest? I don't mean to make light of some people's genuinely tough situation—I wish we had more scholarship money available than we do for those situations. But we have plenty of other cases where it is more about priority than ability. We will get sob stories about how tuition is hard to come by, yet they can afford 100.00 concert tickets. With Christmas coming up, things are tighter. Why not use martial arts as part of their present? Pulling a kid out of an activity that teaches positive values so you can afford a videogame that will encourage the exact opposite attributes doesn't make a whole lot of sense to me. Use the holidays as a chance to buy him/her the stuff they really need—like gear or a new uniform. The gifts they receive from the martial arts will continue to pay dividends long after any toy would be used up and forgotten.

The cynic might say this article is a ploy to keep business. Truth is, if I didn't believe what I just wrote, we wouldn't have ever gotten into the business. I continue to believe this to be the case: over 20% of the income I make from GMA goes back into my annual training budget, because I am willing to continue to invest in my growth and development. Some of the people who in my estimation need the benefits of martial arts training the most, perhaps not surprisingly, value those benefits the least. They tell me they can't afford to pay for the lessons. Sometimes, I just shake my head and ask to myself, how can they afford not to? ---BLS