



Sept 09 NEWS

Welcome Miss Shotts and Mr. Scott

As you may be noticing, we have a few new faces at the front of the room. Miss Raven Shotts and Mr. Logan Scott has joined our team of assistant instructors for TKD and LD classes. Both have went through our leadership team training and are trusted in helping our students. A luxury of having a mature school is having so many leaders/helpers in the pipeline...both for formal and informal purposes.

****** Yes, We have class on Labor DAY ******

Upcoming events:

Sept 7 th	Paragon Homecoming Parade (see details below)
Sept 12 th	Lil dragon testing: beg/inter 9:30-11:00; adv 11:00-12:00
Sept 12 th	Demo Team 1:00-3:00
Sept 12 th	TKD black belt prep 3:00-4:00
Sept 12 th	Summer attendance party-swim and gym at the YMCA 4:00-8:00
Sept 12 th	RAK's begin in remembrance of 9/11.
Sept 17 th	Demo at Ken Mar Apartments, 7:00 pm
Sept 19 th	Stickfighting 9:30-12:00
Sept 19 th	HKD black belt class 1:00-2:30
Sept 19 th	TKD black belt class 2:00-3:30
Sept 19 th	BB breaking free practice 3:30-?
Sept 19 th	TKD/HKD movie and buddy night 6:30-9:30
Sept 25 th	USHF testing 7:00 pm
Sept 26 th	Demo Team 9:30-11:30
Sept 26 th	BB Prep class 11:30-1:00
Sept 26 th	TKD BB breaking free practice tentatively 1:00-?
Sept 26 th	TKD/HKD movie and buddy night 6:30-9:00
Sept 26 th	Michigan Open BJJ tournament in Detroit
Oct 1 st	No BBC class—Demo Team practice instead!
Oct 3 rd	TTCA Tournament and black belt testing, Corydon IN
Oct 3 rd	USHF Fall seminar in b-ton
Oct 4 th	BJJ seminar with Mr. Sledd in Richmond
Oct 8 th	Fall foliage demo (tentative time/date—watch for confirmation)
Oct 11 th	Fall foliage parade
Oct 12 th	TKD black belt class with GM Park at GM Choi's
Oct 24 th	Prof Caique seminar at IU

TKD/HKD Buddy/Movie nights

It has been a while since we have done a movie night, so we have another round scheduled this month. Students are encouraged to bring a friend who might be interested in classes. We will do a little martial arts, some dodgeball, and learn something from the movie. We are watching Karate Kid 2. TKD students can only sign up for one night to allow everyone a chance, and space is limited at each showing. We do need everyone and their buddies to sign up so we can make sure of numbers.

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, Sept is the month we do our Random Act of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

Additionally, we always prep our students with a discussion about proper etiquette and attitude about the upcoming tournament.



GMA Wishes a Happy Birthday to:

Luke Wilson	9-2	Emery Moore	9-2	Reece Satter	9-4
Mason Storm	9-5	Mr. Tim Sledd	9-06	Olivia Herbert	9-7
Daniel Wiggins	9-8	Melissa Lane	9-8	Greg Hamilton	9-09
Shawn Burkes	9-09	Corey Christman	9-11	Trance Behling	9-13
Caleb Allen	9-18	Eric Adams	9-18	Alex Hamilton	9-19
Trae Brouse	9-20	Brandi Ireland	9-20	Alex Langely	9-24
Andrew Baugh	9-25	Aiden Bambery	9-26	Gabe Wilson	9-26
Bryan Neal	9-28				

Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training with us.

Shelby Moler (TKD, 8 yrs)	Noah Lambert-Adams (TKD, 6 yrs)	Reese Elliot (TKD, 5 yrs)
Jake Waltz (TKD 5 yrs)	Ryan Jerome (TKD 5 yrs)	Greg Hamilton (HKD, 4 yr)
Jared Hamilton (HKD, 4 yr)	Erica Honaker (TKD 4 yr)	Carl Underwood (TKD 4 yr)
Mya Freed (LD, TKD 4 yrs)	Amy Law (HKD 4 yrs)	Joshua Britt (BJJ 3 yrs)
Gryffyn Wren (TKD 2 yrs)	Justin Roberts (BJJ 2 yrs)	Bryan Neal (BJJ 2 yrs)
Christian Marion (TKD 1yr)	Quinn Purtee (TKD 1 yr)	Brenner Williams (HKD 1 yr)
Sydnee Twardoski (TKD 1 yr)	Zada Neal (LD 1 yr)	Brandi Ireland (TKD 1 yr)
Vanessa Acuff (TKD 1 yr)	Dakota Brown (TKD 1 yr)	Silas McFarland (LD 1 yr)
Joe Compton (BJJ 1 yr)	Megan Gens (TKD 1 yr)	Isaac McFarland (TKD 1 yr)

Tournament news and notes

- We strongly recommend you reserving your rooms for the TKD tournament as soon as possible—if you choose to go down early.
- TTCA tournament applications are now available and will be due Sept 24th.
- Please plan ahead for any purchases for the tournament like new uniforms and patches to avoid any last minute out of stock issues. Keep in mind sparring gear must be plain white for the tournament (does not apply to headgear). Parents, don't forget to show team support with your T's also. Lastly, we will have more "Team Gentry" shirt for tournament available later this month.

Bragging about our Hands and Feet

Recently while visiting family I had the opportunity to hear the renowned author Max Lucado preach at my in-laws church. He made the comment that when he visits churches, as he puts it, "I can tell when it is time for the preacher to leave." The minister is negative and complaining. He made the point that in contrast, the ministers at that church were excited and bragging about their congregation, afterall, the people are the "hands and feet."

I immediately made the parallel to martial arts schools. In a way, the timing couldn't be more perfect. While I was mulling over this subject for the newsletter, a couple of incidents at the school have recently cropped up, to which I felt that I needed to respond very firmly. It seems like lately, we have been focusing on the negative. As I frequently explain to my upper rank students, my "old school" upbringing sometimes makes me take things for granted. One of the best complements I have ever gotten at a TKD testing by GM is "your students are not so bad anymore." Some might be offended, but I grew up mostly in martial arts environments where the focus was on correction, not pat on the backs. It certainly isn't that the instructors didn't care, but they simply expected a lot. When you learn from the best who have dedicated their lives to pursuing perfection of their craft, those people tend to expect a similar approach from their students because that is the only way they know how it is done. As I tell the advanced class, I am done patting you on the back for having good power or stances, cause shouldn't a brown/black belt have



those all the time. I am not going to praise you for doing things they way they should be done. But that doesn't mean I am not proud that they do things the right way.

Still, Max Lucado reminded me that I should sometimes stop and take a moment to brag about you guys. It had been easy to come to expect a certain level of excellence, and it easier to point out the few times we fall short of that standard than to note all the other times we meet it. Now that applies to technical standards, and winning our share of medals at tournaments, promoting black belts, etc, but more importantly, it applies to the other aspects of *being gentry*. As we practice for the fall parades, I remember when people said we couldn't expect a bunch of kids to march with discipline. I was asked to set up a demo for the residents of a retirement community later this month. I gladly accepted, knowing that enough of my intermediate/advanced class would step up to do it right. Speaking of demo, taking our cue from some of the top demo teams in the country, we have a demo team that is committed to putting our best foot forward and also helping the community by putting on a great show for anyone who asks. We have lost some of our assistant instructors to graduation or other life transitions, but it is a sign of a mature school that we have other knowledgeable and more importantly upstanding young men/women, who are already role models, waiting in the wings, and I am optimistic about the pipeline down the road. But there are many others who serve behind the scene. I am the most proud when I hear stories about how our students take their younger GMA classmates under their wing at middle school. I see people drive past other martial arts schools to train with us because of the way "everybody acts here." At a recent BJJ tournament, we had a few guys among the last few matches to be held. The gym was vacant except for our entire team, who stayed until the last man finished.

I could go on, hopefully just like a proud pastor who isn't ready to leave. I am proud that we can say we are a school that is involved in and supports the community and each other. Every family has its setbacks and even its black sheep, but overall I would say our GMA family functions just fine. If our students are our "hands and feet," I would say we are alive and kicking—yes, pun intended. ---BLS