



# Sept 12 NEWS

## Upcoming events:

\*\*\*\* Yes, We have class on Labor DAY \*\*\*\*

Sept 2 <sup>nd</sup>	Mendes Brothers rescheduled date 12:00-3:00
Sept 3 <sup>rd</sup>	Paragon Labor Day Parade 10:30 a.m. (See details below)
Sept 7 <sup>th</sup>	Parents committee meeting (See details below) 5:30
Sept 8 <sup>th</sup>	Demo Team 9:00-11:00
Sept 8 <sup>th</sup>	GMA Open house and fun day 11:00-2:00
Sept 12 <sup>th</sup>	RAK's begin in remembrance of 9/11
Sept 15 <sup>th</sup>	FAST adult basics 9:00-12:30
Sept 15 <sup>th</sup>	BJJ blue belt pretest and purple belt prep 1:00-?
Sept 22 <sup>nd</sup>	Demo Team 9:00-10:30
Sept 22 <sup>nd</sup>	TKD black belt prep 10:30-12:00
Sept 22 <sup>nd</sup>	Stickfighting 1:00-3:30
Sept 22 <sup>nd</sup>	Parents committee dance/overnighter
Sept 28 <sup>th</sup>	HKD testing 7:00
Sept 29 <sup>th</sup>	Lil Dragons Testing beginning 9:00-10:30, int/adv 10:30-12:00
Sept 29 <sup>th</sup>	Demo Team 1:00-2:30
Oct 11-14 <sup>th</sup>	Fall foliage demo and parade
Oct 13 <sup>th</sup>	USHF seminar at b-ton
Oct 20 <sup>th</sup>	TTCA tournament and black belt testing
Oct 27 <sup>th</sup>	Andre Galvao BJJ seminar
Nov 10 <sup>th</sup>	TTCA Black belt ceremony, Louisville
Nov 11 <sup>th</sup>	Master Chen Tai Chi workshop

## Paragon Parade

We appreciate everyone's support in marching the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

## Parents Committee and Fun Day

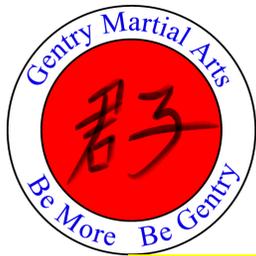
We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number of things we can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

Parents committee will also be holding a contest as a fundraiser. Mr. Miller and Mr. Sieg are willing to subject themselves to various levels of humiliation or discomfort, depending on the amount of money raised. Again, the money goes back to activities like the fun day.

Lastly, there will be a dance/ (NON) sleepover on Sept 22<sup>nd</sup>. Dance is 8:00 p.m.-12:00 a.m., cost is \$5.00 and includes drink/popcorn. Overnighter is 8:00 p.m.-8:00 a.m., cost is \$20.00 and includes late night pizza as well as popcorn and drink.

## GMA Wishes a Happy Birthday to:

Beth Pilat	9-1	Kylie Yoshida	9-1	Luke Wilson	9-2
Brailen Morries	9-2				
Noah Jackson	9-3	Reece Satter	9-4	Carson Hebert	9-3
Reece Satter	9-4	Mr. Tim Sledd	9-6	Daniel Wiggins	9-8
Clay Thacker	9-8	Shawn Burkes	9-9	Annabelle Bambery	9- 9
Corey Christman	9-11	Trance Behling	9-13	Tylynn Secuskie	9-13
Braxton Johnson	9-16	Eric Adams	9-18	Gavin Sanders	9-21



Jazlin Zweck	9-23	Tyler Lessman	9-25	Gabe Wilson	9-26
Mason Wendling	9-28	Noah Sebastian	9-28	Bryan Neal	9-28
Donovan Sieg	9-30				

**Training Anniversaries**--Special congrats for everyone who is celebrating a year or multiple years of training.

Noah Lambert-Adams (TKD, 9 yrs)	Jake Waltz (TKD 8 yrs)	Ryan Jerome (TKD 8 yrs)
Rob Snyder (TKD, HKD 7 yrs)	Joshua Britt (BJJ 6 yrs)	Amy Law (HKD 6 yrs)
Bryan Neal (BJJ 5 yrs)	Christian Marion (TKD 4 yrs)	Silas McFarland (LD, TKD 4 yrs)
Megan Gens (TKD 4 yrs)	Isaac McFarland (TKD 4 yrs)	Trance Behling (BJJ 2 yrs)
Carter Ewert (LD 1 yr)	Tina Huff (LD I yr)	Michael Miller (BJJ 1 yr)
Gavin Sanders (TKD 1 yr)		

**Quotes of the week/ Mat Chat**

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President’s call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

**GMA on BEING\***

While checking out at a large chain drug store the other day, the clerk finished the transaction and sent me on my way by telling me to BE WELL. I have to admit, it stopped me in my tracks for a brief second as I thought... “Hey, he just stole my line.” Actually, it isn’t the first time we have shared the phrase of “being”.

Last month, to commemorate our 15 year anniversary, I reminisced a bit about the formative years. One part I left out was how we came up with our motto of Be More, Be Gentry. As I discussed, the term Gentry was an epiphany that I was set on as soon as I heard Gentry used as an English term that could approximate the warrior-sage concept I was wanting to convey. Similarly, our motto was a flash of inspiration; only it wasn’t mine. In the early years, at our first building on the square (the one with the nails), a few of my most dedicated students from DePauw also served as program directors. I believe the very first was Tracy Charlton (now Townsend), who was GMA’s third TKD black belt. I have many fond stories of Tracy, but the relevant one is that Tracy is a very good writer. I always said middle school students would have to suffer to read her once she was dead. If you think my writing in these newsletters are too formal, you should have seen some of the prose that was Tracy’s attempt at simple press releases. While creating a flyer, it was her idea to tell how martial arts could help people become more, and in doing so, help them become more Gentry. When she uttered the phrase “Be More, Be Gentry,” I knew we had what I wanted to convey, and trademarked it shortly thereafter.

I am glad we did protect it, because over the years, several others entities have used the same concept. I remember a PBS campaign that was eerily similar, telling viewers to BE MORE...informed, MORE....inspired, etc. Other products have told us to BE MORE THIS or BE MORE THAT. Of course, it isn’t really telling us to be more regular, or more clean, or whatever, the MORE comes with an implication—a promise of a better quality of life. Well, these products/companies might come up with a comparable slogan, but I don’t think that can compare to GMA in improving quality of life

As we say in our handouts, our various classes can teach you how to better yourselves in a lot of ways. FAST and other arts can teach you to BE MORE SAFE. A lot of our classes help you BE MORE FIT. Tai Chi helps you to BE MORE RELAXED or MORE CALM. TKD and Lil dragons helps our kids in the formative years to BE MORE CONFIDENT, MORE FOCUSED, MORE DISCIPLINED, MORE DETERMINED. With going back to school, we have worked on BEING MORE RESPECTFUL. This month, our Random Acts of Kindness campaign will help us BE MORE KIND and CONSIDERATE. As we progress in the ranks, many of our students learn to BE A LEADER. As a part of the GMA family, students find a place to belong and BE PART OF A TEAM and BE AMONG those who care. While we are improving ourselves, we are able to better impact the world around us. We become MORE of an inspiration, a standard and an example. That is what it means to BE GENTRY. As we work on becoming more ourselves, we are becoming Gentry.



I have to admit, I was worried about doing salutations with Be Well or something similar at our school for fear of sounding cheesy, but it seems genuine and sounded good when said to me at the store. (At one time I ended classes with how we were being more \_\_\_\_\_). Perhaps I will go back to that. Maybe I am biased, but all these attributes that martial arts have given me, *that impact the mind, body, and spirit*, help a person BE WELL a lot more than a pill I can buy at a drugstore. ---BLS

\*to reference my overused joke from FAST class, I don't mean in a metaphysical sense.