



GMA NEWS

November

Upcoming events:

Nov 3 rd	Demo Team 9:00-10:30
Nov 5 th	Black belt stripe testing –in class
Nov 10 th	Leadership team 9:00-10:30
Nov 10 th	Black belt ceremony 1:00 pm
Nov 11 th	Master Chen Tai Chi seminar
Nov 17 th	Holiday SALE—8:00-11:00
Nov 17 th	Dragons Testing (beg 9:00-10:30, int/adv 10:30-12:00)
Nov 21-23	No class—Happy Thanksgiving
Nov 26/27	GMA Picture day
Nov 30 th	TENTATIVE TTCA testing date
Dec 1st	Stickfighting 9:00-12:00
Dec 27 th	Catch-up camp 1:00 – 4:00 pm
Dec 28 th -29 th	Winter Break Movie camp 9:00-3:00
Jan 2 nd	Winter Weapons knife seminar 9:00-3:00

Congrats to some big promotions

- **TKD black belt testing.** Congrats to our newest dan promotions in TKD: Mr. Don Roach, Mr. Ryan Spires, Mr. Dominick Spires, Miss Aleah Spires. Also our new 2nd degrees: Miss Bekah Wiley, Mr. Austin Brummett and Mr. Collyn Dodge.
- Congrats to our recent **BJJ promotions:** Blue belts—Mike Miller, Clay Thacker. Purple—Dan Wiggins and Josh Britt

Holiday Sale set for Nov 17th Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 12th from 8:00 am to 11:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and all the weapons or gear needed for the seminar. Sign up at the front desk.

TKD Catch up camp. Holidays can be tough to stay on task with all the programs, family things, travel, etc. For students who have gotten a little behind on classes and material, or for those who simply need a little sharpening, we are offering a catch up camp...three hours dedicated to specific belt material and will count as additional classes. We have made this super cheap for people be able to catch up easily!

Winter Weapons camp, Jan 2nd. This year we will supplement the kali program with a day dedicated to many things knife. We are not encouraging knife fighting per se, but will give our students an appreciation of the dangers, complications the weapon entails while developing attributes and familiarity with the weapon. It makes us more coordinated and give us better reaction time. A unique experience that we have only done in this camp.

Our third movie/stunt camp. The next major release by Yoshi-tech productions is set to start filming Dec 28th and 29th. Because of the popularity of the camp, this is a two day event. As before, we will have a movie premier night in 2013 to showcase our stars. Movie martial arts and stage combat is quite different. Learn how they make it look real. Also great for the demo team.



Holiday Class Cancellations:

No classes on Wed, Nov 21st, Thanksgiving (22nd) or Friday Nov 23rd. Classes will resume as normal the following Monday. Have a happy Bird-day!

GMA ANNOUNCES PICTURE DAY(s).

Some of our black belts were white belts the last time we had a picture day at the school. We will be doing pictures the last week of Nov. during your regularly scheduled classes. Mon Nov 26 and Tues Nov 27th, there will be a group photo at the beginning of each regularly scheduled class. Individual and family/friend shots will then be taken throughout classes that evening. Make ups for individual shots will be Wed/Thurs (no group photos those days). The photographer (Miss White) will distribute CD's in order to get copies made in time for the holidays. More information will appear later in the month.

GMA Wishes a Happy Birthday to:

Sarek Weaver 11-2

Ryley Kennedy 11-24

Logan Jones 11-9

Wesley Yoshida 11-24

Jonathan Hawthorne 11-20

Training Anniversaries

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

Austin Brummett (TKD 8 yrs)

Branden Mason (BJJ 3 yrs)

Aleah Spires (TKD 3 yrs)

Tylynn Secuskie (LD 1 yr)

Morgan Williams (TKD 5 yrs)

Jayden Brooks (TKD 3 yrs)

Kalie Matherly (TKD 1 yr)

Marshall Leitz (BJJ 4 yrs)

Luke Gamble (LD 3yrs)

Hunter Merida (TKD 1 yr)

Quotes of the Week

We will be talking about having a black belt attitude of excellence and going the extra mile.

Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved....Perhaps someone else in your family is ready to try it out?

Mike Dodge (HKD, BJJ), Collyn Dodge (TKD, BJJ)

Noah and Gabe Wilson (TKD, BJJ), Nate and Luke Wilson (TKD)

Morgan Williams (TKD, HKD, BJJ) and Frankie Williams (TCC)

Sammy Petraits (TKD) and Cathy Petraits (TCC)

Don and Isaiah Roach (TKD)

Elijah (TKD), Josh, (TKD) and Lise Roberson (HKD)

Aleah, Dominic, Keegan, Amanda and Ryan Spires (TKD)

Isaac, Silas, and Eden McFarland (TKD)

Torrey Hansen (HKD) and Torrey Hansen (LD)

Reece, Adam and Katerine Satter (TKD)

Jeff, Thomas, and Tina Huff, Kalie Matherly, (TKD)

Sarek and Kira Weaver (TKD) and Riker (LD)

Brad and Michael Trietsch (BJJ)

Drew and Ryan (TKD) and Beth Pilat (TCC)

Mr. and Mrs. Yoshida, Kylie(TKD) and Wesley (LD)

Mr. Sieg and Haley (TKD) and Donovan (TKD)



Special Thanks for Fall Foliage and beyond.

Thanks to all the demo team and parade marchers for making a great fall foliage.

Special thanks to all who helped with the parade and all the parents who helped on the float, in the booth, etc..

Special thanks to all the parents committee and all the parents who helped organize, decorate, or worked the school Halloween party!

Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.

Tournament notes

Altogether our team of 30 competitors brought home 38 trophies—19 forms and 19 sparring (good balance). Special congrats to Miki White, Obed Soto, and Mr. Yoshida—who collective meant that GMA comprised ¾ of the grand champion fight off—including the tournament's Grand Champion—Mr. Yoshida. Some divisions were quite full, some were light, but we are proud of everyone's performance. Congrats to those who placed (we apologize for any mistakes or omissions, please let us know if there are any so we can correct our records).

Collyn Dodge		3 rd sparring	Kylie Yoshida		4 th sparring
Cathy Petraits	2 nd forms		Ryan Spires	2 nd forms	
Keegan Spires	1 st forms	3 rd sparring	Dominick Spires		2 nd sparring
Ryan Jerome	1 st forms	2 nd sparring	Megan Gens		4 th sparring
Jeff Huff		1 st sparring	Thomas Huff		2 nd sparring
Kalie Matherly	1 st forms	1 st sparring	Kyler Chylaszek	3 rd forms	3 rd sparring
Austin Brummett	4 th forms	4 th sparring	Morgan Williams	1 st forms	2 nd sparring
Jonathan Hawthorne	3 rd forms		Nathan Hawthorne	4 th forms	
Gabe Wilson	2 nd forms	3 rd sparring	Noah Wilson	1 st forms	
Luke Wilson	4 th forms		Nate Wilson	2 nd forms	1 st sparring
Don Roach	1 st forms	1 st sparring	Rebekah Wiley	3 rd forms	2 nd sparring
Obed Soto		1 st sparring	Miki White	1 st forms	1 st sparring
Crystal Lau		4 th forms	Mr. Yoshida	3 rd forms	1 st sparring

Grand Champion in sparring—Mr. Yoshida

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

Birthdays:

Nov 9 1978 Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10 1868-April 26 1957 Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20 1973 Bruce Lee

Movie releases include: *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.