



GMA News Feb 10

Upcoming events:

Feb 13 th	Demo Team 9:30-11:00
Feb 13 th	TKD black belt class 11:00-12:30
Feb 13 th	<i>Possible</i> HKD BB prep class 1:00--?
Feb 18 th	Jason Winkle MMA seminar, B-ton
Feb 20 th	FAST Adults basics 9-12:30
Feb 20 th	Stickfighting 1:30-4:00
Feb 26 th	USHF HKD testing 7:00 pm
Feb 27 th	Professor Caique seminar at IU 12:00-3:00
Feb 27 th	Demo Team 9:00-10:15
Feb 27 th	TKD bb prep 10:15-11:30
March 6 th	USHF seminar at ISU, Terre Haute
March 6 th	IU Friendship TKD tournament (DPU only)

Upcoming dates

March 26-27th TTCA black belt testing and TTCA tournament, Louisville KY

LOOK FOR INFORMATION CONCERNING THE GRAND OPENING AND MOVE IN MID MARCH!

Get your rooms reserved now for TTCA tournament!

The TTCA has reserved several rooms blocked at the tournament location: Holiday Inn on Hurstbourne Lane. However, we don't want our students to be without rooms, so we recommend getting your reservations ASAP. Call 1-502-426-2600 for reservations. Same hotel as the past couple of years—very family friendly with a pool. Make sure to mention the tournament code TKW to get the group block rate.

Valentine Passes Coming Soon

Don't forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

Demo Team news/notes

- Demo practices resume on Friday evenings from 6:30-7:00 and will run through March. This is tentatively slated to being Feb 19th, but listen for announcements. There will also be a mandatory practice on March 25th during BBC time

Quotes of the Week

Since we discussed new years goals in Jan, this month we will be discussing following through on our goals and overcoming the obstacles that might come up along the way.

Parents Committee Notes

The parents committee is meeting on Feb 12th. Discussion about the post-tournament activities will take place.

GMA Wishes a Happy Birthday to:

Tyler Stocke (2-4)
Dakota Brown (2-10)
Keegan Spires (2-14)
Karissa Pope (2-18)
Malana Harmon (2-29)

Reese Elliot (2-5)
Thomas McGuire (2-14)
Adrian Bambery (2-14)
Sammy Petraits (2-21)

Finnegan Vandewalle (2-10)
Jayden Brooks (2-14)
Zachary Rupert (2-16)
Cody Craig (2-23)



Don't forget GMA website/facebook.

Want to be the first to know when the school closes? Need to double check the special events calendar? Want to check out pictures or videos of the gentry jam or last tournament? Don't forget to check the GMA website and or facebook group, and sign up for email announcements online.

Training Anniversaries

Collyn Dodge (TKD 7 yrs)
Greg Hamilton (TKD 4 yrs)
Jesse Chouinard (TKD 2 yr)
Aiden Bambery (LD 1 yr)
Jaden Zweck (LD 1 yr)
Josh Retz (BJJ 1 yr)

Marc Shotts (HKD 6 yrs)
Alex Hamilton (TKD 4 yrs)
Kaitlyn Nolan (TKD 1 yr)
Zach Dyer (LD 1 yr)
Jake Waltz (BJJ 1 yr)

Clayton Smith (TKD 5 yrs)
Sarah Smith (TKD 3yrs)
Brayden Fraker (TKD, LD 2 yrs)
Anthony Tejera (LD 1 yr)
Malachi Waples (HKD 1 yr)

Healthy Competition Doesn't Mean Level the Playing Field for Those Who Don't Like Hills —Part II

You cannot strengthen the weak by weakening the strong.

You cannot help little men by tearing down big men.

You cannot lift the wage earner by pulling down the wage payer.—William Boeckter

Last month I mentioned how disappointed I was to hear of a couple of cases of students having their initiative to go above and beyond being squashed in the interest in fairness to those less motivated. Again, healthy competition doesn't mean you hold people back, but give everyone the chance to move forward. As tournament approaches, we will be doing a lot of discussing the proper attitude toward that particular competition. Some people might criticize our model of black belt attitude and healthy competition as being too intense, pushes to get ahead, focused on winning, etc. But I believe the irony is that giving the people the option to go above and beyond actually gives a more healthful, internal perspective on competition. Allow me an illustration to prove my point.

Let's say you lose your sparring match to a rival at tournament. You have two options. You can cry foul, not fair on some grounds, or simply claim that your nemesis is lucky or privileged. But that doesn't make you any better at anything other than shifting blame. The next time you spar, he will likely win, and you will again cry foul, not fair, that he is lucky or privileged. The second option is to look inward and figure what you have to do in order to overcome this obstacle. You go home and work harder, smarter, longer, whatever it takes. Now, maybe the other guy is more talented and doesn't have to work as hard, but that doesn't change the fact that if you want to beat him, you have to do what you have to do. Maybe that turns out to be more effort than you are willing or able to give. If you do the cost/benefit analysis and conclude the sacrifice isn't worth the reward, then ok, but then don't complain when you don't get the reward. You got what you paid for, so to speak. You get to decide.

The first view leaves you bitter, blaming others and looking for cutthroat ways to bring them down. The second view is an internal one that even when you lose, you don't begrudge the other person for succeeding, in fact, you want to improve and be more like them.

People are quick to assume that others are more successful on account of luck, privilege, etc. Perhaps that is true (though not nearly as often as you hear it,) but that doesn't change your circumstances one bit. The right attitude—the black belt attitude-- doesn't begrudge, but rather asks what are you willing to sacrifice to get to a similar place. Now, either go do it or stop complaining! ---BLS