



May 2010 GMA Newsletter

Upcoming events:

May 8 th	TKD black belt stripe test 9:00-11:00?
May 8 th	USHF Black belt testing 1:00-4:00 ?
May 14 th	Mommy and Me Yoga and Lil dragon classes start
May 14 th	TTCA testing 5:30
May 15 th	TKD and HKD joint BB class at park 9:00-10:30
May 15 th	Annual Break A Thon and school picnic... Jimmy Nash Park 11:30-3:30 (est)
May 16 th	BJJ seminar with Mr. Sledd in Connersville 12:00-4:00
May 19 th	No Tai chi class—instructors doing special seminar
May 22 nd	Leadership Team 9:00-10:30.
May 22 nd	Stickfighting 10:30-1:00
May 31 st	No class- Have a great Memorial Day
June 4-6 th	TTCA summer camp-Obannon State Park
June 5 th	Lil dragons testing: beg 9:00-10:30; int/adv 10:30-12:00
June 12 th	Hoosier Open BJJ tournament
June 14-18	HKD day camp
June 25-27	Tai Chi seminar with Master Chen, B-ton
June 28-29	Lil Dragon 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 of 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.

Joint Mommy and Me Classes Start in May

GMA and Yoga Matters will be running a joint Yoga and pre-lil dragon “Mommy and me” class: Fridays from 11:30-12:00, beginning May 14th. Spend some quality time with your 1 1/2-3 year old while they learn valuable developmental skills and teamwork. Mom gets to do some yoga (as does the child) while doing a constructive activity for the kids.

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: Kevin Pereira, Kate Mittendorf, Melissa Zimmerman, Mary Ann Lesch, Miss Liz Stannard, Ian Boyd, Ingrid Elias, Stefan Freed

From high school: Mr. Logan Scott, Mr. Jared Hamilton, Derek Fisher and Derek Bratton

Sign up now for Day Camps/Summer camps

First, sign up right away for the TTCA summer camp from June 4-6 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 14-18, July 19-23

TKD day-camp: July 12-16, Aug 9-13.

Lil dragons camp will be June 28-29

GMA Wishes a Happy Birthday to:

Dominic Tejera	5-3	Kelsey Wagoner	5-8	Colten Lynn	5-16
Adam Hayden	5-16	Kathryn Goodin	5-17	AJ Bottorff	5-18
Sam Baker	5-19	Eliza Vendewalle	5-22	Ryan Spires	5-25
Kaitlyn Nolan	5-27	Jonny Harmon	5-28		

Training Anniversaries

Karissa Pope (LD, TKD 3yrs)

Nate Wilson (LD, TKD 2 yrs)

Matthew Lafary (LD 1 yr)

Dana Elliot (LD, TKD 3yrs)

Shae Brouse (TKD 5 yrs)

Melissa Payne (HKD 1 yr)

Luke Wilson (LD, TKD 2 yrs)

Karissa Cozee (TKD 1 yr)

Lise Roberson (HKD 1 yr)

Quotes of the Week

May quotes will be focused respect

The Subtle and Not So Subtle Sides of Respect

When visitors first walk into our school, I would hope that one of the first things that they notice is the overt displays of respect—from answering “yes, Sir!” in unison, to the regular bowing, to the students (supposedly) remaining in postures of discipline and attentiveness. Of course, one of the benefits we routinely discuss with prospective parents is the issue of respect. Studies show that respect, or lack thereof, is a growing concern about society today. It should not be a surprise that I am a bit hypersensitive when it comes to respect, not just in the martial arts setting but in witnessing slights of common decency in public settings. I believe it is certainly the product of training in a traditional martial arts setting that retains some of the parent culture. These acts of bowing and answering “yes, sir” instill in us a better sentiment of respect that we hopefully take into all of our daily dealings. But of course, sometimes that connection isn't made. One such example of me being hypersensitive and also the connection not being made is relevant to our upcoming break-a-thon.

A while back I went to support a tournament of another GM who has been kind to me and one of his instructors, whom I count as a friend. This tournament had breaking competition, which requires you to have holders for your various stations of boards. Various ages broke various size boards with their choice of technique. Often, the holding fell to the black belt judges and volunteers that were working the ring. In one division was a cute little blond girl no older than seven...a green belt I think. In her best Hollywood diva impression she proceeded to order and boss around 4 black belts on precisely how to hold the boards, including how they were doing it wrong. Kids had been blunt with us all day, but this was so condescending that even the other black belts were looking around at each other. I made light of the situation, commenting that I would hate to be the boyfriend of that girl when she grew up. But truth be told, it was everything I could do to bite my lip. I made a comment to my instructor friend about how many peewee colored belts were ordering



adult black belts around. When it came to time to do form, the little diva snapped to attention and belted out a “yes, sir.” She had obviously been conditioned to do that, but it was clear that she hadn’t internalized the lesson. She hadn’t taken the lesson in the dochang and taken it out into the world, as we hope our students do. And I certainly hope our students do a better job at testing and the break a thon of remembering to whom they are talking.

Granted, the kids at the tournament were focused on the task at hand, but the fact remains they forgot to show respect. And that is the real test of respect, and the more I think about it, the times when real respect is learned or fostered. When you practice saying Sir or Ma’am to your waitress or flight attendant. When the train is starting to fill up you look for opportunities to give your seat to someone who needs it more. These more subtle displays but are the real practice. And I believe these are the lessons that pay big dividends in other situations.

You might have seen the hearings in which Representative Hank Johnson believes that the island of Guam will capsize if more troops are deployed there. I think there is a valuable lesson in that proceeding, besides the dangers of voting democrat. What also struck me was the complete control and respect shown by the admiral in that situation—he never forgot who he was talking to. There have certainly been times when I have been in a heated discussion and held what I wanted to say because of respect of the other persons authority. After things have cooled down, I can usually say it was always the right call.

Sometimes when our students and instructors are so close, particularly at the upper ranks, things become a little more informal. Ellis Amdur explains the subtlety of respect well: To be sure, traditional martial arts were quite formal several hundred years ago, but even then, it was a relaxed formality. I call this: “Wolf pack etiquette.” What I mean by that is if you watch a group of wolves hanging out-I’ve only been lucky enough to see that on TV- they are all pretty relaxed. Then when they go on the hunt, they follow the alpha-wolf, and they are still relaxed until they get close to the prey. Then all of a sudden, there’s this coordinated action in which all the wolves are paying exquisite attention to what the alpha-wolf is doing, and they all coordinate with his/her actions. If they mess up, which means the pack doesn’t make a kill, the alpha-wolf could knock the errant beta-wolf down and slash it, or even kill it. In “social” situations among wolves as well, if one of the beta wolves gets out of line, it would similarly be knocked back into line.

Part of the training in traditional martial arts is a particular type of sensitivity so you know when it’s time to crack a joke, time to sit down and laugh, and then, know instantly when it’s not time to do that any more. We have to understand that traditional martial arts are archaic- they are “as if,” studies. People talk about “warfare arts” but we won’t be going to war with sword any more, but still the whole purpose of training is to learn what people in the past learned from such activities. One of the things you learn is how to function in a coordinated fashion in a group, with the minimum of orders, and the minimum of instruction...the best way to acquire that [martial arts] knowledge is by paying exquisite attention.

As we have our upcoming break a thon, I hope our students are mindful of who is holding the boards. I hope we don’t have any Hollywood divas. I hope we have students who show respect like admirals, even in the small things, for those are also the people who subtly command respect. ---BLS