



# Sept 11 NEWS

## Congrats for Promotion Milestones:

Congrats to our newest lil dragon graduates: Zion Barrett, Eric Adams, Cassandra Smith. A big promotion for lil guys (and gals)

Congrats to our newest HKD black belt promotions: Mr. Adam Johnson (1<sup>st</sup> dan) and Mr. Jeremiah Deckard, who became the Martinsville schools first homegrown 3<sup>rd</sup> dan ever!

## Upcoming events:

\*\*\*\* Yes, We have class on Labor DAY \*\*\*\*

Sept 5 <sup>th</sup>	Paragon Homecoming Parade (see details below)
Sept 10 <sup>th</sup>	Demo Team 9:00-10:30
Sept 10 <sup>th</sup>	TKD black belt prep 10:30-12:00
Sept 10 <sup>th</sup>	BJJ blue belt pretest and purple belt prep
Sept 12 <sup>th</sup>	RAK's begin in remembrance of 9/11.
Sept 17 <sup>th</sup>	Demo Team 9:00-11:00
Sept 17 <sup>th</sup>	GMA Open house and fun day 11:00-2:00
Sept 24 <sup>th</sup>	Stickfighting 9:00-12:00
Sept 24 <sup>th</sup>	TKD black belt class 1:00-2:30
Oct 1 <sup>st</sup>	Michigan open BJJ tournament
Oct 1 <sup>st</sup>	Adult FAST Basics 9:00-12:30
Oct 1 <sup>st</sup>	Kids FAST 1:00-3:30
Oct 1 <sup>st</sup>	Demo team 4:00-??
Oct 6-9 <sup>th</sup>	Fall foliage demo and parade
Oct 15 <sup>th</sup>	Andre Galvao BJJ seminar
Oct 22 <sup>nd</sup>	TTCA tournament and black belt testing
Nov 6 <sup>th</sup>	Master Chen Tai Chi workshop

## Paragon Parade

We appreciate everyone's support in marching the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

## Parents Committee and Fun Day

We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number of things we can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

## Rent a ninja:

As we start making plans for Korea in 2012, some of our teens are looking for ways to help make the trip possible. This fall, please consider these guys for odd jobs around the house such as raking leaves, babysitting, etc.

## GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Luke Wilson	9-2	Brailen Morries	9-2
Reece Satter	9-4	Mr. Tim Sledd	9-06	Daniel Wiggins	9-8
Clay Thacker	9-8	Shawn Burkes	9-09	Annabelle Bambery	9-09
Corey Christman	9-11	Trance Behling	9-13	Braxton Johnson	9-16
Eric Adams	9-18	Brandi Ireland	9-20	Kyle Wrightsman	9-23
Kaleb Edwards	9-23	Aiden Bambery	9-26	Gabe Wilson	9-26
Bryan Neal	9-28	Donovan Sieg	9-30		



## **Training Anniversaries--**Special congrats for everyone who is celebrating a year or multiple years of training.

Noah Lambert-Adams (TKD, 8 yrs)	Reese Elliot (TKD, 7 yrs)	Jake Waltz (TKD 7 yrs)
Ryan Jerome (TKD 7 yrs)	Rob Snyder (TKD, HKD 6 yrs)	Erica Honaker (TKD 6 yr)
Carl Underwood (TKD 6 yr)	Joshua Britt (BJJ 5 yrs)	Gryffyn Wren (TKD 4 yrs)
Bryan Neal (BJJ 4 yrs)	Christian Marion (TKD 3 yrs)	Quinn Purtee (TKD 3 yrs)
Vanessa Acuff (TKD 3 yrs)	Silas McFarland (LD, TKD 3 yrs)	Joe Compton (BJJ 3 yrs)
Megan Gens (TKD 3 yrs)	Isaac McFarland (TKD 3 yrs)	Alex Hermann (HKD 1 yr)
Trance Behling (BJJ 1 yr)		

## **Quotes of the week/ Mat Chat**

As anyone who has been with us for over a year may recall, Sept is the month we do our Random Act of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

## **Kickin it Gentry Style:**

Couple of years ago we had a T-shirt with "kickin it Gentry style." Little did I know that we were years ahead of Disney Company. It was recently brought to my attention that there is a kids comedy called "Kickin It" on the Disney channel. It follows a group of friends whose common bond is a martial arts school, in and out of dochang, or dojo. Now, as a parent I have been subjected to lots of "Suite Life" and "Waverly Place." Despite my more vested interest, I must admit I haven't stopped to watch much of this new show. My glimpses of the martial arts portrayed are ones of over the top caricatures for comedic purposes. When it comes to the humor, I must admit I don't get it, but I am glad that someone at Disney gets us!

As the Chung Do Kwan membership oath states, we are supposed to be united in mutual friendship. And while I am obviously biased, but aside from the church, I can't think of many things that bring a diverse group of people into a common purpose and bond like the martial arts. I have seen two people, who outside of the dochang might not have ever given each other the time of day, become best friends. I have seen GMA be a common bond that provides support at the middle schools. I can remember growing up with good friends from other high schools through martial arts. Through the years, I have fond memories of roadtrips, training anecdotes, etc. It is a unique bond but a powerful one.

I have always maintained that it is also quite natural. In many cases we literally place our own wellbeing, possibly our lives, in the hands of our training partner. We trust our partner to have good control and judgment in sparring in TKD. In HKD or BJJ we trust our partners to be careful to do the technique correctly and with compassion so as to not harm us. It is also an honest relationship on the mats. Strengths and weaknesses are ultimately exposed. When you tap, it is hard to deny what just happened. There have been a full blowhards who have come through...who talk a good game but shy away from ever possibly losing. But they are not common and ultimately don't last. I don't particularly enjoy losing matches, but at the same time I rejoice that my teammates are sharpening the axe. Successes at promotions and tournaments are shared. As Mr. Sledd says in BJJ, when you step onto the mat to compete, you take a little bit of all your training partners with you. But failures are also shared and empathized. And failures are exposed but also shared and empathized. One cannot help but create bonds of brotherhood under such shared experiences.

Just yesterday, the highlight of my day was having a DPU black belt from 05 move back to the area and possibly be able to join us again. Once a black belt, always part of the family. After our recent HITM class, Master Mark Wilson referred to our family here. That means a lot to me. And if you think that the term family is an overstatement, then I implore you take advantage of our upcoming socials---like our school carnival, fight nights, and Halloween party. If you just show up once or twice a week and don't take advantage of everything else we do, I think you are missing out. Our students will get more out of our classes and programs if they are among friends. They will look forward to coming to see and train with their teammates. We hope both our students and parents will continue to grow together for mutual support and benefit. We hope our younger students find mentors and inspiration here. I think we are constantly adding to our list of funny stories and fond memories. While I am not a fan of the humor, I am certainly a fan of Disney showing the world how a martial arts school can be the glue that unites people. I hope that our students take full advantage of how we are "Kickin It" at GMA. --BLS