



GMA Newsletter

March 2012

Upcoming events:

- March 3rd Demo Team 9:00-10:30
March 3rd IU TKD tournament (DPU and invite only)
March 10th FAST basics 9:00-12:30
March 10th Demo team 1:30-3:00
March 10 Black belt prep 3:00-4:00
March 16th TTCA testing 5:30
March 16-17 HKD seminar with Master Holcombe Thomas (Sat. 10:00-3:00 at DPU)
March 23-31 KOREA OR BUST!!!
March 24th Stickfighting 9:00-11:30
April 13-14th TTCA black belt testing and TTCA tournament, Louisville KY
April 14th USHF Seminar—College of DuPage
April 21st Lil dragon testing
April 21st HKD black belt testing
April 28th FAST extrav
May 5th Annual picnic and break a thon
May 12th TTCA black belt ceremony

******Demo Team:** Demo team will have extended practices on Fridays March 2nd and March 9th.

*** **Tournament info:** more in April, but make sure to get your hotel rooms reserved and registration is beginning

A NOTE ABOUT KOREA

Mr. Sieg, Mr. Yoshida, and 9 of our students, including several of our assistant instructors, will be going to Korea the end of March. We are planning on having lots of updates on the GMA facebook page, so follow our adventures. Of course, we hope to bring plenty of experience and knowledge back to share. In the meantime, classes will meet as scheduled. We are blessed to have a mature school with lots of upper ranks and leadership so the school never misses a step.

CONGRATS TO our new lil dragons graduate: Madison Arthur

Training Anniversaries

Trance Behling (TKD 4 yrs)	Annabelle Cleary (TKD 4 yrs)	Mike Dodge (HKD 7 yrs, BJJ 6 yrs)
Ethan Retz (LD, TKD 3 yrs)	Noah Lambert-Adams (HKD 1 yr)	Brailen Morris (LD 1 yr)
Blade Perry (LD 1 yr)	Kaleb Edwards (TKD 1 yr)	

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

- March 10, 1940 Birthday for Chuck Norris
March 11, 1967 Birthday for Renzo Gracie
March 19, 1931 Birthday for Ed Parker, Sr. (famous for Bruce Lee demo and taught Elvis Presley)
March 24, 1950 Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program
March 10, 1921 Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate "on the map"
March 20, 1971 South Korean President Chung-Hi Park declared TKD as Korea's national sport
March 30, 1990 Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
March 31st 1999 The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

Birthdays:

Steven Mann	3-7	Aleah Spires	3-14	Erica Honaker	3-20
Amanda Spires	3-27	Luke Gamble	3-28	Lise Roberson	3-29
Cameron Tucker	3-31				



Quotes of the Week

This month's QOW will be dedicated to the concept of excellence and what we call "Black belt attitude"

Preaching the Martial Arts

"Preach the Gospel at all times. Use words if necessary." Attributed to St. Francis Assisi

Last month I discussed an incident in which one of our students was carrying her dobok into middle school and was chastised for bringing in a symbol of violence and fighting. I spent my time last month listing some of the ways that our program compares to what is happening in the school system. But there is another follow up point to be made here. Sadly, there are many people who still hold that perception of the martial arts. There are many people who could be benefiting from the value of martial arts training, but don't see it as a viable solution to their problems. It is our job—and our students job—to show the rest of the people what a difference in people's lives martial arts can have. And that doesn't happen by handing out guest passes (although we do appreciate it ☺)

As a Christian, I am challenged to live my faith in everyday actions so that people are attracted to what is "different" about me. I know I can be a better witness in that regards. But the martial arts lifestyle needs to be witnessed in the same way. In our very first TKD intro class, we talk about the DO (way of life) in Taekwondo and how we are supposed to take what we do in the dochang out into the world. Saying yes sir in class twice a week doesn't mean much when we don't have any respect at school to teachers and friends. Having focus and discipline in class doesn't mean much when we don't have any follow through with our personal goals in school or work. We should not be like the church goers who are then very non-Christian to the waitress when they go out to eat after service. We should be held to a higher standard.

Now, I certainly fall short many times in both my Christian walk and along my martial arts journey. And I must admit, there have been some kids throughout the years who wear GMA shirts that I wouldn't exactly call poster children for what we are supposed to be (but perhaps these are the ones that need us the most). Sometimes their mistakes are used as examples against us. I would argue that the real question is what things would be like without the influences of martial arts. But the naysayers will do that, and that is what makes our responsibility to demonstrate the martial way even more important. Recently, I had to reprimand our classes about the amount and type of "mock fighting" horseplay that was rampant before and after classes. Had the teacher who was the subject of last month's column come in our building in order to see what we are really about, she would have had her negative impressions of violence and impulsive acts confirmed before she even got around to the floor to see what words I was speaking. I realize that most of the offenders were kids, and more importantly, human, but we have to lead by example if we want those perceptions to change.

I do believe that martial arts trains the mind, and the concept of black belt attitude does indeed create a mindset that makes us different. That it sets us apart. It is sometimes hard to describe, hard to put a finger on it, but people recognize it. Master Fumio Demura uses a great example to illustrate it:

"With most young people, if you ask them to fetch you a cup of coffee, they will immediately ask you for money. When they come back, you will realize they have forgotten the milk. Send them back again, and they will return without a spoon or sugar. When they finally manage to get everything you need, including a napkin, you will still have to ask them for your change. On the other hand, if I ask one my students who has been with me a long time to get me coffee, they go once and come back with everything I need, and I have to ask them how much it cost! This is my Karate, this is what I teach everyday—not just training in karate, but training in life." --from Classical Fighting Arts 2 (15).

I currently have a black belt from another martial arts school in one of my classes at IU. I can tell he has a great instructor, not because he is technically good, but because of the way he carries himself and what he does—and doesn't do—in my class. He gets it, and he preaches it without words. I wish some of the other students in that class would use less words!

If ever there was a group who was supposed to be a standard bearer for what martial arts is about, I believe it should be a school called "Gentry." To borrow the phrase, That is my "karate," this is what I teach everyday....to BE MORE. And in doing so, to stand out enough that others want to "become more" themselves. Then once you have done that, you can use words and tell them about our guest passes ☺ ---BLS