



GMA NEWS April 09

Lots of Good News

Congrats to our many major promotions in March:

BJJ blue belts: Doug Bailey, Bryan Neal, Greg Hamilton, Cody Craig, Justin Roberts, and Tyler Stocke.

LD graduates: Shelby Eckert, Elijah Roberson, Dominic Tejera, Annabelle Cleary. *Also* Dana Elliot from Jan.

TKD black belts: Mr Jared Holt (2nd dan), Mr. Zach Rupert, Mr. Ethan Rupert, Mr. Jared Hamilton, Mr. Travis Holman, Mr. Reese Elliot, Miss Kira Weaver, and Miss Erica Honaker. In this group is GMA's 100th black belt!

Thank you

Thanks to everyone who helped with our first "warm hand, warm hearts" promotion. We are committed to creating socially conscious students, and kudos for Miss Sarah for spearheading this effort.

Photo day resolution

We are exploring taking action against Uniquely Yours Photography from our photo day last fall. Since Laurie Tackett handled all the orders, we need to compile our own list. If you ordered photos, please let us know...even if your order was fulfilled, we need to know the value of your order, and of course, what is still outstanding for some of you. We deeply apologize for choosing the wrong photographer.

Upcoming events:

April 4 th	USHF spring seminar—DePauw 10:00-5:00
April 4 th	EGO BJJ tournament
April 11 th	Kids FAST extravaganza 9:00-11:30
April 11 th	FAST adult Level II—Ground fighting 1:00-4:00
April 17	USHF Black belt pretest 7:00 pm
April 18 th	TTCA black belt ceremony and testing in Louisville 1:00 pm
April 25 th	TKD black belt class/stripe promotions 9:30-12:00
April 25 th	Demo team 1:00-2:30
May 2 nd	USHF black belt testing (time TBA)
May 2 nd	Demo Team Performance: approx. 2:00 pm. Details announced at demo practice.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4-1	Aileen Pettigrew	4-02	Kaili James	4-2
Ethan Minton	4-5	Silas McFarland	4-6	Joe Compton	4-8
Jayde Axsom	4-10	Sabrina Chouinard	4-10	Vince Kreipke	4-11
Miss Jenny Dill	4-14	Mr. Todd Miller	4-18	Larry Hayes	4-18
Christopher Mosby	4-21	Conner Selch	4-21	Haley Sieg	4-23
Megan Gens	4-23	Richard Conner	4-27	Mr. Caleb Shotts	4-27

Training Anniversaries

Alex Hermann (TKD 5 yrs)	Liam Kidwell (HKD 4 yrs)	Dan Wiggins (BJJ 3 yrs)
Trae Brouse (TKD 4 yrs)	Sabrina Chouinard (TKD 3 yrs)	Kathryn Goodin (TKD 2 yrs)
John Mosby (TKD 2 yrs)	Kaili James (LD 1 yr)	Finnegan Vandewalle (LD 1 yr)
Elijah Roberson (LD 1 yr)	Eliza Vandewalle (LD 1 yr)	



Quotes of the Week

Mat chats this month will focus around the two major events of BB testing and tournaments—lessons learned in both victory and defeat, and looking forward.

Summer day-camp dates are set

Some people have been asking about this year's date of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply.

HKD day-camps: June 15-19, July 13-17 TKD day-camp: June 22-26, July 27-31. Lil dragons camp will be July 1-2

You can pick your friends but not your enemies

As I write this, everyone is making final arrangements to leave for the spring TTCA tournament. This is one of the highlights of the year for the school. While busy working at the tournament, I rarely get to see much of our students competing. I rely on videotape and stories. That usually includes at least one “David and Goliath” story, where one of our “fun sized” students gets matched with a much more physically developed competitor. While students are matched by age/experience, I am proud to say that at least we don't separate things too thinly. Some tournaments and major events slice the divisions (according to age, rank, topic --types of sparring for example, and weight divisions) so thinly that the tournament may boast several hundred, even over a thousand competitors and yet no one ever had more than a handful of competitors in their divisions. I have seen and heard of many a “state champion” who only had to show up—there being no one else in their weight class. Now, granted, to some degree, that isn't the tournament's fault but more the people who also should be there but weren't. As they say, a large part of success is simply showing up. But what happens when Goliath doesn't sleep in?

While catching up on my reading during my training in NYC, I came across two different stories in separate “professional mags” that comment on that very subject. Both basically maintained that it was good business practice to be very careful when pairing students together for sparring. Put boys with boys and girls with girls, because the boys can get a little rough. Be aware of who is aggressive and who is not, and always pair intensity levels together. Otherwise, someone might have a “negative” experience and quit. I must admit, I am also concerned about such people having negative experiences, only I am concerned about how negative of an experience it is going to be if the first time they ever experience an “unfair” fight is not inside the dojang!

Life isn't fair, and most fights aren't either. You can pick the friends you spar in class, but you can't pick the size of the bully or attacker in real life. You can't cry foul and say the big guy should be disqualified for not making weight. If you can't handle the aggression of a classmate in the safe confines of the school, how do you think you will handle the wind of hate that comes at you in real life?

I do expect that all of our students adjust their intensity, speed, to the person across from them. We stress teamwork in class. There is a limit where it isn't about a challenge and no one is really learning anything. At tournaments, safety and competitiveness are important. And generally speaking, yes, I typically pair students in terms of age/size. Because that is who they typically spar in their tournament division. Otherwise, when I pair a large student with another large student, compared to a smaller student, it is only 10% or so in order to spare the little one. Quite honestly, it is to make sure not to bore the larger one and to make sure they get challenged.

Yes, I will take competency/aggression into account. First, sometimes from a teaching standpoint. For example, I will put two passive students together because someone has to actually learn to be offensive. I try not to “overmatch” any one student for the entire training session. But sometimes I will deliberately mismatch opponents, to let the one know what he or she is doing isn't working! Both in tournament and in class, we learn more from our losses than from our victories. Students can't learn from the school of hard knocks if they are constantly being sheltered from those who can deliver them.



I remember one prospective student who moved to town. When I met with the mother, an obvious helicopter parent, the discussion went something like this: “At the old school they had a 12 year old paired with my 9 year old and that’s just unfair.”

“Well, that is going to happen here, but I would expect the 12 year old to have good control, so I am not sure what the problem would be?”

Ironically, this occurred just after we had an intra-school scrimmage, and I had Miss Moler at age 13 spar my DPU women. Miss Moler won the bracket. It was a challenge for both—Miss Moler with older, bigger opponent, the college girls with a more experienced black belt. I wasn’t surprised the black belt won. We never saw that boy and his mother again...I suspect he is training somewhere safe where only other kids his size and age are aggressive to him. But that isn’t any grade school I have ever attended or visited.

I don’t pretend that even our toughest mini-peewees have a chance against most adult males (although, I will say they have a better chance than without martial arts.) To be blunt, sometimes you just have to acknowledge mother nature and physics—as we point out in our FAST kids class. But in class and in tournaments, our students have a chance to learn how to have that indomitable spirit against the odds. It is easy to model the Hwarang maxim “Never Retreat in Battle” when the odds are at least decently in your favor. I want the students who will at least stand against the odds to do something great. And yes, they might have a negative experience in learning how to do that, but they are willing to dust themselves off and get back up. It is hard to learn “Seven times fail, eight times try” when you have a 50/50 chance on the first time. Sometimes life doesn’t let you choose what size of an obstacle or fight you are going to have. Sometimes life seems to pile it on. Some people cry foul and “that’s not fair.” But having a black belt attitude means stepping in the ring and giving it a fight. Here’s to learning how to slay our giants. ---BLS

IU Friendship tournament results

DPU competed at the IU invitational against IU and Purdue University. Congrats to these students who placed:

Ian Boyd, 2 nd forms	Avery Archer, 3 rd forms	Mary Weston, 2 nd forms, 2 nd sparring
Chris Lamble, 2 nd forms, 2 nd sparring	Ron Haduch, 1 st forms, 2 nd sparring	Candy Liu, 3 rd forms
Rob Snyder, 2 nd sparring	Aishwarya Subbaraman 2 nd forms	

TTCA Tournament Results

Congrats and thanks to everyone who competed at the tournament. Demo team had a great performance. The dance was a lot of fun. Overall, we had 48 competitors take home 47 medals (23 in forms, 24 in sparring). Highlights included placing someone in the finals in all but one black belt division we competed in (though Mr. Scott couldn’t continue), including sweeping junior black belt sparring. Again, we are proud of the entire Team Gentry, but here is a list of our competitors who placed:

Annabelle Cleary	1 st forms, 1 st sparring	Trinity Britton	2 nd forms, 2 nd sparring
Kathryn Goodin	1 st forms, 3 rd sparring	Trance Behling	4 th forms, 1 st sparring
Noah Wilson	1 st forms	Haley Sieg	1 st forms, 3 rd sparring
Sarah Kush	2 nd forms	Morgan Williams	3 rd forms, 2 nd sparring
Ethan Rupert	3 rd sparring	Noah Lambert-Adams	2 nd forms, 2 nd sparring
Malana Harmon	2 nd forms, 1 st sparring	Ethan Minton	2 nd forms, 1 st sparring
Isaiah Roach	4 th forms, 4 th sparring	Zach Rupert	2 nd forms
Rebekah Wiley	4 th forms	Erica Honaker	4 th sparring
Carl Underwood	3 rd sparring	Alex Hamilton	4 th sparring
Seth Wilson	3 rd sparring, 3 rd forms	Jake Waltz	4 th forms
Ryan Jerome	2 nd sparring	Jared Holt	1 st forms, 1 st sparring
Shae Brouse	4 th sparring	John Mosby	1 st forms, 1 st sparring
Jeremiah Deckard	1 st forms, 2 nd sparring	Jared Hamilton	3 rd forms
Drew Wilson	2 nd sparring	Brenner Williams	2 nd forms, 3 rd sparring
Logan Scott	2 nd sparring	Miki White	1 st forms, 2 nd sparring