



# GMA News June 12

## ***Break-a-thon Results***

Thank you to everyone who worked very hard to make our break a thon and annual picnic a success. Our final tally was approximately \$2,000 after breaking 250 boards. Also a special thanks to our sponsors lumber companies who donated part of the wood: Bender Lumber, 84 lumber, and Black Lumber in Greencastle. Please relay your appreciation to them.

***Congrats to our new black belts in Hapkido***—Mr. Jordan Mascoe and Miss Kaitrin Higbee. Both also received GMA's highest honor—the gentry-man certificate, for their career at DPU.

## ***SUMMER ATTENDANCE REWARD and Referral Program***

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months. We also have a special summer referral program. See the handout in class for details.

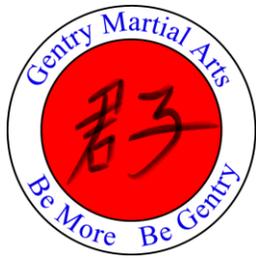
## ***SCHEDULE ADJUSTMENT FOR TKD CLASSES:***

Starting on June 18<sup>th</sup> we will be making some slight adjustments in regards to which ranks come at which times to TKD classes. Yellow and Green belts will have a joint class from 5:15-6:00. Purple and Brown belts will have a joint class from 6:00-6:45. Black belts will have their own class at their regular time, (but we have other plans for black belts). Primarily, this will help evenly balance class sizes as they are currently comprised. It also will keep some families together longer, thus being easier on the schedule. Students will be fairly evenly matched in each class for sparring, etc.

## ***Upcoming Events***

June 2 <sup>nd</sup>	Demo team practice 9:00-10:30
June 2 <sup>nd</sup>	Leadership Team 10:30-12:00
June 2 <sup>nd</sup>	School's out Dodgepad tournament 1:00-3:00
June 9 <sup>th</sup>	TTCA Summer Camp
June 9 <sup>th</sup>	Hoosier Open BJJ tournament
June 16 <sup>th</sup>	Lil dragons (beg 9:00-10:30, int/adv 10:30-12:00)
June 16 <sup>th</sup>	Black belt prep class 1:00-3:00 pm.
June 19-21	NEW—Broadsword Camp 9:00-3:00
June 19 <sup>th</sup>	NEW TKD schedule takes effect
June 18-22	Fathers—come. join us in class
June 22	Parent's Committee meeting 5:30
June 23 <sup>rd</sup>	FAST Adult class in Lexington KY
June 26-28 <sup>th</sup>	Lil Dragon Daycamp 9:00-1:00 pm
June 29 <sup>th</sup>	TTCA testing 5:30
June 30 <sup>th</sup>	Falling to prevent injury seminar for non students 9:00-10:30
June 30 <sup>th</sup>	Black belt prep class 10:30-12:00
June 30 <sup>th</sup>	Stickfighting 1:00-3:30
July 6-8	Tai Chi seminar with Master Chen, Bloomington
July 9-13	TKD daycamp
July 16-20	HKD daycamp
July 21 <sup>st</sup>	World Champion Mendes brothers BJJ seminar
Aug 6-10	TKD daycamp

***Falling to prevent injury seminar***



It sounds strange to say, but as martial arts instructors we are experts at falling down. This is the most under-rated skill in the martial arts, in that we can prevent injury to ourselves more often than we will likely to have to protect ourselves from attackers. Recently, we did a company “safety day” where we taught employees how to prevent injury. We realized we haven’t done anything like this for our students and their families. This seminar is not for our HKD students...if it is for our non HKD students and NON STUDENT FAMILY members who just want a little extra peace of mind. If this course keeps someone from having an ER visit, it is definitely a good investment in time and money! Please help spread the word to anyone whom you think could benefit.

### ***Fathers’ day invitation***

After inviting the mothers to join the kids in class for mother’s day, we would be in trouble if we didn’t offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Fathers day—June 18-22.

### ***Training Anniversary***

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (TKD 9 yrs, BJJ 3 yrs)	Gabe Wilson (TKD 9 yrs, BJJ 3 yrs)	Rebekah Wiley (TKD 6 yrs)
Zac Speer (TKD 4 yrs)	Kelsey Wagoner (BJJ 3 yrs)	Morgan Williams (HKD 2 yrs)
Eden McFarland (TKD 1 yr)		

### ***Happy Birthday to these students***

Ben Rahman 6-2	Alex Hermann 6-9	Larissa Poorman 6-12
Aiden Hanson 6-13	Adam Satter 6-14	Madison Arthur 6-16
Logan Brinegar 6-19	Morgan Williams 6-19	Dominick Spires 6-19
Jia Jones 6-21	Katherine Satter 6-27	

***Quotes of the week*** It is time to once again review the focus points.

### ***Please keep us posted***

***A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don’t worry if we miss you in classes. Thanks.***

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

June 15, 1917	Birthday of American jiu-jitsu pioneer Wally Jay
June 1961	Black belt magazine is founded
June 1978	“Good Guys Wear Black” first features Chuck Norris as the star
June 22, 1984	Karate Kid debuts—forever changing the perception and demographics of martial arts in America
	Karate II and III are released in June 1986 and 1989 respectively. As well as the remake in 2010.

Other June movie releases include *Mulan* (1998) and *Kung Fu Panda* (2008).

### **Students Aren’t the Only Ones Who Sacrifice in the Martial Arts.**

At this time of the year, we are in the middle of Mother’s Day, Father’s Day, and Memorial Day. There is certainly a common theme for all three, and that is sacrifice. Of course, Memorial Day should make us reflect and remember those who paid one of the noblest sacrifices. But we also mustn’t forget the families of those servicemen, who share such a burden and heavy price. Not as costly, Mothers Day and Fathers Day reminds us that parents sacrifice in many aspects for the sake of their children. While I don’t mean to say our GMA parents are on par with military families in terms of what they sacrifice (although we do have several who are both), I do want to take a moment to show our appreciation for all they do for our students.



As someone who started martial arts when I was ten, my parents made the 25 minute drive to class 2-3 times a week for the next six years. That is not counting driving across the Midwest for tournaments—from Harrisburg , PA to Omaha NE. I can't say that I fully appreciated it at the time, but I certainly can appreciate the effort now. I am sure my parents were quite happy when I turned 16 for that very reason. Of course there was the financial sacrifice. As my kids have grown and gotten into their own activities (including their own martial arts expenses), I have become more keen aware of this element. But to me, the time and energy that parents put into the activity goes far more underappreciated.

My parents had no idea about martial arts. Every time I see my 90 year old grandmother, she still asks “do you still do that Karate stuff?” Then she proceeds to tell the story about the first time she came to one of my classes, which includes the phrase “and I thought, ‘What in tarnation is going on here.’” Ok, pretty sure she always says “what in the world,” but tarnation just sounds better in my head. My point is that unlike my children, who don't have a lot of choice about receiving the benefits of martial arts education, I never had to be dragged to class. I bugged my parents to live there. We certainly have a few parents who share that problem.

But we also have plenty of parents who do have to help push their kids to stick with it, and I appreciate their efforts and shared belief in the value of what we do. I appreciate the parent who realizes their child needs a little more discipline, or confidence, or focus, or fitness, etc, and then takes steps to help. I appreciate the parent who won't let their kid quit just because the higher ranks are getting harder and takes work, rather than letting their child dodge another challenge in life. I appreciate the parents who know the forms and knowledge as much as their kids. The parents who appreciate that their kids can actually have setbacks, like failing a test, but it isn't personal and they will “learn to earn” it here. The parents who read this newsletter!

Sometimes I have a parent say, “I can't make them do something they don't want to do.” (A lot of times, these are the kids who need it the most!). I sometimes respond by pointing out I never have seen a kid want to go to the dentist but you make them go there.

We have had plenty of success stories (read our 30 page testimonial binder sometime), but they often don't happen overnight. It takes sustained effort from our students and their parents. Both our students, and sometimes our parents have to have faith in the process. As one of my TCC teachers says, “hear me now, believe me later.” But I hope our mothers and fathers hear me now when I say thank you for entrusting your child with us, believing in what we do, and all that you sacrifice so they can do it. ---BLS