



GMA News Feb 12

Upcoming events:

Feb 4th	Demo Team 9:00-10:30
Feb 4 th	TKD black belt class 10:30-12:00
Feb 4 th	Stickfighting 1:00-3:30
Feb 10 th	Parents committee meeting 5:30
Feb 11 th	Lil dragon testing (beg 9:00-10:30, inter/adv 10:30-12:00)
Feb 11 th	Black belt prep class 1:00-2:30
Feb 11 th	GMA Red Carpet Night—Movie Premier and buddy night, 6:30 (but get there early)
Feb 12 th	Tai chi push hands workshop at IU 12:00-2:00
Feb 19 th	Tai chi push hands workshop at IU 12:00-2:00
Feb 25 th	Andre Galvao seminar 12:00-3:00
March 3 rd	Demo Team 9:00-10:30
March 3 rd	IU TKD tournament (DPU and invite only)
March 10 th	FAST basics 9:00-12:30
March 10 th	Demo team 1:30-3:00
March 10	Black belt prep 3:00-4:00

Upcoming dates

April 14-15 th	TTCA black belt testing and TTCA tournament, Louisville KY
April 14 th	USHF Seminar—College of DuPage
April 28 th	FAST extrav
May 12 th	TTCA black belt ceremony

***Sat morning sparring sessions with Jennifer Hackney may also start back up, but dates are still being worked out. Listen in class for updates.

Red Carpet Movie Premier Night

Forget all the celebrity sightings during the super bowl. The real A-list is when we have the GMA movie stars come out the next week Feb 11th at 6:30 (camp participants be there no later than 6:00). We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier! Show up a bit early if you want to catch a glimpse of stars arriving. Watch the movie and enjoy popcorn. We will also be showing clips from Mr. Yoshida’s movies and another full length feature –Kung Fu Panda II—although it wont be as entertaining as our blockbuster release. Families and friends are welcome. Students are encouraged to bring buddies. Please arrive early to help with the Hollywood atmosphere. Parents committee will be decorating in the afternoon prior and would welcome help.

Be Ready to Get your rooms reserved for TTCA tournament!

The hotel arrangements for the tournament should be arranged shortly. Be sure to sign up early before they sell out and be sure to get the group discount rate. Look for info to be posted soon!

Valentine Passes Coming Soon

Don’t forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

Quotes of the Week

Now that we have our goals, it is time to discuss sustained effort and not getting sidetracked.

GMA Wishes a Happy Birthday to:

Eden McFarland (2-3)

Finnegan Vandewalle (2-10)

Adrian Bambery (2-14)

Reese Elliot (2-5)

Jayden Brooks (2-14)

Sammy Petraits (2-21)

Nico Inman (2-7)

Keegan Spires (2-14)



Don't forget GMA website/facebook.

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and or facebook group, and sign up for email announcements online.

Training Anniversaries

Collyn Dodge (TKD 9 yrs)	Jesse Chouinard (TKD 4 yrs)	Kaitlyn Nolan (TKD 3 yrs)
Aiden Bambery (LD, TKD 3 yrs)	Zach Dyer (LD, TKD 3 yrs)	Anthony Tejera (LD, TKD 3 yrs)
Jake Waltz (BJJ 3 yrs)	Noel Dickinson (LD, TKD 2yrs)	Frankie Williams (TCC 6yrs)
Cathy Petraits (TCC 2 yrs)	Josh Roberson (LD 1 yr)	Clay Thacker (BJJ 1 yr)
Jaden Zweck (LD 3 yrs)	Miki White (TKD 9 yrs)	

This Month in Martial Arts History (selected from "Dates with Destiny" in *Martial Arts Success* by John Corcoran.

Feb 1882 Jigoro Kano opens the Kodokan and becomes the founder of Judo.

Feb 2, 1965 Brandon Lee's (son of Bruce Lee) birthday

Feb 12 1968 Jean Jacques Machado (BJJ pioneer) birthday

Feb 22 1972 Kung Fu debuts on TV and starts a craze.

Feb 26 1988 Bloodsport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.

A Place for a Martial Arts Education:

Recently, one of our students who walks to GMA after school had to carry her dobok and belt with her to East Middle. Walking in the door, she was stopped by a teacher who chastised her for bringing it to school with her. According to this teacher, the martial arts uniform teaches and promotes violence and had no business in a school. Now, I know one of our students also at East can carry her replica rifle for color guard, and that is ok, but apparently this piece of clothing is too offensive. Obviously, I am of a different opinion. Not that I typically need much motivation, but the incident has gotten me to take an inventory of just what people who wear our uniform have learned recently, and I thought I would highlight a few.

This year our students have raised money for a drinking well in Africa, where we introduced our students to other teenagers who are leading the charge in this campaign, with the message that you are never too young to change the world. Our black belts of all ages walked barefoot during the fall foliage parade in order to be more sympathetic for those without shoes, raise awareness among the spectators, and help with the shoe drive for Samaritans feet. All of our students were involved in our annual Random Acts of Kindness campaign to commemorate 9-11. And recently, our leadership team practiced budgeting down to the last penny the amount of gifts they could buy for those we assisted during the Christmas season. Overall, I would stack up our citizenship efforts against anything going on at East. That is why we call our students "Heroes in Training." That is not to mention the quotes of the week and other mat chats. This month our students have been doing our yearly exercise in goal setting, trying to get them in the habit of planning a life rather than living out an existence.

Our students have to write reports on obedience to parents, loyalty and patriotism to the "king", honor to parents, never retreating in battle, and the appropriate level of response. When I was in fourth/fifth grade, I was really into the Young Authors program. Having worked with Haley on her papers, and reading the papers of many of the others, I can tell you that writing composition in general is certainly a skill in which our kids need more practice. Regardless of how they articulate it, I would be willing to bet our students are in the minority when having to reflect on such weighty but important values for the betterment of themselves and society at large.

During college, my Asian studies classes taught me about Korean shamanistic rituals, life in the court of the Tokugawa shogun, and other historical facts. But I promise you my minor in Asian studies failed to approximate the comprehensive and nuanced-almost intuitive-understanding of Asian culture given to me by training traditional Asian



martial arts, taught to me by demanding and uncompromising Asian masters. We try to pass on many of these lessons and “culture”. I can’t even imagine what our spring break trip to Korea will do for those kids’ world view.

The teacher is right in that our program, by its nature, does indeed teach about violence. But I am not sure where else students are supposed to find the means to protect themselves. We also certainly teach about the control and responsibility that comes with the use of force, as well as the ramifications of using it. Our FAST program teaches boundary setting and other skills to deal with bullies, even in the age of zero-tolerance. It doesn’t guarantee success, but it is much better than the largely ineffectual convocations they have a school to “talk about the problem.” I am sure there hasn’t been a student die in a fire at a MSD school since....well, ever. Yet, they still routinely have fire drills. Meanwhile, there have been school shootings and other “lock down” incidents. But the school doesn’t practice what to in these cases with the students. Our “tweener” FAST graduates have practiced worst case active shooter scenarios including barricading, cover, escape or rush a reload, and with our recent offering of the HITM class, even how to deal with mass casualties or how to treat yourself for a GSW until help arrives. No where else are our kids learning survival skills to help prepare them for the unthinkable. We train them to be sheepdogs who can stand against the wolves, rather than being docile sheep ready for slaughter.

Of course, it is easy to give lip service to the benefits of the martial arts, not only physical fitness but also mental and character attributes needed to succeed in life, such as focus, discipline, respect, personal responsibility, and an attitude of excellence or “black belt attitude.” But don’t take our word for it, read the binder of testimonials from people we have helped. Below is a recent one from a former student who we are very proud of. He has both academic and athletic scholarships to several universities including the Ivy League. The following is part of one of his college essays:

Though I am not currently studying the Martial Art of Tae Kwon Do, for many of my years growing up it was a very important part of my life. I started taking Tae Kwon Do at the age of 6. Two weeks after my tenth birthday I tested and received my 1st degree black belt. Although the forms came easy to me, I struggled due to my small size in the breaking aspects of the black belt testing. The breaking of two one inch boards at the age of 9 was a huge task taking my size into consideration. I practiced diligently at the task set before me. I refused to ever give up. During the testing, I broke those boards on the first try. Upon which I obtained my black belt and became the youngest black belt in the TTCA.

I continued my studies of Tae Kwon Do and 4 years later at the age of 14 received my 2nd degree black belt. I once again struggled with the breaking of the boards due to my size. I had to break 4 boards with my arm and 4 boards with my foot. I once again practiced and never gave up. At the testing, I broke the boards with my foot, but failed to break the boards with my arm. I had to retest one month later. During the one month waiting period, I broke my right hand in a four wheeler accident. I am left handed and although I had full arm cast on, I was determined to break those boards with my good arm and receive my 2nd degree black belt. The Grandmaster of the TTCA was so impressed with my determination and will that during the test he allowed me to break the boards with my foot instead of my arm and I obtained my 2nd degree black belt. I was always at a size disadvantage, but the study of Tae Kwon Do taught me never to give up, it taught focus and how to find my inner strength. Although I currently do not study Tae Kwon Do, it is, and always will be a part of my life. When I am fearful or afraid of something, I reflect back to my teachings and find my inner strength to accomplish whatever task is set before me.

I am sure to the uninitiated, the image of a less than buff kid slamming into a wall of wood might seem barbaric and violent. Sadly, much of what we do here remains poorly understood. One such teacher who hasn’t bothered to understand what we do is right about one thing....a lot of what we teach is not prevalent in schools these days, but that doesn’t mean it doesn’t belong. --BLS