



May 09 GMA Newsletter

Upcoming events:

May 2 nd	USHF Black belt testing 9:00-12:00?
May 2 nd	Demo team performance: meet at Gentry at 1:30, performance at 3:00 at park
May 9 th	Lil dragon testing beg 9:00-10:30; int/adv 10:30-12:00
May 9 th	Tai Chi field trip to B-ton
May 9 th	TKD black belt open floor for breaking 12:30-1:30
May 16 th	TKD black belt and black belt prep class at park 9:30-11:00
May 16 th	Annual Break a thon and school picnic....Jimmy Nash park 11:30-3:30?
May 23 rd	BJJ seminar with Mr. Sledd in Richmond 12:00-4:00
May 23 rd	Teen movie/buddy night 7:00-10:00
May 23 rd	TKD 2 nd dan TG forms class 9:30-10:30
May 23 rd	HKD black belt class 10:30-12:00
May 29 th	HKD test/ceremony 7:00
May 30 th	TKD bb class/stripe test 9:30-12:00
May 30 th	Stickfighting 1:00-3:30
May 21 st	No Lil Dragon classes—instructors doing special seminar in Indy. Sorry for inconvenience
June 5-7	TTCA summer camp-Obannon State Park
June 13 th	Hoosier Open BJJ tournament
June 15-19	HKD day camp
June 19-21	Tai Chi seminar with Master Chen, B-ton
June 22-26	TKD day camp

Break-a-thon and annual school picnic

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a cookout and fun and games to follow. It will be held at Jimmy Nash Park, shelter houses 7 and 9. Watch for sign ups for the pitch in. Parents committee would welcome help with logistics.

Mothers day invitation

As usual, our students are welcome to invite their mom, grandma's, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

GMA has a Facebook page

Mr. Sieg is finally brought up to speed on the whole facebook thing—well sort of. We are hoping we can use the GMA group page to help spread information, including more informal stuff and more timely things than this newsletter. It is just another tool to keep everyone in touch. Also, this brings up an opportunity to remind everyone to sign up for announcements and the newsletter in email form by going to our website.

Congrats to our seniors

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DPU: Miss Mary Weston, Chris Lamble, Vince Kreipke, Nathan Kross, Zach Koch, Mitch Troyer, Jessica Merriweather, and Hillary Gerwin

From high school: Miss Miki White, Miss Shae Brouse, Amy Law, and Adam Sargent

We plan on having an celebration for our seniors later in the month. Details TBA



Sign up now for Day Camps/Summer camps

First, sign up right away for the TTCA summer camp from June 5-7. The number of beds is limited and are assigned on a first come, first serve basis. Be sure to plan to pick you child up on time on Sun morning. Finally, we need to turn in applications in advance so that plans for food and other things can be planned. Applications will be sent in May 25th.

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts dodgeball. Large discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

HKD day-camps: June 15-19, July 13-16

TKD day-camp: June 22-26, July 27-Aug 1.

Lil dragons camp will be July 1-2

GMA Movie Night

We plan to watch "Red Belt" together at the school on Sat, May 23rd. All of our teenage students and adults are welcome to come hang out, play dodgepad, and watch a martial arts flick. Students are also encouraged to bring a friend to introduce to the school.

GMA Wishes a Happy Birthday to:

Dominic Tejera	5-3	Kelsey Wagoner	5-8	Colten Lynn	5-16
Ryan Dyer	5-16	Adam Hayden	5-16	Kathryn Goodin	5-17
AJ Bottorff	5-18	Eliza Vendewalle	5-22	Garik Terrell	5-26
Kaitlyn Nolan	5-27	Fraker Trenton	5-28	Miki White	5-30

Training Anniversaries

Karissa Pope (LD 2 yr)

Dana Elliot (LD, TKD 2 yrs)

Luke Wilson (LD 1 yr)

Aileen Pettigrew (LD 1 yr)

Elias Elsner (LD 1 yr)

Nate Wilson (LD 1 yr)

DaShae Brouse (TKD 4 yrs)

Quotes of the Week

May quotes will be focused having positive, proactive habits and attitude.

BJJ competes at Extreme Grappling Open

Members of GMA were part of Team Caique at the Extreme Grappling Open. Congrats to those who medalled:

Doug Bailey 1st gi, 3rd no gi

Josh Britt 2nd place, gi



Repetition is the mother of all skill, Redundancy is the mother of all success

“Repetition is the mother of all skill.”

“The drop hollows the stone not by its force but by its frequency.”

“Martial arts is fair...either you do the time or you don't. Either way it shows.”

We have many such sayings that we use to reiterate the importance of repetition for skill in the martial arts. Most people, and I hope all of our students, appreciate and embrace this fact in developing their craft. Recently, a couple of events have made me explicitly more aware of how important this is in mental development as well as physical development.

For those people who actually might read my musings on a somewhat regular basis, I always try to put in new tidbits in each article. After the last newsletter, I had one person—who at least did read it—comment, “haven't you written that before?” While I am sure that common themes come up in my monthly rants, I always try to use different angles or stories to say it slightly differently, and to give our students new little jewels. Granted, a lot of articles might very well sound a like. But I don't think that is a bad thing. I don't think our students and parents can hear about the main benefits of the martial way too many times. I mean, it works for my preacher...he has been quoting from the same book ever since I have been going to church. I know I still need to hear some of those messages a few more times. We don't always get it the first time around.

And there is my point. The really important things are just too important to only be said once. We need to be reminded, we need to be encouraged and reinvigorated. We need to re-evaluate and check ourselves. Our TKD program uses quotes of the week and “mat chats” to reinforce the black belt attitude we want in our students. Our HKD students have the Action Principles. Now, the Action Principles are simply a way to keep us focused. Many of the AP's are not groundbreaking. Many pro-active adults who take bettering themselves seriously have come across the same concepts and habits from other “success” educational sources: books, tapes, training at work. But we get distracted and out of the habit of always doing them. We need a reminder or little pushes to get us back on track. In the same way as physical training, with enough practice these mental habits become second nature and automatic. But it does take repetition, or I guess in the written world, redundancy.

We get a couple of different “professional magazines” that focus on running a martial arts school. When I read them, a lot of times they seem kind of redundant. I typically don't get many groundbreaking new ideas. More often, I find myself reading about something I already know, only to be constantly telling myself, we need to do a better job of this. I just recently watched Dave Ramsey's Town Hall for Hope event. It was great event. Let me say I agreed with everything he said, and pretty much knew I would going in. I learned a few new tidbits, I even took notes on a few quotes, but it mostly reinforced and reinvigorated me. It inspired me to change up our QOW for this month, to being more positive and proactive in our own lives (something I have always maintained is part of black belt attitude, but maybe we need some more redundancy.) It caused me to get fired up about other things that maybe I had let slide a little bit.... some things that might mean huge, positive differences for GMA.

When it comes to having successful habits, just like it does with martial arts moves, there is no such thing as being too good or not needing more practice. When our 1st kups are pretesting for their future black belts and GM Choi looks at them, he rarely makes comments that are unique. Usually he tells them the same things we have been telling them to improve. Even black belts sometimes need constant reminders. If repetition is the mother of all skill, that reminder that may seem redundant is the mother of all success. And if I keep repeating it, that might just become a successful catch phrase! --BLS