



GMA NEWS July 11

Congrats to our newest lil dragon graduates: Olivia Polster & Silas McFarland

Hoosier Open BJJ Tournament news and notes:

Congrats to our Team Gentry/Small Axe/Atos members who competed at the Hoosier Open, one of the better tournaments in the Midwest. Those team members who medalled in their respective divisions include:

Mr. Sledd (1st), Jake Waltz (1st), Braxton Johnson (1st), Clay Thacker (1st), Dominic Tejera (2nd), Collyn Dodge (2nd), Trance Behling (2nd), Gabe Wilson (2nd), Aubrey Rawlings (2nd), Noah Wilson (3rd), Marshall Leitz (3rd)

Upcoming events/Class adjustments

July 5th-8th *NO CLASS—happy Independence Day and closed for staff retreat*

July 8-10th William CC Chen Tai Chi seminar
July 11-15 HKD Daycamp 9:00-3:30
July 13 HKD “seminar” presentation—combined class at 7:45
July 15th Parents committee meeting 5:30
July 16th Demo Team 9:00-10:30
July 16th Hapkido bb class 10:30-12:00
July 16th TKD bb class 1:00-2:00
July 16th Lil Dragon testing 2:00 pm
July 18-22nd TKD daycamp 9:00-3:30
July 23rd FAST Adult Basics 9:00-12:00
July 23rd TKD BB prep class 1:00-2:30
July 29th TTCA testing 5:30
July 30th Stickfighting 9-12:00
July 30th Demo Team 1:00-2:30
July 30th Parents committee car wash fundraiser 10:00-2:00
Aug 6th Tentative HKD black belt test
Aug 8-12 TKD daycamp 9:00-3:30

**Thanks to everyone
who voted us #1 in the
Reporter Times
Readers Choice
awards for the 6th year
in a row.**

Other dates to mark your calendars

Oct 15th Andre Galvao seminar
Oct 22 TTCA tournament and black belt testing

As we would be closed for the holiday and also for a seminar at the end of the week, we are taking a couple of days in the middle for staff training the week of the 4th. We apologize for any inconvenience, but please keep in mind we are doing it in order to make GMA even better.

*****There are still a few spots left in the camps in July, but space is limited******

Earn points, get lots of intensive and advanced training, and rack up lots of classes for your next belt!

Demo team news

It is time to start working on the next year’s show! Demo team may start practicing in small groups on Friday evenings, starting in July. Listen in class and watch for announcements as to which groups will be working which nights.

GMA Wishes a Happy Birthday to:

Dana Elliot	7-5	Dylan Gabbart	7-5	Mr. David Yoshida	7-8
Josh Britt	7-22	Zion Barrett	7-22	Mike Dodge	7-24
Isaac McFarland	7-24	Emerson Blankenship	7-28	Marshall Leitz	7-31



Training Anniversaries

Congrats to those who are celebrating a year or multiple years of training. We appreciate their hard work and friendship.

Jeremiah Deckard (HKD, 8 yrs)
Ethan Minton (TKD 4yrs)
Michael Chouinard (HKD 2 yrs)
Zion Barrett (LD 1 yr)

Richie Long (TKD 6yrs)
Kylar Chylaszek (TKD 2 yrs)
Kyle Zollman (TKD 1yr)

Dominic Tejera (TKD 4 yrs)
Don Roach (TKD 2 yrs)
Braxton Johnson (BJJ 1yr)

Quotes of the Week

Being halfway through the year, now is a time to check our goals. It is also a while since we have talked about our focus points and will be reviewing them.

Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for sign ups at the end of the month.

Lifestyles shouldn't take vacations

I was driving to GMA on the last day of school, watching as kids excitedly left off the bus for the last time until fall. In addition to the obvious break from homework and vacations, summer means new opportunities for many people. I have my list of summer projects—from reading, doing some writing, and special training. For many kids summer means special learning through camps—from church camps to sports camps to drama camps—my family is doing them all as well. At GMA we are excited about our own camp offerings—intensive, focused training that allows our students to delve deeper and push themselves to the next level. Even lil dragons camp is a great primer for the challenges of full day KG or 1st grade. Between vacations, other camps, and the general distraction of summertime weather, our classes are usually lighter. Our camaraderie suffers as our regular students miss other students in class, especially since they don't get to see them in school as before. Sometimes our students fall out of the routine altogether or “take a break for the summer.” I can promise you that despite good intentions, for 90% of people “taking a break” means “have a nice life.” I remember one black belt parent who asked me to put them on hold for the summer. She repeated several times, “we're not quitting, I promise.” That was two years ago and haven't seen them yet. Let me first say that nothing would please me more than to be proved wrong on this point. One of the most rewarding things that has recently happened at GMA is some “old timers” join our ranks once more. But that is not the point of this month's musing.

A person can decide to take a break from an activity or a hobby. But martial arts is not supposed to be a hobby. Do—as in Taekwondo, Hapkido, etc. means way, as in a way of life. Lifestyles don't take breaks or vacations. Lifestyles only change. And sadly, they can change quickly, usually for the worst. Positive change is hard work. I recall hearing that a positive habit takes 3 weeks to ingrain, whereas a “bad habit” only takes a matter of days to become the norm. Common experience tells me this is correct. People can will themselves to get up early to go to the gym for a couple of days, but it won't become a routine until they are used to doing it. If they hit the snooze button a couple of days in a row, chances are they won't ever get back into the routine. People may buy enough healthy food and diet for a few weeks, but the minute they cave and get fast food out of convenience one time, they are back to eating it all the time. People try to be frugal and save money for retirement or other goals and it goes well until they decide to deviate and splurge just a little bit; pretty soon they can't afford their new lifestyle, made up of constant splurges.

Many of our students have worked hard to establish some positive lifestyle changes—to be more fit, to be more disciplined, to be more respectful, to be more responsible, to be more focused, to be more confident. Those are qualities that I believe should never go on vacation. All the momentum a person has in a positive lifestyle change can be wiped away with a few days of the inverse, negative habit. It is hard to weigh the cost of losing those attributes.

As we remind our students, there is a difference between doing martial arts and being a martial artist. Some of our students are still working on creating the positive lifestyle of martial arts. But it is important they get there. People who just do martial arts decide to do something else. For martial artists, taking a break means redefining a part of themselves. Because being more, being Gentry, doesn't take vacations. --BLS