



GMA Newsletter

March 09

Upcoming events:

March 6 th	Tentative date for Jason Winkle kali seminar at IU
March 7	Lil dragon testing: Beg 9:00-10:30; 10:30-12:00, 12:00-1:00
March 7	IU Friendship TKD tournament (DPU competes only, but spectators welcome)
March 13	TTCA testing
March 13	Tournament entry forms due
March 14 th	Black belt prep class 9:00-11:00
March 14 th	TKD 2 nd /3 rd dan forms class 11:00-12:00
March 14 th	Stickfighting 1:00-3:30
March 21 st	Demo Team 10:30-12:00
March 21 st	TKD black belt breaking open floor time 1:00-2:00
March 26 th	No BBC—demo team practice 7:45-8:30
March 27 th	TTCA black belt testing
March 28 th	TTCA tournament—Louisville
April 4 th	EGO BJJ tournament
April 4 th	USHF Spring Seminar at DPU
April 11 th	FAST Kids Extravaganza
April 11 th	FAST Level II Groundfighting class
May 2nd	Projected HKD black belt test

Yoga adjustments: No Saturday Yoga classes EXCEPT March 21st. Frankie will be out of town for advanced yoga training most of this month. No class Wed March 11th and Friday March 13th for same reason.

Class cancellation:

All classes will be cancelled on Friday, March 27th on account of the TTCA tournament and black belt testing (all instructors will be out of town)

Demo Team announcements

A reminder that practices on Friday evenings have started (no practice March 13th on account of testing)
The practice on March 21st is MANDATORY if you plan to participate in the demo at Tournament
Notice that there is a special practice on Thurs, March 26th
Remember to report to the finals early for final walkthroughs.

Tournament news and notes:

- Reminder that classes are cancelled on Friday March 27th, as all instructors will be in Louisville.
- Remember to wear your Team Gentry and GMA Parent t-shirts to show your support. The parents committee is organizing a “show your pride” day at school the same day—wear your Gentry stuff to school that Friday to send off the competitors
- Make sure all gear is clean and white. Please order any uniforms, patches, etc in advance—we sometimes sell out just before tournament.
- GMA group photo will be taken at 9:30 at venue of the tournament. This is the photo to be used for the local paper, website, etc. There will likely be a line into the room at that point, so don't be stuck in line while we are doing the photo. Please be in full uniform at that time.
- Be sure to get to the finals a bit early to get a good seat to cheer on our demo team and any people we have in the finals. Demo team, you will be expected to be back around 5:00 for walkthroughs.
- A reminder that GMA parents committee is sponsoring a dance later that evening, after the finals. It is a chance for everyone to come together as a team after the tournament.
- Review the tournament etiquette section of your manual.
- Good luck to all those testing for 1st and 2nd degrees in TKD on the 27th!!!!



Birthdays:

Jaden Stutsman	3-3	Logan Scott	3-6	Mya Freed	3-14
James Cummings	3-15	Erica Honaker	3-20	Keaton Eisenhut	3-20
Gryffyn Wren	3-23	Shelby Moler	3-25	Josh Retz	3-29
Marc Shotts	3-30	Shae Brouse	3-30		

Training Anniversaries

Keaton Eisenhut (LD 1yr)	Tom Alford (HKD 1 yr)	Trance Behling (TKD 1 yr)
Annabelle Cleary (LD 1 yr)	Shelby Eckart (LD 1 yr)	Mike Dodge (HKD 4 yrs, BJJ 3 yrs)
Devin Arthur (TKD 5 yrs)		

Quotes of the Week

This months QOW will be dedicated to sportsmanship (martial arts style) and the proper mindset at the upcoming tournament and black belt test.

There Is No Offseason

As I finish teaching my classes at DePauw, there is a sports agility and conditioning class that meets downstairs. They do plyometrics, agility drills, etc for any athletes or weekend warriors. Really, it is a lot like a Black belt club class without the kicking. It looks like a lot of fun and I would likely try to jump in, if I hadn't already been teaching for 9:00 am to 9:00 pm. One of the trainers for the class was recently wearing a shirt—not sure on the brand-- that read—THERE IS NO OFFSEASON. Now, it certainly summed up the spirit of this class full of athletes doing their offseason/preseason routines to get better for their sport. But of course my mind immediately went to how it should really be summing up the martial arts. I have to say, it took me a while to get used to people calling to inquire about classes and asking “how long do the classes run?”

“For 45 minutes to an hour.”

“No, how long do you continue to take classes?”

“I guess until you quit.”

If you are used to everything else being in “seasons,” then I understand while it would be a logical question if you didn't know any better. Now, I realize our students have other activities, as did I. I am not going to say my attendance in TKD was stellar during varsity soccer season, but if we did have a night off from practice/games on a class night, I would bet you I was there. Lots of our students have to find a way to balance their schedules between different activities.

But the martial arts tradition is one of steady, unending improvement. One belt at a time. Most all styles have a catch phrase to express this sentiment—in TKD we say “the drop hollows the stone not by its force but by its frequency.” One of my cheesier phrases is “early to bed, early to rise, Tai Chi every morning and evening makes you healthy, wealthy, and wise (from TT Liang). In sword arts, they make reference to a 1,000 cuts a day. I recently read an article by a Karate master who stated “if you miss one day of practice, you take three steps back in training.” I am not sure that actually applies physically in terms of training effect (although, I know when I am forced to sit out of BJJ sparring on account of injury, if only for a week or two, it feels like it takes that much time or longer to get what little game I have back). But I think it certainly does apply in terms of attitude and mindset. Martial arts training is about perseverance. It is about the discipline needed to stay the course, regardless of what other wrinkles or excuses come up. Sometimes people make their own offseason by saying they “need a break.” Needing a break, 99% of the time, turns into “have a nice life” cause we won't see you again and you will make an effort to avoid me if our paths cross in Kroger.

But martial arts are more than a physical activity, it is a lifestyle. When should we not be practicing respect? When is there an offseason for self-control and self-discipline? When can we afford to take a break from a commitment to excellence, which we call black belt attitude? When is the weather not conducive to having fighting spirit? If we truly practice the “DO”, the way of martial arts, then there is no offseason. Otherwise, we are no better than nominal Christians who are good on Sunday but forget their religion the other six days. Personally, I hope we all strive to be more consistent on both martial and religious accounts.

Last time I checked, there is no offseason for living. While perhaps our attendance may be on occasion a little more sporadic, we can't afford to practice “being more” only half the year. And being in the dochang helps us take those qualities beyond the mats. One of our peewees getting ready for black belt recently put it this way in her black belt paper: “People think that once you get your black belt then it's over. Well its not, martial arts training is never over.” How's that for a T-shirt! --BLS