



# GMA NEWS July 10

## Congrats to students celebrating major promotions:

Mrs. Mandy Yoshida made GMA history as our first 4<sup>th</sup> dan.

Also, congrats to our newest lil dragon graduate: Zada Neal

## Hoosier Open BJJ Tournament news and notes:

GMA students recently represented Team Caique and small axe at the Hoosier Open, one of the better tournaments in the Midwest. Those team members who medalled in their respective divisions include: Doug Bailey (3<sup>rd</sup>), Jake Waltz (2<sup>nd</sup>), Colton Lynn (1<sup>st</sup>), and Brandon Mason (3<sup>rd</sup>)

## Upcoming events/Holiday adjustments

|                          |   |
|--------------------------|---|
| July 5 <sup>th</sup>     | <i>NO CLASS—happy Independence Day</i>      |
| July 9 <sup>th</sup>     | TTCA testing 5:30                           |
| July 12-16               | TKD Daycamp 9:00-3:30                       |
| July 16 <sup>th</sup>    | HKD testing 8:00 pm                         |
| July 17 <sup>th</sup>    | TKD BB Prep class 9:00-11:00                |
| July 17 <sup>th</sup>    | TKD black belt stripe test 11:00-12:00      |
| July 17 <sup>th</sup>    | HKD Presentation seminar 1:00-4:00          |
| July 17 <sup>th</sup>    | Black Belt club “Go night” 7:00 pm          |
| July 19-23 <sup>rd</sup> | HKD daycamp 9:00-3:30                       |
| July 24 <sup>th</sup>    | TKD black belt class 9:00-10:30             |
| July 24 <sup>th</sup>    | HKD black belt class 10:30-12:00            |
| July 24 <sup>th</sup>    | FAST Adult Basics 1:00-4:30                 |
| July 31 <sup>st</sup>    | Leadership Team 9:00-10:30                  |
| July 31 <sup>st</sup>    | Demo Team 10:30-12:00                       |
| July 31 <sup>st</sup>    | Stickfighting 1:00-3:30                     |
| Aug 7 <sup>th</sup>      | Lil Dragons Testing 9:00-10:30, 10:30-12:00 |
| Aug 9-13                 | TKD daycamp 9:00-3:30                       |

**Thanks to everyone  
who voted us #1 in the  
Reporter Times  
Readers Choice  
awards for the Fifth  
year in a row.**

Other dates to mark your calendars

|                       |  |
|-----------------------|--|
| Sept 24 <sup>th</sup> | Michigan Open BJJ tournament           |
| Oct 23                | TTCA tournament and black belt testing |

**\*\*\*There are still a few spots left in the camps in July, but space is limited\*\*\*\***

**Earn points, get lots of intensive and advanced training, and rack up lots of classes for your next belt!**

## Time to give us our checkmarks:

Now that we have settled into our new building, we think we have gotten most of the kinks worked out, but we would like your feedback on the issue. Additionally, it has been a while since we have had parent conferences to address any more specific questions or concerns you might have about our programs. In the month of July, Mr. Sieg and Mr. Miller will be making themselves available during their “off class nights” to meet with anyone who would like to discuss anything that might be on your minds. These can be more informal, but let Miss Adrian know if you want to schedule a more specific time, and we will do our best to accommodate.

## Demo team news

It is time to start working on the next year’s show! Demo team will start practicing in small groups on Friday evenings, starting in July. Listen in class and watch for announcements as to which groups will be working which nights.



## GMA Wishes a Happy Birthday to:

|                     |      |                |      |                   |      |
|---------------------|------|----------------|------|-------------------|------|
| Mike Polster        | 7-1  | Seth Neal      | 7-5  | Dana Elliot       | 7-5  |
| Dylan Gabbart       | 7-5  | Timothy Thomas | 7-8  | Mr. David Yoshida | 7-8  |
| Christian Chouinard | 7-9  | Nathan Payne   | 7-15 | Matthew Lafary    | 7-16 |
| Craig Lovins        | 7-21 | Josh Britt     | 7-22 | Mike Dodge        | 7-24 |
| Sarah Kush          | 7-30 | Marshall Leitz | 7-31 |                   |      |

## Training Anniversaries

Congrats to those who are celebrating a year or multiple years of training. We appreciate their hard work and friendship.

|                                |                                |                          |
|--------------------------------|--------------------------------|--------------------------|
| Jeremiah Deckard (HKD, 7 yrs)  | Thomas McGuire (TKD 7yrs)      | Bobby Brouse (TKD 5 yrs) |
| Richie Long (TKD 5yrs)         | Dominic Tejera (LD, TKD 3 yrs) | Ethan Minton (TKD 3yrs)  |
| Malana Harmon (TKD 2yrs)       | Sam Baker (BJJ 1 yr)           | Cole Burgess (TKD 1 yr)  |
| Christian Chouinard (HKD 1 yr) | Kyler Chylaszek (TKD 1 yr)     | Don Roach (TKD 1 yr)     |
| Corinne Wagner (HKD 1 yr)      | Michael Chouinard (HKD 1 yr)   |                          |

## Quotes of the Week

Being halfway through the year, now is a time to check our goals. We will also be talking about “Heroes in the Making”

**Look for us at our FAIR BOOTH, and don’t forget that students can earn points for helping. Look for sign ups at the end of the month.**

## Heroes in Training

*Great occasions do not make heroes or cowards; they simply unveil them to the eyes of men. Silently and imperceptibly, as we wake or sleep, we grow strong or weak; and at last some crisis shows what we have become.--- Brooke Foss Westcott*

As frequently happens, things seem to providentially come together around here. It seems this month has a theme of developing heroes. One of the professional conferences that Mr. Miller and I sometimes attend meets around the 4<sup>th</sup> of July holiday. This year’s theme is “Heroes in the Making” and the keynote speaker is Marcus Luttrell. You might have heard his story on some of the talk shows like Glenn Beck, or you might have heard of his best seller: *Lone Survivor*. The book is an account of him being the lone survivor of his Navy SEAL team that was surrounded by the Taliban. He survived because an explosion from a RPG round blew him halfway off the mountain and out of view. Shot several times and paralyzed, he crawled 7 miles until discovered by tribesman who took him in. There are plenty of other nuances and dynamics in the story that make it a best seller, but lets focus on the hero mindset. The navy SEAL philosophy helped give him the mindset to survive: “I will never quit. I persevere and thrive on adversity. My nation expects me to be physically harder and mentally stronger than my enemies. If knocked down, I will get back up, every time. . . . I am never out of the fight.” I hope that mentality sounds familiar to our students; we have several mottos that sound like it: fight for 10 seconds after you are dead; seven times fall, get up eight; chong shin or indomitable spirit, etc. Luttrell has also been involved in martial arts for 27 years.

As our new class of black belt candidates start their black belt prep classes, we have the “eye of the tiger” class. In martial arts there is a term shugyo. It basically is austere training that pushes your limits and taxes the mind as much as the body. Some liken it to a purification process. It is about pushing personal limitations and realizing you can often do more than you think you can. Surviving a particular situation becomes easier because of the confidence you gain from knowing you have survived hardship before.

Certainly, not all acts of heroism are centered around physical acts of survival. At the time of Independence day, one has to think of a group of exceptional people with normal lives in 1776 who had the courage and conviction to stand



up for what needed to be done, to be “heroes.” At the risk of great personal loss, they chose to take action. Prior to, I doubt they foresaw themselves as being fathers of a new country. Fortunately, when the occasion arose, their greatness was unveiled.

That is the point. One can’t always say when or if you will be called upon to be a hero, but the question is “will you be ready?” When the moment of truth comes, will we be unveiled to the world as strong or weak? I guess you never really know, but I know something that helps improve our odds—and that is what we do at GMA—build the potential for being heroes. We at GMA hope we are helping our students become stronger, not weaker, in the qualities of heroism, such as discipline, courage, indomitable spirit, confidence, and honor. I am obviously biased, but I can’t think of anything that prepares people, especially young people, for the moment of truth better than martial arts. Through proper, safe but austere training, we routinely demonstrate that we are becoming stronger, not weaker, in mind, body, and spirit.

Perhaps we won’t ever get a great occasion to show our worth on a grand scale, but we take our practice into our everyday lives as well. Heroes are needed in our homes, schools and communities as much as overseas in Afghanistan. We all have moments where we have a choice to either sit on the sidelines or set aside our fears, and take action, even at personal risk and cost. And hopefully martial arts has taught us something. As grappling master Matt Furey puts it: “But if he knows he is great at something, then he knows how he got that way—through focus and practice. Once you have done it in one field, what’s to prevent you from branching out and becoming great in others as well. Nothing.” Matt Furey.

You have probably heard the phrase “hero in waiting.” Heroes are not just waiting around; potential heroes are in training. Heroes are in the making here at GMA and in martial arts schools everywhere. I doubt that Mr. Luttrell’s martial arts instructor(s) realized that he had someone in class all those years who would eventually earn a Navy Cross. I am proud to say our classes at Gentry are full of special people. As thoughts turn to patriotism around the 4<sup>th</sup> of July, I have to smile at the thought that maybe for one of our great students, being Gentry turns into being another one of America’s heroes. --BLS