



GMA news Aug 10

Thanks to Raven and Logan, Welcome Miss Wiley

Miss Shotts and Mr. Scott will be stepping down as instructors as the school year begins, and we thank them for their service and being part of the team. We also welcome Rebekah Wiley to her more formal position as an assistant instructor.

Colton Lynn is a South Bay Open Champ

Congrats to BJJ student Colton Lynn on a very impressive 1st place finish in one of the premier BJJ tournaments in Los Angeles, the South Bay Open.

UPCOMING EVENTS and CALENDAR

Aug 7 th	Lil dragon's testing (beg 9:00-10:30, int/adv 10:30-12:00)
Aug 14 th	Demo Team 9:00-10:30
Aug 14 th	TKD black belt prep 10:30-12:00
Aug 14 th	HKD black belt class 1:00-2:30
Aug 20 th	TTCA testing 5:30 pm, No TKD class
Aug 21 st	Summer attendance party—swim and gym at the YMCA 5:00-7:00 ish.
Aug 27 th	HKD testing USHF 7:00, No Hapkido class
Aug 28 th	Demo Team 9:00-10:30
Aug 28 th	TKD black belt class 10:30-12:00
Aug 28 th	Kids FAST Basics Class 1-4:00
Sept 6 th	Paragon Labor Day Parade
Sept 11,12th	BJJ blue belt camp
Sept 18 th	Demo Team 9:00-11:00
Sept 18 th	GMA Open house and fun day 11:00-2:00
Oct 2 nd	Michigan open BJJ tournament
Oct 8/10	Fall foliage demo and parade
Oct 23rd	TTCA tournament and black belt testing
Nov 6 th	USHF fall seminar (projected)

Parent committee news and notes

Parents committee will have a meeting on Aug 13th. The key agenda item is finalizing plans for the GMA fun day—a carnival style party for our students to have some fun. We need lots of parents to volunteer to work a shift in order for the event to happen. Look for sign ups. Also look for the cookie dough fundraiser in Oct.

BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. In addition, all students are expected to complete an exercise in figuring out ways that they can show respect to their teachers. Look for these to be sent out this month.



Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

Trinity Britton (TKD 2 years)	Roarke Ireland (TKD 2 yrs)
Jon Speer (TKD 2 years)	Sarah Kush (TKD 2 yrs)
Michael Hoppel (TKD 2 years)	Blake Rains (LD 2 yrs)
Corey Christman (TKD 1 yr)	Ian White (LD 1 yr)
Michael Sheppard (HKD 1 yr)	

Happy B-day to these students in Aug

Isaiah Roach	8-2	Rob Snyder	8-2	Michael Chouinard	8-7
Cameron Rutledge	8-7	Erich Klippel	8-9	Karissa Cozee	8-10
Michael Hoppel	8-11	Quinn Purtee	8-12	Megan Voyles	8-16
Jeremiah Deckard	8-16	Roarke Ireland	8-20	Eli Phillips	8-25
Jaden Zweck	8-26	Zac Speer	8-27	Jessie Chouinard	8-27
Melissa Payne	8-28				

Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

Wide and Shallow versus Deep and Narrow

As my college classes look to start up at the end of the month and we are in the middle of our daycamps, a couple of contrasts have struck me. A scary trend has developed in my college martial arts classes. Our clubs at DPU haven't dropped significantly in the number of students on the books, but the number of students at any given night at practice is much lower. It seems that many people are in the habit of missing class a lot. To be sure, there are few die hards left, ones that if they miss a class you wonder if you should check on them because something must be terribly wrong. But those kids used to be the rule; now they are the exception. Now, let me say that I don't think the DPU kids today are lazier than in the past—the current students are just as sleep deprived as their predecessors. It just seems they are spread a lot thinner.

I have taught the intermediate HKD course at IU relatively the same way for the past 10 years. If we used lecture notes, I might be the professor whose notes are yellowed and disintegrating on the podium. If anything, I have continually reduced the number of techniques and variations and focused on the basics more. But whereas most all students would be ready for their belt test by the end of the semester 10 years ago, only a handful have tested in more recent classes. They say they don't feel ready, need more time to practice, and feel rushed. While I respect the fact they want to prepare properly rather than hoping the belt is handed to them, at the same time I wonder why students of yesteryear managed to get prepared while current ones cannot. I had one student object to what was she thought was the unreasonable demands for orange belt by the end of the semester. She didn't like my answer, "I am not sure why you don't think you can do the same thing that literally thousands of other students have done in the past, but if you don't think you are as capable as they are then maybe you shouldn't test after all." It seems students just aren't willing to do what it takes to be prepared. Some people might actually work really hard in class, but when they hit a wall in their training, they fail to adjust and just keep doing the same thing that isn't helping them improve. These people need to learn to dig a little deeper.



Now don't get me wrong, I participated in plenty of after school activities as well. In fact, most of my scholarship money was in no small part due to my extra curricular activities. The one that usually got the most comments in interviews, by the way, was having a black belt. And maybe this is me thinking about things "back in the day," but I seem to remember at least everything I did I committed to. Nowadays, it seems like everyone is committed to being in more activities but is content with being average in all of them. They do the bare minimum to pad their resume, keep up with the neighbors, get the T-shirt, and maybe if they are lucky, get a participation trophy too. Some of the lucky ones with innate talent can get away with this, but for most people, those that give marginal effort usually look just that—marginal.

As one Karate pioneer Fumio Demura puts it, "I've noticed that today's society seems to encourage lots of variety of pursuits, 'wide and shallow.' Kids today do soccer, swimming, basketball, baseball, etc.....[when] I grew up, people were encouraged to find the one pursuit they were passionate about, 'narrow and deep' and put their whole life into it. I know martial arts. Even if I do something like write a book or make a video, it's about martial arts... [it] is my passion, my life.

To be clear, I am not against other activities per se. In fact, the whole concept of Kunja or Gentry implies a well rounded individual. We stress 'making savage the body and civil the mind' through a balance of pursuits. Kids especially need a variety of experiences. I'll admit my TKD attendance dropped a lot during varsity soccer season, so I understand. I have one black belt who has a demanding work schedule and a long drive to class. He informed he likely wouldn't be able to prepare for his next dan test because of not being able to come to class regularly and said he would get there in due time. I appreciate his effort to make it when he can. I believe a little is better than nothing. But it seems like some people have a real disconnect between their stated intentions and actions. Don't say you are serious about getting your black belt but then have attendance like someone who is falling behind in yellow belt class. Don't have delusions that you are going to keep up with those who are more committed. If you don't like being passed up, then dig down a little deeper and get a little more serious. Don't be the girl who wined that she couldn't do what everyone else routinely does.

By comparison, we have some real 'narrow and deep' students here at GMA. We have students do our daycamps from 9:00-3:30, and most still come back for classes that evening. We recently had a couple of students who did camp all week, and were still here for TKD, HKD, and BJJ classes on Friday night. They literally spent 13 hours in the building, the same as me. Sometimes it is harder for others to see our students' commitment, like our DPU and other students who are willing to drive to Martinsville from their hometowns in Greencastle, Kokomo, Columbus, Brownsburg, Zionsville, etc. I appreciate the commitment to the martial arts journey that they show. I could go on with lots of examples of our students trying to be the best they can be, because they want to "be more" than just average.

As we ready for our last camp of the summer, we have more students getting ready to dig deeper. We already have had comments from previous camp participants on how much it has helped them get breakthrough to another level. While we are glad that is the case, I think the bigger lesson goes beyond their TKD technique. These kids can start to realize you actually can dedicate yourself to something. That doing more than merely scratching the surface of any given skill requires actual work and effort. And that is the real lesson of being "deep and narrow". In any given field or endeavor, we remember the great ones who choose to dig deeper. No one is successful by being mediocre at a lot of things. We hope our students learn to succeed as martial artists, but more importantly, we hope they learn to succeed in life by picking up a shovel and not staying shallow like everyone else.