



DECEMBER 11 GMA NEWSLETTER

Upcoming events:

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| Dec 2 nd | TTCA testing |
| Dec 3 rd | FAST Adult basics 9:00-12:30 |
| Dec 3 rd | TKD black belt stripe testing 1:00-2:00 |
| Dec 3 rd | TKD BB prep class 2:00-3:30 |
| Dec 9 th | USHF testing 7:00 pm |
| Dec 10 th | Lil Dragon testing: beg 9:00-10:30, inter/adv 10:30-12:00 |
| Dec 10 th | Leadership team meeting 12:30 |
| Dec 14 th | Deadline to register for Winter Daycamps and ensure we have the gear or to order Xmas gifts |
| Dec 15 th | GMA Xmas Party, Awards Banquet, and Dance: 5:30-9:00. Morgan Co Fairgrounds. No class |
| Dec 17 th | Demo Team 9:30-11:00 |
| Dec 17 th | TKD black belt class/Korea trip class 11:00-12:00 |
| Dec 23-26 th | NO CLASS—Happy Holiday (see below) |
| Dec 27 th | Winter Weapons daycamp: action flex stick sparring workshop from 9:00-3:00 |
| Dec 30 th | HKD black belt exam 6:30-? No HKD class |
| Dec 29-30 th | Winter Daycamp: Martial Arts for Movies/Stage 9:00-3:00 |
| Dec 31 st | HKD black belt training 9:00-12:00 |
| Dec 31 st | GMA New Years Eve party/sleepover 8:00 pm |

Xmas Party, Dance and Awards Banquet

This years Christmas party/awards banquet and dance has been scheduled for Dec 15th at the Morgan County Fairgrounds. Arrival and set up will be from 5:30-6:00. The dinner and awards banquet will begin at 6:00. Following the awards, Santa will make an appearance and there will be a DJ for a dance that will continue till 8:30 or 9:00 pm. This is a chance to join in some fellowship, recognize some key students and parents, and give Santa any last minute list revisions. Signs ups for the pitch in dinner will be posted soon. We also need a very close idea of people attending for seating arrangements. No classes will meet that Thurs. We hope everyone will be able to share in our annual event.

Winter Camps Coming Up Fast

Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and all the weapons or gear needed for the seminar and you can put the gear under the tree! Deadline to register to ensure the gear is here for the camp is Dec 14th. As a camp, there will still be time for lunch and dodgepad.

Winter Weapons camp, Dec 27th. This years camp is designed to give those students who do stickfighting a special experience. We will be doing stick-sparring with special safety weapons (action-flex batons) that allow us to train full speed and more realistic targeting. The basics of *functional* stickfighting will be covered—lots of drills to learn the art...but plenty of time to actually spar as well!

Movie/Stage combat camp 29-30th. Things that look good on the big screen aren't always what they appear. Come see how they do the stunts without getting the stars hurt. Mr. Yoshida, who has worked on martial arts films and done fight choreography, will show some secrets. Participants will make their own movie fight scene, and we will unveil our action stars at a red carpet event. The release date of this debut has not been set. Great for anybody in demo or anyone with an interest in movies/theater, etc. Both the camp and red carpet event was a huge success last year (in fact, it is going to be featured in a martial arts magazine). By request, we have made the camp a two day event—for more practice and more filming time. However, as before, spaces are limited. Only a few can become action stars!



And the NOMINEES are:

This year we are announcing those students who are nominated for our yearly awards:

Student of the year: *Annabelle Cleary, Lise Roberson, Ryan Spires, Dominic Spires*

Black Belt of the year: *Noah Wilson, Austin Brummett, Ryan Jerome, Morgan Williams*

Most Improved Student: *Zion Barrett, Kyler Chylaszek, Isaiah Roach, Luke Wilson*

Competitor of the year (BJJ): *Jake Waltz, Clay Thacker*

Competitor of the year (TKD): *Jia Jones, Ryan Jerome, Trance Behling, Kaitlyn Nolan*
(*honorable mentions to Dominic Spires, , Ryan Spires, Noah Wilson*)

Training Anniversaries

AJ Botorff (TKD 5 yrs)

Dalton Leitz (BJJ 2 yrs)

Madison Arthur (LD 1 yr)

Collyn Dodge (BJJ 3 yrs)

Dominc Tejera (BJJ 1 yr)

Quotes of the Week: This December we will talk about not settling and the concept of black belt excellence.

GMA Wishes a Happy Birthday to:

Elijah Roberson 12/02

Kyler Chylaszek 12/12

Carl Underwood 12/26

Austin Brummett 12/03

Frankie Williams 12/14

Mrs. Yoshida 12/26

Richie Long 12/07

Noel Dickinson 12/15

Trinity Britton 12/27

Joshua Roberson 12/08

Thomas Huff 12/15

Blade Perry 12/28

Mike Miller 12/10

Christian Marion 12/18

Collyn Dodge 12/12

Don Roach 12/23

Please Plan ahead for Xmas Items

If you have any last minute Christmas shopping to do (don't we all) or need that stocking stuffer or whatever, just a reminder to please plan ahead. Many of our suppliers go out of stock of seasonal items and we want to make sure we minimize the delays in getting any special orders to you! *The last day to order Xmas items to ensure shipping (assuming availability) is Dec. 14th. Keep in mind, some things are already backed ordered past the holidays.*

Give another person the chance to “be more” this Christmas

Don't forget that you can get a gift certificate for a uniform and month of classes –100.00 value, for only a 25.00 cost to you (BJJ uniforms more). If you know anyone who has ever “thought about” doing martial arts, or if there is someone you know who “this would be good for”, this is your chance to get them off the fence and really reaping the benefits of training.

NEW YEARS PARTY/SLEEPOVER

ATTENTION PARENTS: GMA WILL BE HOSTING IT'S FIRST NEW YEAR'S EVE OVERNIGHTER ON DEC. 31ST, letting you have the night free!. THIS IS A FUNDRAISING EVENT TO BENEFIT THOSE WHO ARE GOING TO KOREA OVER SPRING BREAK. We need to have at least 20 participants signed up by Dec 27th. Please sign up at the front desk. Drop off time begins at 8:00 pm. Pick up is 8:00 am. Cost is 25.00 with multiple kid discounts. We are even taking Lil dragons ages! Make sure you bring sleeping bags/pillows, etc.

Parent Committee news:

- Please sign up for the Xmas party—also please consider helping set up at the fairgrounds during the day, starting at 10:00 am.

Congrats to

- Our newest black belts: Miss Annabelle Cleary and Mr. William Wells.
- Some BJJ guys attended the EGO tournament: Brandon Mason took 3 silver medals, Dominic Tejera had one first place finish and one second place finish, and Clay Thacker won both of his divisions.



Class Cancellations for Holidays, class adjustments, and general policies

- No class on Thurs Dec 15th on account of the Christmas party...see you there.
- Holiday class cancellations: No class on Friday Dec 23 through Mon Dec 26th on account of Xmas. Classes resume Tues, December 27. (Evening classes in addition to the camps.
- Also a reminder of our general policy regarding bad weather. *We try* to follow the lead of local schools—if they cancel school that day, cancel evening events or let out early, so do we. If on morning delay, we will meet as normal (tai chi in the morning will follow the 2 hr delay). This applies to universal problems such as snow and ice, not things like flooding or other issues that may be more regionalized. The only exception to this may occur when the school cancels in advance of a huge storm and the forecast is *clearly* incorrect, or when crews have all day to work on the roads. When in doubt, simply call, check the website, check your email for announcements, listen to WCBK, etc.

Achieving Balance at GMA

Yes, Tai chi has been proven to improve balance in the elderly, and we have testimonials to that effect, and our lil dragons can do a lot of kicks without setting their foot down, but that is not what we are talking about now. At our most recent tournament last month, our students garnered 20 forms trophies and 21 sparring trophies. At the same tournament last year, we had an even split of 17 trophies each. I am not sure how you can get more balanced than that. There are many facets of the martial arts and many facets within each martial art. We have always felt it was important that we had well rounded students. Some schools produce great sparring students, but they can't do a form to save their life. Others schools have pretty forms, but can't spar partners or have real power. As evidenced by our numbers, I am very proud that our students have managed to find the balance and be pretty good at both forms and sparring.

Upon further reflection, I am pleased at how GMA has grown into a well-balanced school in general. We have a variety of programs that fit the needs/objectives of a lot of different people, allowing us to reach a greater portion of the population and change more lives through the benefits of martial arts training. We have tai chi classes for those who need relaxation, those who need to work on balance or restorative practice, or just want to find quiet and calm movement. On the other end, we have BJJ classes that appeal to the MMA crowd (although not exclusively). BJJ camps and TKD sparring classes are great conditioning and certainly more impact. Our FAST classes offer reality based training, and we have recently been working with a lot of women's groups dealing with survivors of domestic violence, stalking, etc. We have helped law enforcement and FBI agents be more safe through Hapkido classes. From lil dragons to tai chi, we have all ages; we have ages 6-65 in TKD alone! Even within each art, we have good balance. Our TKD is not just a sport, but taught traditionally as a martial art including forms and breaking. Similarly, our BJJ program is with one of the greatest submission grapplers in history, but we still talk about the self-defense considerations. Even our tai chi lineage is from great martial artists who can really fight. In typical yin-yang philosophy, being too fixated on just one aspect of the art is not good balance.

Each one of our students is unique and has their own reasons for training, and we have experiences to match just about each one of their goals and interests. While we absolutely believe that the beauty and power of the martial arts is that they can help in so many different ways, it is also not always accurate to say that one program, taught with one particular emphasis, is a magic bullet for all needs or goals. If you think someone in our TKD class is as prepared for an assault as one of our FAST veterans, then I beg to differ. But I am proud that our students with multiple goals can do multiple disciplines to most effectively meet each one, without having to go someplace else. Worse yet, there are a lot of martial arts schools that think that there is a cookie cutter, one size fits all answer. I have seen tai chi instructors lead self defense courses as we would a FAST course, or MMA fight clubs talk as if they help build youth the same way our traditional martial arts program does. Of course, it helps business if you can promise everything to everybody. Here at GMA, we really are sincere when we promise a lot of people a lot of different things if they give the martial arts a chance, cause we have that balance in our training and in our programs. I am very proud of all of our extremely well rounded students that we have...and they can even stand on one leg really well! ---BLS



To the tune of “*Let it Snow*”

The children at home are frightful; a little discipline would be delightful,
So, since we’ve no place to go, Tae Kwon Do, Tae Kwon Do, Tae Kwon Do.

It’s a really good time for sparring, breaking boards and learning guarding,
Gentry is the place to go, Tae Kwon Do, Tae Kwon Do, Tae Kwon Do.

When they finally kick all night, it may seem they’ve perfected their form,
But if round-house and side- kick aren’t right, push-ups and push-ups galooooooooore!

The students are really trying, but Master Sieg is still implying,
“No matter where your pants might go, stay in joon- bee until you hear the word “sho”.”
-Written by KSH