



# Oct 12 Newsletter for Gentry Martial Arts

## Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 20th: Ryan Spires, Aleah Spires, Keegan Spires, Dominick Spires, Don Roach, Miss Morgan Williams (2<sup>nd</sup>), Miss Rebekah Wiley (2<sup>nd</sup>), Mr. Collyn Dodge (2<sup>nd</sup>) and Mr. Austin Brummett (2<sup>nd</sup>)

Congrats to our Lil Dragon Graduates Austin Bray, Donovan Sieg & Nicolas Inman

## Upcoming events:

**\*\*\* RAK's are now due\*\*\***

Oct 5 <sup>th</sup>	Parents committee meeting 5:30
Oct 6 <sup>th</sup>	Demo Team 9:00-11:00
Oct 6 <sup>th</sup>	Leadership team 11:00-12:00
Oct 6 <sup>th</sup>	BJJ blue belt pretest 1:00 in Bedford
Oct 10 <sup>th</sup>	MANDATORY DEMO TEAM PRACTICE 7:30
Oct 11 <sup>th</sup>	Fall foliage demo 6:00 pm on the square—some classes cancelled
Oct 13 <sup>th</sup>	USHF seminar at IU 10:00-5:00
Oct 14 <sup>th</sup>	Fall Foliage Parade (see below for details)
Oct 19 <sup>th</sup>	NO TKD classes—all instructors at tournament
Oct 20 <sup>th</sup>	TTCA Tournament and Black belt testing, IU Southeast, New Albany, IN
Oct 26 <sup>th</sup>	TTCA testing 5:30
Oct 27 <sup>th</sup>	GMA Hosts multi World BJJ Champ Andre Galvao: seminar 11:00-2:00
Oct 27 <sup>th</sup>	Halloween Party 7:00-9:00
Nov 10 <sup>th</sup>	TTCA black belt ceremony
Nov 11 <sup>th</sup>	GM William CC Chen Tai Chi seminar.

## Parent committee news/notes

The school Halloween party will be Oct 27<sup>th</sup> from 7:00-9:00 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and Thurs the 25<sup>th</sup> so treat bags can be prepared.

There will be a meeting on Friday Oct 5<sup>th</sup> at 5:30 to help plan for the Halloween party and other agenda items. Don't forget "the contest" ends later this month. Currently Mr. Miller is ahead.

## Halloween Party and Costume Class

Our annual Halloween party will be from 7:00-9:00 on Oct 27th. While we know for a fact that our students can be scary, we encourage our students to dress as heroes or role models or something fun.

TKD and LD students who have class around trick or treat hours can come to class dressed in costume that evening, in order to be on their way.

## Tournament news and notes:

- Remember to wear your Team Gentry/ Hero in Training and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white.
- GMA group photo will be taken at 9:30 at venue of the tournament. This is the photo to be used for the local paper, website, etc. There will likely be a line into the room at that point, so don't be stuck in line while we are doing the photo. Please be in full uniform at that time.

## Class Adjustments/Cancellations

Please make note that we have to juggle the schedule on account of a few events.

Thurs Oct 11<sup>th</sup> Fall foliage demo—NO TKD CLASS except black belt club—support us on the square for the fall foliage demo and enjoy the show..



NO TKD class on Friday Oct 19<sup>th</sup>. All instructors will be at the tournament!

## FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 14<sup>th</sup>. We will be in place at the Martinsville High School parking lot by 12:30. Watch for additional announcements as for unit/division (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 11:00 am.

## GMA Wishes a Happy Birthday to:

Hunter Merida	10-1	Rich Ryon	10-3	John Speer	10-5
Rebekah Wiley	10-6	Zach Dyer	10-9	Nate Wilson	10-10
Mr. Sieg	10-12	Drew Berggren	10-24	Andrew Pilat	10-28

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Shawn Burkes (HKD 10 yrs)	Reece Satter (LD, TKD 4 yrs)	Isaac Merida (TKD 1 yr)
Haley Sieg (TKD, 8 yrs)	Dominick Spires (TKD 3 yrs)	Obed Soto (TKD 10 years)
Isaiah Roach (TKD 6 yrs)	Keegan Spires (TKD 3yrs)	
Nico Inman (LD 1 yr)	Kira Weaver (TKD 8 yrs)	

## Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

## This Month in Martial Arts History

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

Oct 1 1913 (-Jan 29 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932	Birthday Judo Gene Lebell
Oct 18, 1961	Birthday Jean Claude Van Damme
Oct 27, 1936	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957	Arguably the first modern Karate tournament- the All Japan Karate Champ. Is held.
Oct 14, 1972	Kung fu the TV series debuts
Oct 11, 1997	Pride Fighting Championships debuts.
Other martial arts films include The Transporter and Kill Bill.	

## BEING in the Habit of BEING MORE Motivated

*People say motivation doesn't last. Well, neither does bathing. That is why we recommend doing both daily—Zig Ziglar*

We look forward to this back to school period as the busiest time for enrolling new students. Some of our beginning classes get so full we contemplate actually closing the class. We rarely have to go through with it though. Why? Because sadly, like the fitness gyms after New Years, give it a couple of weeks and half of them will be gone. They



leave for various reasons; I suspect a lot leave because they realize that what we teach is actually work. They like the idea of doing martial arts but don't want to put in the time, do the work, or eat the bitter that comes with it. Many of them are well intentioned when they start, and I can only assume they have big aspirations.

In fact I just read a survey that found martial arts was one of the most inspiring activities for kids' ages 6-12 years. I can only presume that our students also had big plans when they started. I never understood the student (and don't believe most students would) say 'I can't wait to do martial arts so I can quit as a yellow belt! I will have accomplished something then.' Now, I have often disclosed that I remember after my first class, I declared I was going to get at least to green belt. That seemed like a manageable goal, and black belt seemed too far away, but it wasn't for lack of interest. . Obviously, somewhere along the way, I reassessed. But for some of our students, their motivation to be a black belt wavers before they know how to tie their white belt.

Now, granted, as martial arts instructors it is our job to teach exciting classes that help motivate and engage our students. But at some point the newness of things will be replaced by the necessary repetition that is the mother of all skill. Motivation gives way to, or is reinforced by, discipline and work ethic. Funny how those two words have rather different connotations. "Motivation" sounds uplifting. "Discipline" gives the since of the drudgery. But in reality, they are closer to synonyms.

Bathing is a habit. It might be motivated by fear of social judgment, but ultimately it is something you just do without much fanfare. Similarly "motivation" isn't about having a pep rally everyday. Motivation is about finding the discipline to do the daily struggles to meet your end goal, sometimes without much fanfare either. The greatest champions did their work at the crack of dawn, out of sight of cheering crowds, and they probably didn't say the grind was particularly inspiring. Yet we consider them the most driven and highly motivated people because of what they accomplished through their persistence and good habits.

As we finish up our yearly random acts of kindness campaign, we have discussed a lot in class about how kindness is also a habit. It takes discipline and work to be more sensitive to the needs of others. It takes practice to become less self-absorbed. I hope our students embraced the concept and had good intentions to be really helpful, but I bet they also realized it wasn't easy to make it a daily practice. At some point, motivation gave way to habit and discipline—I hope.

In martial arts and in RAK's, I think the quote by the martial arts scholar Robert W Smith sums it up—"You can't will the result, but you can will the practice." And the magic is in the practice. But even the best intentions don't amount to much if you don't follow through. You have to be in the habit, to be disciplined enough, to follow through on your motivations. Martial arts, bathing, and life in general indeed share the same basic fact...if you aren't in the habit of the practice, you will stink! ---BLS