



# Oct 11 Newsletter for Gentry Martial Arts

## Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 22<sup>nd</sup>: Jia Jones, Isaiah Roach, Annabelle Cleary, William Wells, and Drew Berggren.

## Congrats to World Champ Andre Galvao.

Congrats to Andre Galvao, who won both his division and the absolute division at ADCC (submission grappling world championships) The now nine time world champ will be fresh off this showing and coming to GMA on Oct 15<sup>th</sup>. Top level grapplers from the Midwest and beyond will be coming to Martinsville for the seminar and to celebrate Mr. Sledd's promotion to BJJ black belt. There will be a celebration for Mr. Sledd after the seminar.

Also good luck to our BJJ competitors at the Michigan Open on Oct 1st

## Upcoming events:

**\*\*\* RAK's are now due\*\*\*\***

Sept 30 <sup>th</sup>	Jason Winkle seminar at ISU 6:30-8:30
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 basics 1:00-3:30
Oct 1 <sup>st</sup>	Demo Team practice 4:00-?
Oct 6 <sup>th</sup>	Mandatory Demo Team practice 7:45 to 8:30 or later. NO BBC
Oct 6 <sup>th</sup> -12 <sup>th</sup>	Samaritan feet shoe drive
Oct 7 <sup>th</sup>	Fall Foliage demo on the square-6:00-6:30 No TKD class
Oct 8 <sup>th</sup>	Lil dragon testing (beg 9:00-10:15; int/adv 10:15-11:30)
Oct 9 <sup>th</sup>	Fall Foliage Parade (see below for details)
Oct 12 <sup>th</sup>	TTCA Testing 6:00—no advanced LD or TKD class.
Oct 14 <sup>th</sup>	Parents Committee meeting 5:30
Oct 15 <sup>th</sup>	GMA Hosts multi World BJJ Champ Andre Galvao: seminar and black belt promotion 12:00-4:00
Oct 21 <sup>nd</sup>	HKD testing 7:00-8:00 (NO CLASS for either TKD or HKD)
Oct 22 <sup>nd</sup>	TTCA Tournament and Black belt testing, IU Southeast, New Albany, IN
Oct 28 <sup>th</sup>	Halloween Party 7:00-9:00
Oct 29 <sup>th</sup>	TKD BB stripe testing 9:00-11:00
Oct 29 <sup>th</sup>	Stickfighting 1:00-3:30
Nov 5 <sup>th</sup>	USHF Fall seminar, B-ton
Nov 6 <sup>th</sup>	William CC Chen Tai Chi seminar
Nov 12 <sup>th</sup>	TTCA black belt ceremony

## Parent committee news/notes

The school Halloween party will be Oct 28<sup>th</sup> from 7:00-9:00 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and Thurs the 27<sup>th</sup> so treat bags can be prepared.

There will be a meeting on Friday Oct 14<sup>th</sup> at 5:30 to help plan of the Halloween party and other agenda items.

## Halloween Party and Costume Class

Our annual Halloween party will be from 7:00-9:00 on Oct 28th. While we know for a fact that our students can be scary, we encourage our students to dress as heroes or role models or something fun. TKD and LD students can come to class dressed in costume that evening.



## Tournament news and notes:

- Remember to wear your Team Gentry/ Hero in Training and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white.
- 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.

## Class Adjustments/Cancellations

Please make note that we have to juggle the schedule on account of a few events. Fall Foliage Demo forces us to change a few things.

First, NO BLACK BELT CLUB class on Thurs Oct. 6<sup>th</sup> on account of putting the final touches on the demo.

Friday Oct 7<sup>th</sup> Fall foliage demo—NO TKD CLASS—support us on the square for the fall foliage demo and enjoy the show..

Oct 28<sup>th</sup> will be the Halloween party. No HKD or BJJ will be held, but we do hope that you will join us for the party.

No advanced LD or TKD class Wed Oct 12<sup>th</sup>. With all the special events as well as fall break, we had to get creative with a testing time, so we have testing Wed Oct 12<sup>th</sup>. LD are encouraged to come to an earlier class.

No TKD class on Friday Oct 21<sup>st</sup>. All instructors will be at the tournament!

## FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 9<sup>th</sup>. We will be in place at the Martinsville High School parking lot by 12:30. Watch for additional announcements as for unit/division (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 11:00 am.

## Samaritans Feet Shoe Drive

Lets face it, going barefoot isn't something unusual for a martial arts school to do. But the Barefoot Movement is designed to bring awareness to the lack of shoes for kids both domestically and abroad. Mr. Sieg and other black belts (only BB) will be marching barefoot in the fall foliage parade to bring awareness the Samaritans Feet cause. We will be hosting a shoe drive at the school from Oct 6-12<sup>th</sup>. NEW athletic shoes may be dropped off at the school. (we will explain why they have to be new in class). We appreciate the help of anyone who can post promotional material at work, church, etc, to publicize the event.

## GMA Wishes a Happy Birthday to:

Nevaya Dickinson	10-1	John Speer	10-5	Rebekah Wiley	10-6
Zach Dyer	10-9	Nate Wilson	10-10	Mr. Sieg	10-12
Rachel Troutman	10-16	Logan Nus	10-18	Jeff Buckle	10-19
Vanessa Acuff	10-19	Drew Berggren	10-24		

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Shawn Burkes (HKD 9 yrs)	Reece Satter (LD 3 yrs)	Nevaya Dickinson (TKD 2 yrs)
Haley Sieg (TKD, LD, 7 yrs)	Dominick Spires (TKD 2 yrs)	Kira Weaver (TKD 7 yrs)
Isiah Roach (TKD 5 yrs)	Keegan Spires (TKD 2 yrs)	Kyle Wrightsman (TKD 1 yr)



## Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

## RAKS and Ripples

“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”—Scott Adams

Once again, it is time to wrap up another Random Acts of Kindness campaign. Over the years of doing this, I have tried to state the importance of our actions in various ways. The concept/movie of Pay It Forward has come to mind, so has the Superchick song “You could be a hero,” which of course brings us to our “Hero in Training” theme. Recently, there is a commercial for a financial services company that also tells that story—of people witnessing kind acts, which in turn inspires their own. I believe our campaign of kindness does create a ripple effect that it is hard to appreciate. But this year, let me share my own inspirations to prove the point. Let me tell you how our two major philanthropies have come about.

Mr. Sledd and I had discussed doing a BJJ tournament for charity for a while. We kicked around ideas, but it still sat on the sideline until one morning at church. I learned about a group of teenagers who had stepped out in faith to raise 5,000 to build a clean water well in Africa. A light bulb went off—I can help these kids with our tournament idea. By the time we raised over 1,200 dollars at our event, these kids were already raising money for their third well, so neither the kids nor God were waiting on our help. These kids will be heroes (albeit nameless ones) to whole communities in Africa, but for the purposes of this story, it was their audacious goal that inspired me into action and hopefully showed our kids you can make a difference no matter age, status, etc. I am sure we were not the only ones moved by their actions...who knows how big that ripple has gotten.

Ron Hunter, the long time coach at IUPUI, decided to coach on the sidelines barefoot one game to raise awareness for a charity called Samaritan’s Feet, whose goal is to help some of the approx. 300 million kids without shoes. It got national attention and soon over 300 coaches, from high profile colleges to high school, were doing the same to raise awareness. Even Gov. Daniels has gotten into the act and even declared a “barefoot day.” I heard Coach Hunter’s compelling story many times, but of course, going barefoot while teaching is not exactly out of the ordinary. But going barefoot during the fall foliage parade is certainly a challenge and an exercise in perseverance, but also more indicative of what these kids have to endure. Not only do I hope that we can bring awareness to our own shoe drive for Samaritan feet coming up, but more importantly, I hope our gesture can raise awareness and inspire others to make similar statements and acts. I hope we create a ripple effect.

So too in the martial arts. Obed got his black belt 6 years ago and moved away. It was a pleasure having him visit in class last week. I overheard some of the parents of our black belts talking about how he was such a role model and mentor for their kids. “Their kids” are now our black belt leaders for a lot of lower ranks/younger students themselves. In my original school—my Obed’s were named Rob and Brian. Good black belt leaders create a ripple effect that the school enjoys for generations.

It is hard to tell which of our RAKs or which of our actions at GMA could produce ripples, but the whole point is you never know how far it could go. As Heroes in Training, we just might accidentally become real heroes without even knowing it. I know I have certainly benefitted from some people like that-- BLS