



# Oct 09 Newsletter for Gentry Martial Arts

## Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 3<sup>rd</sup>: Mya Freed, Austin Brummett, Carl Underwood, Trae Brouse, Bobby Brouse, Richie Long.

## Congrats to our BJJ competitors at Michigan Open

GMA had a good showing at the recent BJJ tournament in Detroit. Congrats to our medallists: Mr. Sledd-2<sup>nd</sup>, Mr. Sieg-2<sup>nd</sup>, Doug Bailey-1<sup>st</sup>, Josh Britt-1<sup>st</sup>, Chris MacDonald-1<sup>st</sup>, Vince Kreipke-3<sup>rd</sup>, Dan Wiggins-3<sup>rd</sup>, Jake Waltz-2<sup>nd</sup>

## Upcoming events:

**\*\*\* RAK's are now due\*\*\*\***

Oct 1 <sup>st</sup>	Demo Team practice 7:45 to 8:30. No BBC
Oct 3 <sup>rd</sup>	TTCA tournament in Corydon IN
Oct 3 <sup>rd</sup>	TTCA black belt testing following the tournament
Oct 3 <sup>rd</sup>	USHF Fall Seminar at IU 10:00-5:00
Oct 4 <sup>th</sup>	BJJ seminar with Mr. Sledd in Richmond
Oct 8 <sup>th</sup>	Mandatory Demo Team practice 7:45 to 8:30 or later. NO BBC
Oct 9 <sup>th</sup>	Fall Foliage demo on the square-5:30-6:00 No TKD class
Oct 10 <sup>th</sup>	USHF bb presentations at IU
Oct 11 <sup>th</sup>	Fall Foliage Parade (see below for details)
Oct 12 <sup>th</sup>	GM Park TKD class for black belts, Louisville, 6:00-7:00 (?)
Oct 17 <sup>th</sup>	Leadership Team 9:30-11:00
Oct 17 <sup>th</sup>	Stickfighting 1:00-3:30
Oct 24 <sup>th</sup>	Professor Caique seminar in B-ton (12-4)
Oct 30 <sup>th</sup>	TTCA Testing 5:00
Oct 30 <sup>th</sup>	Halloween party 7:30-9:30
Oct 31 <sup>st</sup>	FAST Adult Basics course 9:30-12:30
Oct 31 <sup>st</sup>	TKD Black belt stripe test 1:00-2:30

## Parent committee news/notes

The school Halloween party will be Oct 30<sup>th</sup> from 7:30-9:30 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and the party to help ensure a total sugar high that night.

Thanks to everyone who helped with the cookie dough.

Watch for an announcement about our Oct meeting.

## Tournament news and notes:

- Remember to wear your Team Gentry and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white.
- 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.

## Halloween Party and Costume Class

Our annual Halloween party will be from 7:30-9:30 on Oct 30<sup>th</sup> after testing. While we know for a fact that our students can be scary, we encourage our students to dress as heroes or role models or something fun.



## Class Adjustments/Cancellations

Please make note that we have to juggle the schedule on account of a few events. Fall Foliage Demo forces us to change a few things.

First, NO BLACK BELT CLUB class on Thurs Oct. 1<sup>st</sup> on account of tournament or Oct 8<sup>th</sup> on account of putting the final touches on the demo.

Friday Oct 9<sup>th</sup> Fall foliage demo—NO TKD CLASS—see us on the square for the fall foliage demo.

Oct 30<sup>th</sup> will be the Halloween party after testing. No regular classes will be held, but we do hope that you will join us for the party.

## FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 11<sup>th</sup>. We will be in Division III unit 6 (in case you have to ask) in the Martinsville High School parking lot. Everyone needs to be in place by 12:30. All participants need to be in dobok pants, belts, and character counts t-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the character counts T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:00 am.

## GMA Wishes a Happy Birthday to:

John Speer	10-5	Rebekah Wiley	10-6	Zada Neal	10-7
Cope Taylor	10-7	Autsin Neihoff	10-7	Zach Dyer	10-9
Nate Wilson	10-10	Mr. Sieg	10-12	Devin Arthur	10-16
Woody Shotts	10-19	Doug Bailey	10-19	Vanessa Acuff	10-19
Jared Hamilton	10-21	Lauren Jones	10-26	Ethan Rupert	10-28

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Shawn Burkes (HKD 7 yrs)	Kira Weaver (TKD 5 yrs)	Haley Sieg (TKD, LD, 5 yrs)
Chris Mosby (TKD 5 yrs)	Patrick Mosby (TKD 5 yrs)	Logan Scott (TKD 5 yrs)
Isiah Roach (TKD 3 yrs)	Jared Hamilton (TKD 3 yrs)	Reece Satter (LD 1 yr)

## Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

## Our Hands and Feet Part II

Last month I discussed how “being Gentry” includes being an active, productive member of the community. We hopefully lead by example through the efforts of this school—making better people inside the dochang but also making an impact on other people and touching them outside of it. Our Random Act of Kindness Campaign is drawing to a close and hopefully is another example of that. As before, as much as we want to be able to do these things, we wouldn’t be able to make much of an impact if we didn’t have students who followed through. Granted, the cynic might question whether our students really wanted to follow through because they have bought into what we are doing, or simply because we are making them. Honestly, it doesn’t matter, but for different reasons than you might think.



Typically in the west, we view our external actions as a reflection of our internal thoughts/desires and sentiment. What is in our heart manifests in behavior. But the Confucian concept of ritualized behavior (which is central to chun-tzu or kunja, what we call gentry) also believes it works in the other direction. A lot of what we do in the martial arts is based on the belief that proper outward behavior can work inwardly to instill the proper sentiment behind those actions. Thus, the outward expression of bowing, even if forced upon the unruly child, will ultimately build a better sense of respect within the person.

I hope many of our students and parents truly do buy into the community and service focus at Gentry. But if some students need opportunities for those sentiments to be impressed upon them from external factors, then so be it. Either way, good for both the community and the student is being done.

I thought I would share Mr. Shott's report of the demo we had at Ken-Mar apartments. I hope many of you find it insightful in regards to what we do for the community but how the students also learn from the experience as well.

"Fantastic. The most enjoyable and interactive demo I have ever been involved with. The crowd loved us, asked questions, clapped often. Summary below:

Crew: Approx 20 GMA students. I had fantastic students to work with in so many ways.

Crowd: approx 15 or so residents. Generally just older with some ill health.

(BLS note here: I figured we might outnumber the spectators, but that isn't our concern. We were asked to do a demo and we will do it to the best of our ability, regardless of the circumstances when we get there. Our job is to do our best. )

Beginnings: When we first arrived they were waiting for us. I was taking my shoes off and heard Greg H. say "ok kids, get in there and talk and mingle with them. They love it!" We did and the residents LOVED IT. We won their hearts in the first 30 seconds.

I was circus ringmaster and talked/engaged the crowd all thru the show, explaining why and what while the next act was getting set up. Even taught them how to count to 3 in Korean.

The Show: Forms. Various ranks started with lower (Showed our older student Don off) in three groups up to black. CROWD LOVES THE Ki-HAPS! Kicks: started with basic kicks with Don then moved quickly to fancy with Jake. THEY LOVED JAKE. HE IS SO TINY AND CUTE. One steps: Explained the reason for one steps. Had a comic act with Jake. Here is why we do one steps. Control, distance, timing. Come close with speed and power, but not hit. This is what it looks like when you do it right (come very close to Jake's head with speed and power and kihap! Crowd gasps... :-0 Ok, now here is what it looks like if you do it wrong... (Jake goes sprawling when I "hit" him.) Now had the groups do one steps. BJJ demonstration with Greg and you guessed it... Jake! They loved the mismatch and some actually rooted for Jake out loud. A minute or two of rolling while I talked about it... Hapkido. We took a mat. I explained the concept and then attacked Greg from behind arms pinned, then choke from behind. ITS GETTING ROUGHER.... THEY LIKE IT!! Then I attacked J-Rod with a knife 4 times. Ice pick, angle 1, angle 2 and thrust. CROWD GASPS... Then Greg and I do some front falls. Then I throw J-rod around some misc throw.

Then our time is drawing to a close (its 6:42). I ask for questions. One lady wanted to know why when I choked him, that "kid" (GREG!) elbowed me in the ribs. I call Greg out to demonstrate slowly and explain and said "she called you a kid!" Greg pours on the charm to the lady and crowd saying thank you ma'am.... After this I tell them its test time... "who can count to 3 in Korean?" People hesitate at first, then an older lady says quietly..."hana" and I say "one! That's fantastic, next..." then she says "dul" and almost everyone else in the crowd chimes in after her, then she loudly says "set" with everyone else repeating it. THEY WERE ALL PROUD OF THEMSELVES, YOU COULD TELL. I told them they were wonderful! That "you are never too old to learn something new every day". The big finale was J-rod threw me into a huge front flip fall and I jumped up and threw him in a big front flip fall. THE CROWD GASPED LOUDLY AND LOVED IT. Then we bowed out and headed back. I stayed and talked to them for just a couple minutes and left. Our students were wonderful! The mingled well with the older people and then eagerly helped in the demo. The residents were wonderful. Very interactive. I would do a demo at Ken-Mar with our students any time. It was a wonderful time. THE END."

Sounds like some of our students certainly do get how to "be more" ---BLS