



GMA Newsletter

March 2013

Welcome to our lil' est Ninja—Macie Drew Cecelia Miller—born Feb 14th. According to Mr. Miller, she has good toes for martial arts. And congrats to her parents.

Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on March 15th: Jayden Brooks, Elijah Roberson, and Megan Gens.

Upcoming events:

March 2 nd	BJJ world champion Andre Galvao seminar 1:00-4:00
March 8 th	TTCA testing 5:30
March 9 th	Demo team 9:00-10:30
March 9 th	Black belt prep 10:30-12:00
March 9 th	Stickfighting 1:00-4:00
March 14 th	NO BBC, Demo team practice 7:45-8:30 ish
March 15 th	TTCA black belt testing NO TKD CLASS at GMA
March 16 th	TTCA tournament—Central City KY
March 23/24 th	Dr. Yang Jwing Ming seminar—Greenwood
March 30 th	Lil dragons testing—beg 9:00-10:30, int/adv 10:30-12:00
April 5 th	Tentative date for black belt stripe testing 6:30 pm
April 6 th	USHF Sping seminar—hosted by GMA—9:00-5:00
April 26-28	Best selling self defense author and instructor Rory Miller at GMA and DPU

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 schedule adjustments:

There will be no TKD class on Friday, March 15th. All instructors will be at the tournament.
There will be no BBC on Thurs. March 14th, demo team practice instead.

Birthdays:

Trey Perry	3-9	Mike Trietsch	3-10	Malachi Sahli	3-10
Aleah Spires	3-14	Jordan Nus	3-17	Amanda Spires	3-27
Luke Gamble	3-28	Lise Roberson	3-29		

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 31 st 1999	The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!



Training Anniversaries

Annabelle Cleary (TKD 4 yrs)
Charley Gillaspay (TKD 1 yr)

Mike Dodge (HKD 8 yrs, BJJ 7 yrs)
Carson Hebert (LD 1 yr)

Noah Lambert-Adams (HKD 2 yrs)

Quotes of the Week

This month's QOW will be dedicated to the concept sportsmanship martial arts style as we focus on the upcoming tournaments

GMA and Life is a Series of White Belts

Last month I mentioned how excited I was to bring to GMA a new martial art—and a new perspective about the world—in the form of a Capoeira seminar. And I must say, Professor Rafael's class was awesome and I can't wait to do it again. It was the most fun I have had at a seminar in a long time. It was definitely challenging—especially after the leg conditioning in BJJ the night before, but what made it more enjoyable was the fact that it was something completely new. I was completely out of my element, a total white belt. And so were all the rest of our black belts. But the newness made it exciting and stimulating. We laughed at our mistakes and failures and got pumped about even the smallest of successes in this new art, even though many of the students have achieved a lot in other martial arts. As I reflected on the seminar, I am proud that our students had that attitude. Perhaps it is because we already do a variety of martial arts, but a lot of places and people would not have the same reaction.

I can still remember the first time a black belt in another TKD style came into our school. As the 17 year old black belt stood proudly with his arms crossed and his chest puffed out, the mom explained they had just moved here, and his son wanted to find a new place, so he could start TEACHING. I could tell right away he wasn't going to be receptive to relearning our style of TKD (although we had several other students with the right attitude who have done so), so I suggested he try out Hapkido instead. It was close to TKD in some ways, but would be different and a new challenge. The mom asked, "He will still get to wear his black belt though?"

"Uh...no."

"Well why not?"

"Because, he doesn't have a black belt in Hapkido, he has a black belt in TKD. Why would he wear his black belt in TKD to a Hapkido class? All of our instructors put on a white belt when we started HKD." We never saw the kid again. His ego wouldn't allow him to start over, even in another martial art.

I believe there is plenty in a single martial art to keep everyone humble, let alone multiple disciplines. Our GMA instructors and students have never had a problem putting on a white belt to learn something different, and do so on a regular basis. One of my martial arts heroes, Dan Inosanto, has done it something like 30 times.

It should be no surprise that I find this lesson in the martial arts to be important to success in life in general. Life is a series of white belts. Some people, once they get comfortable with something, either have too much ego or are too scared to relearn or restart an aspect of their life. Even when the world changes, they refuse to, but can't handle the change either. But that is not the martial way. I am glad our students were willing to smile and enjoy being white belts, even though they had status in another art. They were willing to learn above all else. These are the types of people who have the confidence to start over in other aspects in their lives. To learn new things. To start new goals when the old ones are achieved or become obsolete. They will not be afraid to learn a new language or new software program to take their careers to another level, while others who aren't willing to start over complain that opportunities pass them by. They will have the confidence to succeed again even when life sets them back at white belt level—like the increasingly common career change. People who don't mind putting on a white belt again have the courage to start over and learn another field—perhaps a more gratifying one. And that martial arts confidence will help our students laugh at themselves along the way. I know I was making plenty of people laugh while trying my headstand--BLS