



Oct 10 Newsletter for Gentry Martial Arts

Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 23rd: Griffin Wren, Noah Lambert (2nd), Noah Wilson (2nd), Gabe Wilson (2nd), Ryan Jerome (2nd), Jake Waltz (2nd), and Mr. Yoshida (4th).

Congrats and Good luck to our BJJ competitors

GMA small but effective team at the recent EGO BJJ tournament: Congrats to our medallists: Colton Lynn (1st gi, 2nd no gi) Vince Kreipke (2nd no gi, 1st gi), and Bryan Neal (2nd gi, 1st no gi, also moved up a division and took 2nd and 2nd) Also good luck to our team who will travel to Detroit for the Michigan Open on Oct 2nd

Upcoming events:

*** RAK's are now due***

Oct 2 nd	Michigan Open BJJ tournament
Oct 2 nd	Open breaking practice for black belts 9:00-10:00
Oct 7 th	Mandatory Demo Team practice 7:45 to 8:30 or later. NO BBC
Oct 8 th	Fall Foliage demo on the square-5:30-6:00 No TKD class
Oct 9 th	Lil dragon testing (beg 9:00-10:30; int/adv 10:30-12:00)
Oct 10 th	Fall Foliage Parade (see below for details)
Oct 15 th	TTCA Testing 5:30
Oct 16 th	Leadership Team 9:00-10:30
Oct 16 th	Black belt prep class 10:30-12:00
Oct 16 th	Stickfighting 1:00-3:30
Oct 22 nd	HKD testing 7:00-8:00 (NO CLASS)
Oct 23 rd	TTCA Tournament and Black belt testing, Corydon
Oct 26/27 th ?	GM Hae Man Park Seminar in Louisville. Details on day/time TBA later.
Oct 29 th	Halloween Party 7:00-9:00
Oct 30 th	TKD BB stripe testing 9:00-10:30
Oct 30 th	GMA Hosts multi World Champ Andre Galvao 12:00-3:00
Nov 6 th	USHF Fall seminar, B-ton
Nov 13 th	Prof Caique seminar, B-ton
Nov 20 th	Tentative date for TTCA black belt ceremony

Parent committee news/notes

The school Halloween party will be Oct 29th from 7:00-9:00 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and Thurs the 28th so treat bags can be prepared.

It is also time for the annual cookie dough fundraiser, which supports all of our special events and parties through the year. Sales will run from Oct 11 through Oct 22nd, and we hope to have them back in time for Thanksgiving. We appreciate everyone's support, as the amount we retain is partially based on volume.

There will be a meeting on Friday Oct 15th at 5:30 to help plan of the Halloween party and other agenda items.

Tournament news and notes:

- Remember to wear your Team Gentry/ Hero in Training and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white.
- GMA group photo will be taken at 9:30 at venue of the tournament. This is the photo to be used for the local paper, website, etc. There will likely be a line into the room at that point, so don't be stuck in line while we are doing the photo. Please be in full uniform at that time.



Halloween Party and Costume Class

Our annual Halloween party will be from 7:00-9:00 on Oct 29th. While we know for a fact that our students can be scary, we encourage our students to dress as heroes or role models or something fun. TKD and LD students can come to class dressed in costume that evening.

Class Adjustments/Cancellations

Please make note that we have to juggle the schedule on account of a few events. Fall Foliage Demo forces us to change a few things.

First, NO BLACK BELT CLUB class on Thurs Oct. 7th on account of putting the final touches on the demo.

Friday Oct 8th Fall foliage demo—NO TKD CLASS—see us on the square for the fall foliage demo.

Oct 29th will be the Halloween party. No HKD or BJJ will be held, but we do hope that you will join us for the party.

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 10th. We will be in place at the Martinsville High School parking lot by 12:30. Watch for additional announcements as for unit/division (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:00 am.

GMA Wishes a Happy Birthday to:

Nevaya Dickinson	10-1	Riley Morgan	10-2	Chase Modugno	10-4
John Speer	10-5	Rebekah Wiley	10-6	Michelle Kissinger	10-6
Zada Neal	10-7	Anthony Ridgell	10-8	Zach Dyer	10-9
Nate Wilson	10-10	Mr. Sieg	10-12	Doug Bailey	10-19
Vanessa Acuff	10-19	Jared Hamilton	10-21	Danny Mathis	10-23
Donavyn Pryor	10-23	Drew Berggren	10-24	Eddie Blakely	10-30

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Shawn Burkes (HKD 8 yrs)	Haley Sieg (TKD, LD, 6 yrs)	Logan Scott (TKD 6 yrs)
Isiah Roach (TKD 4 yrs)	Jared Hamilton (TKD 4 yrs)	Reece Satter (LD 2 yrs)
Dominick Spires (TKD 1 yr)	Keegan Spires (TKD 1 yr)	Nevaya Dickinson (TKD 1 yr)

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

GMA HOSTS WORLD CHAMP AND STRIKEFORCE FIGHTER ANDRE GALVAO

On Oct 30th, some of the best grapplers from across the Midwest will be coming to GMA to take a seminar with a true legend: multiple time world champion Andre Galvao. All of our students will have a chance to meet him. You can also watch him in the Strikeforce event on Oct 9th on PPV.



Learning to love the martial arts

We talk about martial arts as more than just a sport, but rather a way of life. From the white belt on, we talk about taking what we learn in the dojang and taking it out into the world: focus, discipline, respect, courage, and last month, kindness. Just as our techniques are a constant work in progress, so is our character development, and there are certainly times when we all fall short of the ideal. Our students are heroes still in training (and so are our instructors). But getting people to embrace the martial way as a lifestyle, both for fitness and for conduct, can sometimes be challenging. It is easy when the students are excited to learn everything new and are flying through the ranks. This is when they profess they “love the martial arts.” I have to come to the opinion that they don’t. They have a crush on the martial arts. When the learning becomes more subtle and breakthroughs or progress slows down, when the excitement wears off and when things seem routine, when burnout sets in, that is when we find out who has decided to “love the martial arts.”

The inspiration for this monthly musing comes from an article by Karen Eden, who made this great analogy. Her Japanese grandmother had an arranged marriage to her grandfather. Eden expressed her bewilderment on how she could marry someone she didn’t love or even find attractive. Grandma answered, “Your generation has no idea what love is. Love is not some spark that just happens between people. Love is patience and endurance...it’s a commitment of time.” Eden notes that 50 years later, grandma was inconsolable with grief at grandfather’s passing. She learned to love him.

Eden draws the parallel to students who want to quit because of losing interest. “Your love for martial arts isn’t some spark that just happens. It takes patience and endurance...you learn to love it. Like all worthy things in life, martial arts is a commitment of time.”

Now, if the kid doesn’t plain enjoy it anymore, then that is different. But often the kid who quits martial arts because he lost interest does so to play basketball, until he finds out that basketball also looks like work when you are standing at the free throw line for hundreds of reps or practicing bounce passes. Then he is off to the next activity that he will superficially do until that too becomes mundane with practice and work and the newness wears off.

Not everyone will be “lifers” in the martial arts. In my 26 years in the martial arts, there were lots of even 2nd, 3rd degree black belts who never made it to “master.” Life circumstances change, priorities change (family, college, etc.), especially for our kids as they grow up and transition to adulthood. Sometimes people have to make a tough choice, or choices are made for them. I understand those to some degree (although many lifers certainly go through the same transitions). The ones I scratch my head at are the ones who have invested so much time and effort, who I thought had a chance to be lifers, only to seemingly drift apart from the martial arts.

In a real marriage, there are times of spark and inspiration...but those are usually interspersed by periods of mundane things like housekeeping, bills, running the kids, etc. Many people would say real marriage begins after the honeymoon period wears off. Most “martial artists” don’t last long after the infatuation phase. But that is where real understanding, the meaningful stuff lies, and where real transformation happens.

As I often say, there is a difference between doing martial arts and being a martial artist. That doesn’t mean we stay in the martial arts even after we have become miserable doing them. Rather, you learn to find enjoyment even in the most repetitious of things. I still enjoy doing the basics in class, the same techniques I learned as a yellow belt. Commit enough time and you find pleasure even in the seemingly mundane. Perhaps it is just remembering why you fell in love in the first place. As one student put it in his black belt report: “It means you don’t just do martial arts, you become a martial artist. It is no longer a struggle, it is who you are.”

I think he at least has made it past the honeymoon phase.---BLS