



Gentry News Jan 09

****2009—Year of the OX****

GMA is expanding our offering

In keeping with the mind/body philosophy, GMA is pleased to announce that we will begin partnering with Yoga Matters in 2009 in order to bring the experience of yoga to our students, families, and friends. We will begin integrating yoga into the schedule by offering a couple of free Saturday workshops in the month of January. A full class listing including morning, afternoon, and evening classes will be available and plans are for them to begin Monday, Feb 2nd. We will have discounts to our GMA families who are associated both.

Additionally we are adding another night of BJJ training, Wed from 7-8:00 pm, tentatively starting Wed. Jan 14th.

Upcoming events:

Jan 3 th	TKD Black belt prep class 9:00-11:00
Jan 10 th	Lil dragon testing beg 9:00-10:30, int 10:30-12:00, adv 12:00-1:00
Jan 10 th	BJJ seminar with Mr. Sledd in Richmond 10:00 am
Jan 10 th	TKD pretest at Ohio Valley
Jan 17 th	Demo Team 9:00-10:30
Jan 17 th	TKD black belt class 10:30-12:00
Jan 17 th	TKD bb prep class 1:00-2:30
Jan 17 th	Yoga intro workshop 2:30-4:30
Jan 23 rd	TTCA testing
Jan 24 th	BJJ Blue belt pretest 9:00-1:00
Jan 24 th	FAST KIDS class 1:30-4:00
Jan 31 st	Yoga intro workshop 9:00-11:00
Jan 31 st	Demo Team 11:00-12:00
Jan 31 st	HKD black belt class 1:00-3:00

Other dates:

Feb 28 th /March 1	Professor Caique seminar in b-ton/indy
March 7 th	USHF Spring seminar
March 28 th	TTCA Tournament (BB testing on the 27 th)

And the winners are....congrats to our award recipients!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our annual awards:

- Most Improved Students—Ethan Minton
- Competitor of the Year (TKD)—Miki White
- Competitor of the Year (BJJ)—Bryan Neal
- Black belt of the Year—Mr. Logan Scott
- Student of the Year—Dan Wiggins

Also, special congrats to Mike Dodge who received GMA's highest honor—the title of Gentry-man:

Congrats to our new BB

Congrats to our newest TKD bb Erica Griffin.

Quotes of the Week

Since Jan is the time for new years resolution, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.



GMA Wishes a Happy Birthday to:

Annabelle Cleary	1-8	Chad Handlon	1-16	Kian Benton	1-28
Blake Rains	1-9	Miss Raven Shotts	1-17	Joe Compton	1-29
Mr. Ryan Jerome	1-11	Titus Vee	1-18	Gavin Porter	1-30
Emily Mote	1-11	Mr Noah Lambert Adams	1-23	Jake Waltz	1-31
Angela Fields	1-13	Shelby Eckart	1-27		

Training Anniversaries

Marc Shotts (TKD, HKD 7 yrs)	Ethan Rupert (TKD 4 yrs)	Greg Hamilton (BJJ 1 yr)
Caleb Shotts (TKD 7 yrs)	Jia Jones (TKD 3 yr)	Luke Goodin (TKD 1 yr)
Raven Shotts (TKD 7 yrs)	Chuck Crawford (TKD 1 yr)	
Zachary Rupert (TKD 4 yrs)	Jared Hamilton (BJJ 1 yr)	

A Year in Review –no shortcuts

I hope everyone in the GMA family had a great holiday season. The big Xmas addition in our house was a Wii game system. I often cite the reaction time principle known as Hicks Law, but I never realized guitar hero exemplifies it: adding that additional pinky button makes all my fingers slower in reaction. Those of you who know of my musical talent realize that is the least of my problems when it comes to guitar hero. But I digress. That is not the factoid about the Wii that confounds me the most. I heard that the wii fitness games actually have cheat codes. “I want to run a marathon, but I can only run 2 miles, so I will fix the game so I finish all 26.” I shake my head, but at the same time, I am not surprised. It seems everyone is looking for short cuts, quick fixes, and instant gratification, even in areas where those things defeat the purpose. Obviously, the martial arts are one of those areas. As GM Choi says, the martial arts are fair. Either you do the time and put in the effort, and that shows, or you don’t, and that also shows. But I have both written and preached about this before as it relates to training.

As 08 ends and 09 begins, it is natural to reflect on what GMA accomplished in 08. I could relate the maturation of the school like martial arts training itself—no shortcuts. We garnered 110 medals in TTCA competitions, and Mr. Yoshida won gold and the World Hanmadang Championships. I am proud of our demo team performances. We hosted Professor Ciaque and our BJJ program gained 4 new blue belts (twice as many as we had before). We had Master Whalen and Master Thomas in and had our second ever KHF dan test. We promoted 17 new blacks belts and 5 2nd degrees...again, double the number of 2nd dans we had before. Most of these students have been with us from the beginning and are among the few who remember the old building. Where most schools have only a handful of black belts, it is awesome to have enough active, training black belts to fill the floor during black belt class. Obviously, it is the seeds that were planted 3-5 years ago coming to fruition. In the case of the 2nd dans, the it is closer to 5-7.

Having a number of blue belts in B JJ class on any given night is an awesome sight. Seeing our students start to get beyond 1st degree black belt on a regular basis is also a welcome sight. It is a sign of a maturing school. One that provides a place for students can continue on their journey for a longer time than most schools last. (We have seen schools come and go since we have been here.) And while ultimately most of the credit goes to the perseverance of our great students, it also goes to show that there are no cheat codes in developing an advanced student base. No shortcuts or quick fixes, just hard work and perseverance.

I am sure 09 will have some milestones, like awarding our 100th black belt. (I remember when I was excited when we hit 100 yellow belts...and it doesn’t seem that long ago). I am sure we will create some exciting memories that we will look back on fondly in years to come. I am sure more of our students talents’ and efforts will become evident. More kids will get better in school and at home. More people will come out of their shells and become leaders. More people will become more fit. More people will discover the empowerment of FAST training. Our students will “be more.” In short, same ole same ole, same but different stuff. That doesn’t mean we aren’t accomplishing great things, but its just what we come to expect when we don’t cut corners and stay the course. 2009 is the year of the ox. I happen to be born in the year of the ox. My wife says the quality of stubbornness is the most relevant. I will concede it apropos in this context. Call it stubborn, but we continue to do what we do in 09, cause there are no shortcuts to developing a school. --BLS