



GMA news Aug 11

Congrats to our latest lil dragon graduate, Kylie Yoshida

UPCOMING EVENTS and CALENDAR

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| Aug 6 th | HKD black belt testing 9:00 |
| Aug 8-12 | TKD daycamp 9:00-3:30 |
| Aug 9 th | Korea trip 2012 interest meeting 6:45 |
| Aug 13 th | Demo team 1:00-2:30 |
| Aug 13 th | Summer attendance party—swimming party at the Y 4:30-6:30 |
| Aug 19 th | Parents committee meeting 5:30 |
| Aug 19 th | HKD testing USHF 7:00pm, No Hapkido class |
| Aug 20th | HITM (Home invasion trauma management class) 9:00-5:00 |
| Aug 24 th | Lil dragons testing (beg/intermediate 4:30 adv. 5:45 No Lil' dragons class |
| Aug 26 th | Tentative date for TTCA testing |
| Aug 27 th | Stickfighting 9:00-12:00 |
| Aug 27 th | Demo Team 1:00-2:30 |
| Aug 27 th | TKD black belt prep 2:30-3:30 |
| Aug 27 th | Fight night, BJJ open mat 7:00 pm |
| Sept 5 th | Paragon Labor Day Parade 10:30 am |
| Sept 10 th | Demo Team 9:00-10:30 |
| Sept 10 th | TKD black belt prep 10:30-12:00 |
| Sept 10 th | BJJ blue belt pretest and purple belt prep |
| Sept 17 th | Demo Team 9:00-11:00 |
| Sept 17 th | GMA Open house and fun day 11:00-2:00 |
| Sept 24 th | Stickfighting 9:00-12:00 |
| Sept 24 th | TKD black belt class 1:00-2:30 |
| Oct 1 st | Michigan open BJJ tournament |
| Oct 1 st | Adult FAST Basics 9:00-12:30 |
| Oct 1 st | Kids FAST 1:00-3:30 |
| Oct 1 st | Demo team 4:00-?? |
| Oct 6-9 th | Fall foliage demo and parade |
| Oct 15 th | Andre Galvao BJJ seminar |
| Oct 22nd | TTCA tournament and black belt testing |
| Nov 6 th | Master Chen Tai Chi workshop |

Parent committee news and notes

Parents committee will have a meeting on Aug 19th. The key agenda item is finalizing plans for the GMA fun day—a carnival style party for our students to have some fun. We need lots of parents to volunteer to work a shift in order for the event to happen. Look for sign ups.

BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. In addition, all students are expected to complete an exercise in figuring out ways that they can show respect to their teachers. Look for these to be sent out this month.



Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

John Michael Murphy (TKD 10 yrs)

Mason Storm (TKD, LD 2 yrs)

Trinity Britton (TKD 3 years)

Cassandra Smith (LD 1 yr)

Roarke Ireland (TKD 3 yrs)

Drew Berggren (TKD 1 yr)

Jon Speer (TKD 3 years)

Annabelle Bambery (TKD 1 yr)

Corey Christman (TKD 2 yrs)

Jenna Alexander (LD 1 yr)

Michael Hoppel (TKD 2 years)

Happy B-day to these students in Aug

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|-------------------|-----|------------------|------|------------------|------|
| Aiden Blankenship | 8-1 | Michael Hoppel | 8-11 | Roarke Ireland | 8-20 |
| Isaiah Roach | 8-2 | Ethan Haenlein | 8-11 | Eli Phillips | 8-25 |
| Rob Snyder | 8-2 | Quinn Purtee | 8-12 | Jaden Zweck | 8-26 |
| Cassie Smith | 8-5 | Nathan Hawthorne | 8-15 | Zac Speer | 8-27 |
| Michael Chouinard | 8-7 | Jeremiah Deckard | 8-16 | Jessie Chouinard | 8-27 |

Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

LOOK for our QR code around the building and check in at GMA

New way to reach us:

We realize it can be difficult to catch an instructor in between classes. Usually, email or facebook is the best way to reach us, and we will do our best to respond to our students in a timely manner. To help with this, check our new feedback section on the website—where you can leave comments or offer suggestions. Think of it as an online suggestion/complaint box. We encourage you to use it to help make us better.

MARTIAL ARTS: USE AS DIRECTED.

We have all seen the commercials for weight loss or fitness programs promising miraculous transformations. Typically, included in the fine print is that one must also follow a good diet, or use the routine for the proper number of times a week, etc. If not used as directed, there promised result becomes null and void. Also in the fine print, under the before and after pictures, is the fact that “results may vary.”

We at GMA have been known to have some remarkable success stories in our students lives. Indeed, we wouldn't be doing what we are doing if this were not the case. Our mission statement sums it up: Taking people where they are and helping them get to where they want to be through the best martial arts training possible. Our instructors have experienced the transformative power of martial arts, and we want to help others to BE MORE through training. That transformation doesn't happen overnight, and one needs to commit to the program a bit. You see, it isn't just what we teach, but how it is taught that matters. In short, you must use as directed. Just like those people who simply take a magic diet pill without any further change in behavior or lifestyle, the results of martial arts training will vary.

One young lady signed up for one of our afterschool programs at an elementary school. If the students completed all the requirements, we gave them a chance to test for their white belt at the end of the sampler program. Like one of my favorite advertisement reads, “our students learn to earn;” the belt wasn't handed to



them, they had to earn it by doing the same things as everyone else. Grandma didn't like the fact that the girl had to wait, and by missing class, was in jeopardy of not getting it. So she went online, purchased a uniform that came with a white belt, and the young lady proudly strutted into class wearing her new rank. She objected to me telling her to take it off. I explained the difference to buying versus earning, and which has more meaning. Later, when visiting the school, even though she wasn't enrolling as a student, Grandma still bought her a "future black belt" sticker. Somehow I think the lesson of "learn to earn" was missed.

Not too long ago a mother pulled another young lady out of classes because she felt it was the last bit of leverage she had against the attitude and disrespect at home. "You see a totally different person at the school than I see at home."

"Well, I get that, but she just tested for another belt. She turned in her checklist saying she had respect and discipline at home for an entire week, so it can't be all bad all the time can it? I mean, she had to practice this stuff at least a little while for you to sign off on it, right?"

Mom's response, "You mean I was supposed to do that?" It is hard for us to help when you don't take advantage of the programming we offer or use it as directed.

I can recall another young man had very poor grades, no motivation, and other issues at school and home. He worked hard and was motivated here at GMA, but when it came time to test for his yellow belt, the teacher wouldn't sign off on the teacher letter. I said he couldn't test. But shortly thereafter the teacher reversed her position, so he tested. Turns out, a well meaning mentor in his life set up a meeting and convinced (or wore down) the teacher that it was important that he test. I thought the more important lesson was personal accountability, a lesson our teacher letter was going to teach. You see, because of his rough background, people had been making excuses for him and letting him off the hook all the time. This same boy, despite having D's and F's the previous semester, stated one of his goals as making A/B honor roll. I applauded his ambition. But when football season started, he stopped coming to class. Soon, he was off the football team because of failing grades, but he didn't come back to class either. Now, I am not promising he would have made honor roll if he had continued here, but I do know football didn't give him that goal of good grades.

These are rather unique examples. Then there are numerous times when a kid comes once every two weeks, forgetting everything he/she did since the last time, and takes 2-3 times longer to progress. We often get, "he is bored, tired of doing the same thing, etc." Not sure how you can be bored of something when you haven't learned/can't remember how to do it to begin with. It is like the person who buys the exercise DVD and uses it as a coaster, or doesn't do the exercises as prescribed but does what he thinks is a better way, but then complains the program didn't work.

When it takes a person their entire life to become who they are, it is hard to change them in a matter of weeks. It is a process and sometimes a challenge—one that we at Gentry accept and embrace. And we have a plan. Maybe the plan is more than what some people (including parents) bargained for, but the reports leading up to black belt, the teacher letters and checklists, the 10 lessons in discipline and the Random Acts of Kindness program that starts next month, all have a purpose. They are part of our plan to not only build strong martial artists, but strong character in our students. To help our students be Heroes in Training. To help them BE GENTRY. We believe in that plan, but only if it used as directed... BLS