



GMA news Aug 09

Thanks to Sarah and Welcome Adrian

As you are aware, we want to thank Sarah for her dedication and would like to welcome Adrian Bambery to our staff as our new program director. Adrian has a tough act to follow but is adjusting to a lot of stuff quickly. We also appreciate your patience as she gets comfortable in serving.

UPCOMING EVENTS and CALENDAR

Aug 8 th	Leadership team 9:30-11:00
Aug 8 th	TKD black belt prep 11:30-1:00
Aug 15 th	Demo Team 9:30-11:30
Aug 15 th	FAST Adult Basics course 1:00-4:00
Aug 21 st	USHF Hapkido Testing 7:00 – 8:00pm
Aug 22 nd	Open house and GMA fun day 11:00-2:00
Aug 28 th	TTCA testing
Aug 29 th	TKD trip to Ohio Valley TKD and Bonsai workshop
Sept 7 th	Paragon Labor Day Parade
Sept 12 th	Lil' Dragons testing (beg 9:30-11:00, int and adv 11:00-12:30)
Sept 12 th	Summer attendance party—swim and gym at the Y 4:00-6:00ish
Sept 26	Michigan open BJJ tournament
Oct 3	TTCA tournament
Oct 3	USHF seminar
Oct 8/11	Fall foliage demo and parade
Oct 17 th	KHF instructor course in VA
Oct 24	Prof Caique BJJ seminar

Parent committee news and notes

Parents committee will have a meeting on Aug 14th. Key agenda item is finalizing plans for the GMA fun day—a carnival style party for our students to have some fun. We need lots of parents to volunteer to work a shift in order for the event to happen. Look for sign ups. Also look for the cookie dough fundraiser in Oct.

BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. In addition, all students are expected to complete an exercise in figuring out ways that they can show respect to their teachers. Look for these to be sent out this month.

Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

Trinity Britton (TKD 1 year)	Roarke Ireland (TKD 1 yr)
Jon Speer (TKD 1 year)	Sarah Kush (TKD 1 yr)
Michael Hoppel (TKD 1 year)	



Happy B-day to these students in Aug

Isaiah Roach	8-2	Rob Snyder	8-2	Tony Fulk	8-3
Samantha Fulk	8-4	Michael Chouinard	8-7	Karissa Cozee	8-10
Michael Hoppel	8-11	Quinn Purtee	8-12	Jesse Henson	8-12
Jeremiah Deckard	8-16	Luke Goodin	8-18	Kira Weaver	8-19
Roarke Irland	8-20	Elias Elsner	8-23	Eli Phillips	8-25
Jacob Fraker	8-25	Dean Roberson	8-26	Jaden Zweck	8-27
Zac Speer	8-27	Jessie Chouinard	8-27	Crystal Bailey	8-27
Melissa Payne	8-28				

Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

Life is like a bonsai tree:

In high school (back when we wore stone belts) I had an assignment in English class to pick an object and explain how it was a metaphor for life. I chose my bonsai tree. That metaphor has always stuck with me and as our black belt club goes to learn a little something about bonsai, I thought I would share it.

Bonsai, just like people, come in all shapes, sizes and temperaments. You can make them look old well beyond their actual years, such as giving them the appearance of being struck by lightning, and others you'd never expect to be as old as they are. But the metaphor extends far beyond just physical appearances. Each tree has its own personality. As species of trees, some are rather fragile and some are a lot more hardy. The hardy ones can take a lot of abuse in the course of molding it, yet it still grows into a masterpiece. I think of people like Supreme Court Justice Clarence Thomas, and other hardship cases, who despite the harsh "molding", have grown into pinnacles of their profession and society.

Additionally, there are main archetypes or styles of bonsai, such as windswept or a cascading look, that each raw tree will inherently possess. It is up to the expert to correctly identify the personality of the raw tree and shape it according to the tree's pre-existing uniqueness. In order for the tree to be a masterpiece, those inherently qualities must be recognized and fostered; forcing the tree to take another style that it is not predisposed to be rarely works out. But that doesn't mean that the artist has no say over the direction of the tree. The artists will prune and clip to accentuate the tree. Perhaps most important, however, is the training stage, where the trees learns how to grow into shape by wires. Eventually the wires will be removed, but the tree still keeps its shape. I liken this to the impact of our parents, teachers, and mentors, who first show us, and sometimes even dictate to us, which direction we should go. Eventually, the restrictions are lifted, but if done properly, we will still choose to go in the direction we were initially pointed.

Of course the biggest restriction to the bonsai tree is the very thing that keeps it a bonsai...the limited size of the pot. By minimizing the container, the tree is limited in its growth. I believe the same can be said of us—the more confined our life, the more limited our growth. It is important that we continue to broaden our horizons.

On one of my visits to Dr. Yang in Boston, I visited an arboretum with bonsai that were over 200 years old. The bonsai in my care do not tend to live that long. But regardless of life's condition, their purpose was still the same—to beautify the world while they were there. We can learn a lot from those little trees. --BLS