



GMA Newsletter

March 2011

Upcoming events:

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| March 5 th | Demo team practice 9:00-10:30 |
| March 5 th | TKD black belt class 10:30-12:00 |
| March 5 th | Stickfighting 1:00-3:30 |
| March 5 th | Movie and buddy Night 6:00-9:00 |
| March 12 th | FAST adult basics 9:00-12:00 |
| March 12 th | Demo Team 1:00-2:30 |
| March 12 th | TKD black belt prep class 2:30-3:30 |
| March 17 th | No BBC—demo team practice 7:45-8:30 |
| March 18 th | TTCA black belt testing |
| March 19 th | TTCA tournament—Louisville |
| March 24 th | Jason Winkle Seminar at IU 5:30-7:30 |
| March 25 th | HKD testing 7:00 pm |
| March 26 th | TKD black belt class/stripe test 9:00-11:00 |
| March 26 th | Movie and buddy night 6:00-9:00 |
| April 1 st | TTCA testing 5:30 |
| April 2 nd | USHF seminar, DePauw 9:00-5:00 |
| April 2 nd | EGO BJJ tournament |
| April 9 th | Yoga fit training |
| April 9 th | TTCA Black belt ceremony 1:00 pm Louisville |
| April 30 th | BJJ benefit tournament for activewater |

******Class cancellations:** All classes will be cancelled on Friday, March 18th on account of the TTCA tournament and black belt testing (all instructors will be out of town).

Demo Team announcements

A reminder that practices on also on Friday evenings.

The practice on March 12th is MANDATORY if you plan to participate in the demo at Tournament

Notice that there is a special practice on Thurs, March 17th

Remember to report to the finals early for final walkthroughs.

Remember your demo uniforms at the tournament.

Congrats to our new BJJ promotions and lil dragon promotions, good luck to our black belt candidates

Congrats to Kelsey Wagoner on earning her blue belt, and other belt promotions: Dalton Leitz, Branden Mason, Colten Lynn, Jake Waltz, Noah Wilson, Gabe Wilson, Sam Baker, Collyn Dodge, Dominic Tejera, Trance Behling

Also congrats to our new lil dragons graduates: Luke Gamble, Anthony Tejera, and Nevaya Dickinson

Lastly, good luck to Rob Snyder, Greg Hamilton, Alex Hamilton, Trance Behling, and Avery Archer at bb testing

Tournament news and notes:

- Reminder that classes are cancelled on Friday March 18th, as all instructors will be in Louisville.
- Remember to wear your Team Gentry (Hero in Training) and GMA Parent t-shirts to show your support. Wear your flair to school on Friday as well to support the team.
- Make sure all gear is clean and white. Please order any uniforms, patches, etc in advance—we sometimes sell out just before tournament.
- 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.
- Be sure to get to the finals a bit early to get a good seat to cheer on our demo team and any people we have in the finals. Demo team, you will be expected to be back around 5:00 for walkthroughs.
- A reminder that GMA parents committee is sponsoring a dance later that evening, after the finals. It is a chance for everyone to come together as a team after the tournament. If you plan to attend the dance, we



ask that you bring a 2liter of drink to pitch in. Also, parents committee will meet in the lobby to order pizza after the finals.if interested, bring a couple of bucks to chip in.

- Review the tournament etiquette section of your manual.
- Good luck to all those testing for black belt on the 18th!!!! Other students are encouraged to watch.

Birthdays:

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|----------------|------|---------------|------|---------------|------|
| Logan Scott | 3-6 | Blake Satter | 3-10 | Aleah Spires | 3-14 |
| Corinne Wagner | 3-18 | Erica Honaker | 3-20 | Gryffyn Wren | 3-23 |
| Amanda Spires | 3-27 | Luke Gamble | 3-28 | Lise Roberson | 3-29 |

Training Anniversaries

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|----------------------------|-------------------------------|-----------------------------------|
| Trance Behling (TKD 3 yrs) | Annabelle Cleary (TKD 3 yrs) | Mike Dodge (HKD 6 yrs, BJJ 5 yrs) |
| Olivia Polster (LD 1 year) | Ethan Retz (LD 2 yrs) | |

Quotes of the Week

This months QOW will be dedicated to sportsmanship (martial arts style) and the proper mindset at the upcoming tournament and black belt test.

Buji Kore Kaere Meiba

“It’s a noteworthy horse that can return its rider to safety.” In other words, a good horse brings you out of battle as well as charges in. One of my favorite writers, Dave Lowry, uses it as analogy that as we continue to train, we need to find the balance between serious training and reckless training that we will pay for later in life. In effect, our martial arts have to not only help us in battle, but we don’t need too many scars after the fighting has stopped. But that phrase made me think about my own ride. While I am frequently told to grow up, I still have days where I feel my age a bit more. My journey has certainly taken me through all the stages: from preparing me for battle, getting me through it, and now hopefully taking me home. It dawned on me that GMA is in a way, a life cycle of martial arts.

I have always maintained that Taekwondo is a great foundational art. It develops all the key attributes you need in most all martial arts: balance, concept of spacing and how long your arms and legs are, body control, etc. I attest that my speed and power in martial arts comes largely from forms training—with speed and power. But equally important is the value of the “traditional” upbringing in the TTCA, where a real mindsetting about how to approach our practice and what it means to be a martial artist. Through its structure, discipline, and etiquette, I took those values and attitudes into other disciplines and it really helped me get up to speed quickly. Its structure and discipline and etiquette helped

Hapkido, by contrast, is by design a much more individualized martial art. We talk more about concepts than specific techniques by “the number.” Students are expected to adopt their hapkido to their natural abilities to some degree. It is much more combatives oriented, so the content is also a bit more mature when dealing with dangerous techniques. Not only does the art require an advancement, growth and maturity mentally and emotionally, but also physically. It takes a special person to take the hard falls and the joint locks, especially the small joint locks, that HKD emphasizes. One is definitely tougher for it both mentally and physically. I think that one of the things that keeps me coming back to HKD is the diversity and complexity of types of technique: joint locks, all types of throws, weapons and weapon defense, etc. Both for me and many of our students—HKD is a natural progression from TKD for someone who wants to broaden their martial arts repertoire.

Jiu-jitsu is known as the gentle art. Some see it is a misnomer, and to be sure BJJ is a certainly a contact sport. But there is also a high level of strategy and refinement to technique. I see true craftsman at work on the mat. While it can be rough, it isn’t the same type of high energy impact on the joints that TKD and HKD can be.

And then there is tai chi—the hardest martial art both in concept and application I have ever done. The nuance is incredible, but it is generally associated with health and relaxation more than fighting. Yet, I use it to refine my other arts a great deal. Some of the finest fighters of all time were Tai chi ch’uan masters, the problem is that it took decades to master. Yet, once mastered, age is not relevant. I hopefully have started early enough I might be competent at it when it is really all I have left physically ☺. But in the meantime, I reap health and restorative benefits from Tai Chi and Yoga. My training is really divided among both the arduous and restorative aspects. Tai Chi and Yoga is a team of horses I plan to ride for a long journey home.

I am not saying one has to grow through all the disciplines to mature as a martial artist. People who like to stay in one particular program should continue to grow in that art. But at the same time, I am glad that at GMA we have a variety of programs to meet people at whatever part of the journey they are at, and that our existing students can expand and grow as they want. Looking back, I am grateful for all the different mounts I have ridden, they have all been trusty steeds. --BLS