



Sept 10 NEWS

Upcoming events:

**** Yes, We have class on Labor DAY ****

Sept 6 th	Paragon Homecoming Parade (see details below)
Sept 12 th	RAK's begin in remembrance of 9/11.
Sept 11,12 th	BJJ blue belt camp at Mr. Sledd's
Sept 18 th	Demo Team 9:00-11:00
Sept 18 th	GMA Open house and fun day 11:00-2:00
Sept 18 th	Fight night and training 6:00 pm
Sept 24 th	HKD testing 7:00 pm
Sept 25 th	TKD BB prep (tentative)
Sept 25 th	Demo Team 1:00-4:00
Sept 26 th	Prof Caique BJJ seminar in Indianapolis
Oct 2 nd	TKD BB breaking free practice 9:00-10:00
Oct 2 nd	Michigan Open BJJ tournament in Detroit
Oct 8 th	Fall foliage demo (tentative time/date—watch for confirmation)
Oct 9 th	Lil Dragon testing
Oct 10 th	Fall foliage parade
Oct 23 th	TTCA Tournament and black belt testing, Corydon IN
Oct 26/27 th	TKD black belt class with GM Park at GM Choi's (tentative—watch for confirmation)
Nov 6 th	USHF fall seminar at IU
Nov 13 th	Prof Caique BJJ seminar in B-ton

Paragon Parade

We appreciate everyone's support in marching the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

Parents Committee and Fun Day

We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number we things can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Shawn Burkes	9-9	Brandi Ireland	9-20
Luke Wilson	9-2	Annabelle Bambery	9-9	Cooper Staples	9-26
Reece Satter	9-4	Corey Christman	9-11	Aiden Bambery	9-26
Mason Storm	9-5	Trance Behling	9-13	Gabe Wilson	9-26
Mr. Tim Sledd	9-6	Braxton Johnson	9-16	Kaymen Megl	9-27
Daniel Wiggins	9-8	Eric Adams	9-18	Bryan Neal	9-28
Melissa Lane	9-8	Alex Hamilton	9-19	Donovan Sieg	9-30
Greg Hamilton	9-9	Trae Brouse	9-20		

Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training.

Shelby Moler (TKD, 9 yrs)	Jared Hamilton (HKD, 5 yrs)	Gryffyn Wren (TKD 3 yrs)
Noah Lambert-Adams (TKD 7 yrs)	Rob Snyder (TKD, HKD 5 yrs)	Justin Roberts (BJJ 3 yrs)
Reese Elliot (TKD 6 yrs)	Erica Honaker (TKD 5 yrs)	Bryan Neal (BJJ 3 yrs)
Jake Waltz (TKD 6 yrs)	Carl Underwood (TKD 5 yrs)	Christian Marion (TKD 2 yrs)
Ryan Jerome (TKD 6 yrs)	Amy Law (HKD 5 yrs)	Quinn Purtee (TKD 2 yrs)
Greg Hamilton (HKD 5 yrs)	Joshua Britt (BJJ 4 yrs)	Sydney Twardoski (TKD 2 yrs)



Zada Neal (LD,TKD 2 yrs)
Brandi Ireland (TKD 2 yrs)
Vanessa Acuff (TKD 2 yrs)
Silas McFarland (LD 2 yrs)

Joe Compton (BJJ 2 yrs)
Megan Gens (TKD 2 yrs)
Isaac McFarland (TKD 2 yrs)
Erica Honaker (HKD 1 yr)

Erich Klippel (TKD 1 yr)
Logan Lamar (LD 1 yr)

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, Sept is the month we do our Random Act of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

Random Acts of Kindness: Exercises for Heroes in Training

A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around.

[Edgar Watson Howe](#)

It still burns in my memory—a time this summer when I failed to be a hero. I wouldn't say it haunts me, but I still replay it in my mind when something jogs my memory. To make matters worse, we were at a martial arts event. Well, actually, we were getting ice cream after the fact and it was really hot. While I normally try to have change or small bills to give to people who approach me for "handouts," I wasn't prepared this time. I had nothing I could give the man. Others in our group gave him token change in order to keep him moving. About the time he was out of sight, I finally had my "duh!" moment and realized, I could have bought him ice-cream and paid for it with mine. I could have talked to him like a person rather than shooing him away with whatever change hadn't fallen on the floorboard of my car yet. I am embarrassed to say it didn't occur to me until it was too late. I failed at my chance to be an everyday hero. Clearly, I need more practice.

And that is just what our Random Acts of Kindness campaign is about. Certainly some people need a more obvious lesson that it isn't always about them. But most of our students are genuinely good people. But as we will discuss in our mat chats, kindness is a habit. It has to be trained and developed. It takes discipline to consistently look for the opportunity to serve. To get good at it, it needs to be practiced. RAK's are a great exercise to hone this hero skill. Each year as we do RAKs in the month of Sept, I am amazed at how many times during the day that I am caught up in my own preoccupations when a true opportunity to perform a RAK had presented itself. It is only after the chance is long gone, and sometimes late in the day when I am still searching for a RAK to do, does it dawn on me what a golden opportunity had I missed. I am constantly like a superhero that misses a call to aid because he has his headphones on. So I try to learn from my mistakes and be more prepared next time, or the time after that, or the time after....

Now I am not saying every act of kindness that our students do this month is going to be heroic. But cultivating a hero mindset requires training, requires practice in gestures both big and small. As Edgar Howe points out, heroes have a hero mentality not only in battle but at picnics. And besides, you never really know. Most of us have gotten emails or heard accounts of simple acts of kindness that occur at precisely the right time to truly change lives. But there is one great story of heroism that came from a simple act that is at the heart of why we do our RAK exercise, set during the terrorist attacks of 9-11.

I share Ronald Fazio's story every year in class, but it has been several years since I put in the newsletter. Mr. Fazio worked on the 99th floor in 2 World Trade Tower and he watched the first plane buzz his tower as it slammed into the other tower. He marshaled his fellow workers to evacuate and held the door for everyone to expedite the evacuation. He lent his cell phone to another man so he could call his wife; it was last time she would get to tell him she loved him. Mr. Fazio apparently made it down the 99 stories, but rather than moving to safety remained behind to help. Most everyone's final memory of him was "holding the door."

Clearly, here is an older man in ill health who became a hero with a simple act. And more importantly, I will maintain that if you are so caught up in your daily "to do" list that you forget to hold the door for someone you meet, then there is no way you are going to see the opportunity to hold the door in that type of crises. Kindness is a discipline that is practiced and trained. Personally, I know that my hero training is an incomplete as my martial arts training. So to all my potential "heroes to be," it is time to get to work. --BLS