



# May 2011 GMA Newsletter

## Upcoming events:

May 6 <sup>th</sup>	TTCA testing 5:30
May 7 <sup>th</sup>	Stickfighting 9:00-12:00
May 7 <sup>th</sup>	Lil dragons catch up camp 1:00-2:30
May 13 <sup>th</sup>	HKD testing 7:00 pm
May 14 <sup>th</sup>	TKD and HKD joint BB class at park 9:00-10:30
May 14 <sup>th</sup>	Annual Break A Thon and school picnic...Pritchard Park 11:30-3:30 (est)
May 21 <sup>st</sup>	TKD Black belt Prep class 9:00-11:00.
May 21 <sup>st</sup>	TKD Black belt stripe test (retest/makeup) 11:00-12:00
May 21 <sup>st</sup>	Tentative HKD bb class 1:00-3:00
May 26 <sup>th</sup>	Movie Outing: Private showing of Kung Fu Panda 2 Movie Premier—some classes cancelled
May 31 <sup>st</sup>	No class- Have a great Memorial Day
June 4 <sup>th</sup>	TTCA “summer camp”—Louisville 10:00-6:00
June 11 <sup>th</sup>	Hoosier Open BJJ tournament
June 11 <sup>th</sup>	Lil Dragon Testing 9:00-12:00
June 13-17	Hapkido Day camp 9-3:30
June 18 <sup>th</sup>	FAST Adult Basics, Lexington, KY
June 28-29	Lil Dragon day camp 9:00-3:00
July 8-10	Tai Chi seminar with Master Chen, B-ton

## ***Break-a-thon and annual school picnic***

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a cookout and fun and games to follow. This year we will be having it at Pritchard Park (off Blue Bluff Rd). Parents committee would welcome help with logistics.

## ***Mothers day invitation***

As usual, our students are welcome to invite their mom, grandma's, etc to class the week of Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

## ***Congrats to:***

### ***our BJJ competitors:***

First, thanks to everyone who supported the Charity tournament to benefit activewater. Overall we raised over 1,100 for charity and had a great time.

Also, congrats to our competitors from EGO in April—those who placed included (gi and no gi divisions):

Doug Bailey- 1st and 3rd	Marshall Leitz - 3rd and 3 <sup>rd</sup>	Dalton Leitz - 2nd and 2 <sup>nd</sup>
Branden Mason - 1st and 3rd	Dominic Tejara -2nd and 3rd	Tim Sledd - 2nd Josh Brit-t 4 <sup>th</sup>

***Our Lil Dragon graduates:*** Ethan Retz and Mason Storm became our newest lil dragon graduates.

### ***our seniors***

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DPU: Adam Johnson, Mr. Avery Archer, Chris Alonzi, Meghan Wolfgram, Jeanette Renshaw

From high school: Marshall Leitz



## ***Sign up now for Day Camps/Summer camps***

First, sign up right away for the TTCA summer camp June 4<sup>th</sup>. The format is different this year, but it should be a great learning opportunity. It will still fulfill the event and point requirements for TTCA dan ranks.

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts dodgeball. Large discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

HKD day-camps: June 13-17, July 11-15

TKD day-camp: July 18-22, Aug 8-12.

Lil dragons camp will be June 28-29

## ***GMA Wishes a Happy Birthday to:***

Kirklin Barnhill	5-1	Dominic Tejera	5-3	Kelsey Wagoner	5-8
Jenna Alexander	5-8	Colten Lynn	5-16	AJ Bottorff	5-18
Sam Baker	5-19	Eliza Vendewalle	5-22	Eric Able	5-25
Ryan Spires	5-25	Kaitlyn Nolan	5-27	Jonny Harmon	5-28

## ***Training Anniversaries***

Dana Elliot (LD, TKD 4 yrs)	Luke Wilson (LD, TKD 3 yrs)	Nate Wilson (LD, TKD 3 yrs)
Karissa Cozee (TKD 2 yrs)	Lise Roberson (HKD 2 yrs)	Collyn Dodge (HKD 1 yr)
Jason Lamb (HKD 1 yr)	Donovan Sieg (LD 1 yr)	Rebekah Wiley (HKD 1 yr)
Kenny Bowman (TKD 1 yr)	Eric Adams (LD 1 yr)	

## ***Quotes of the Week***

This May, as Heroes in Training, we will be looking at the stories and learning from some real life heroes.

## ***Join us for Kung Fu Panda 2***

We have reserved a private showing of the new release of Kung Fu Panda 2 at Martinsville theaters for Thurs, May 26 at 6:30. There are a limited number of seats available, but GMA will cover admission for every student. Every additional person in the group is only 4.00—bring a friend who might be interested in martial arts. Since you are taking up a reserved seat that will be paid for, no shows will be charged 5.00. **YOU MUST REGISTER AT THE DESK**, and space is limited to 200 people. **CLASSES WILL BE ADJUSTED AROUND THE EVENT.** There will be a combined TKD class from 4:30-5:30. All other classes will be cancelled.

## ***Il Sa Da Sang for Heroes in Training***

Our students have heard me utter this phrase quite often in class for the past month—we used it as our main mat chat. GM Choi uses the term in admonishing us to stay together. It basically means one life sacrificed for the good of many—one death, many lives. We think of the movies where the hero holds the door or stays behind to let the others escape (or blow up the asteroid, the theme takes many forms). We hear about it in war stories where one guy jumps on a grenade for the sake of the platoon. Indeed, the concept is reiterated in many forms, and it is a working formula in Hollywood for a reason. It resonates with us as something epic and noble—something that heroes do. As Heroes in Training, we have ways to practice this here at GMA. In fact, the health of GMA depends on it.

If you haven't heard in class, or are a pumpkinhead and need a reminder, GM Choi extrapolates Il Sa Da Sang to forms training. The group should stay together when doing forms for a variety of reasons: safety, beauty, cadence (beginners often go too fast and thus are sloppy), group dynamic and energy, etc. But if we focus on the converse, we learn some other valuable lessons. GM Choi points out that if you run ahead of the group, you are selfish. You are saying



“look at me. I am better than others (rarely the case). I don’t need the rest of them.” Now that might fly in the face of American concepts of rugged individualism, but we ain’t in the Wild West teaching gun slinging; we teach primarily Asian martial arts, and as the Japanese saying goes, the nail that sticks out will get pounded down. While martial arts is in some ways an individual endeavor, I find a lot of the nobility in the arts is in death to oneself.

When the ideograms for Karate were changed from meaning “Chinese hand” to “Empty Hand”, it stood for more than just not having a weapon. It is taken to mean an emptying of one’s self, or death of your ego. A willingness to sacrifice personally for the sake of the group. Concerning recent drama in the school, Mr. Yoshida commented last week we need to post the sign commonly seen in ma schools: check your ego at the door. While I previously thought it cliché, I have been thinking a lot lately as to why it is so common—schools work better when people keep this in mind—and those who don’t stick out like a nail.

Now, I am proud to say we have had lots of opportunity to practice *Il Sa Da Sang*, when people submit to themselves for the sake of Team Gentry. Anytime an upper rank gives up part of their practice time or stays late to hold boards, or stay by another student who is still learning a form, as I had a 1<sup>st</sup> kup do last night. Or when our students get together outside of class to help one another. Or BJJ blue belts working with a beginner or one of the kids instead of someone more their skill level. Not to mention the Yoshida’s, whose class time is much more commonly spent helping with checkmarks than working out, or Mr. Sledd, whose stays late to run a competition camp session, and when the numbers are odd is the first to step out of the training, even though it was intended to be his training time as well. Most of us do those type of things, because, well frankly, that is the way things work. We all owe our success to some degree to someone who took the time for us. It is the circle of life in the martial arts. And it is when GMA is at its finest.

We would do well to apply the concept to our other areas as well, like the gossip discussion we had to have recently. Generally speaking, gossip is a way to either a way to elevate oneself in relation to another by tearing them down, or making one seem more knowledgeable or in the loop. Sadly, a common occurrence is that once students start to gain a little insight into the way things work, suddenly think they know the whole picture and make false conclusions based on their limited understanding. Sometimes, once the inner layers are peeled back a little, the new initiate can’t wait to share it as a way of seeming important to others. This is not *Il Sa Da Sang* but rather being selfish, of standing out rather than being part of the team. Japanese have several terms related to dynamics of relationships: *uchi/soto* (inside the group vs outside the group); *omote/ura* (surface or face vs what is concealed, inner circle); *tatema/hone* (public or party line vs inner and private thoughts). I don’t pretend to fully understand the nuances, but I see the relevance of them at work in a traditional martial arts school, and I agree with one author who put it this way: “This complex web of interconnecting social relationships requires highly efficient radar” and that “people who have difficulty grasping the subtleties of the *tatema/hone* distinctions appropriate to a particular group are thought to be socially maladjusted.” They are nails that stick out, usually because their ego pops them up.

Team Gentry is at its best when everyone is committed to the group and when the occasion calls for it, is willing to give up oneself a little bit—in action and word—for the sake of the group, rather than trying to prop themselves up. That is the story that everyone wants to hear, that makes our story here at GMA stand out as special, and that heroes in training help tell. --BLS