



# May 2013 GMA Newsletter

## Upcoming events:

May 3 <sup>rd</sup>	TTCA Testing 5:30
May 4 <sup>th</sup>	Leadership team 9:00-10:30
May 4 <sup>th</sup>	Black belt prep class 10:30-12:00
May 10 <sup>th</sup>	Parents committee meeting 5:30
May 11 <sup>th</sup>	Black belt morning class—at park—9:00-10:30
May 11 <sup>th</sup>	Annual school picnic and break a thon 11:30-3:30
May 13	Mothers join us for classes
May 18 <sup>th</sup>	HKD black belt retest and ceremony 9:00-11:00
May 18 <sup>th</sup>	Demo Team 11:00-12:30
May 18 <sup>th</sup>	Stickfighting 1:00-3:30
May 26 <sup>th</sup>	Tentative Spring clean day at the school—help is welcome 9:30 am
May 28 <sup>th</sup>	No class- Have a great Memorial Day
May 31 <sup>st</sup>	Lil Dragon testing 5:00 pm (no TKD or HKD classes)
June 1 <sup>st</sup>	TTCA “summer camp”—Louisville 10:00-6:00
June 1 <sup>st</sup>	Hoosier Open BJJ tournament
June 10-14	HKD Day camp 9:00-3:30\
June 21-23	Tai chi seminar—Master Chen in B-ton
July 8-12	TKD day camp 9:00-3:30
July 23-25	Lil dragon camp 9:00-1:00
Aug 5-9	TKD day camp 9:00-3:30

## ***Break-a-thon and annual school picnic***

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a picnic and fun and games to follow. This year we will be having it at Pritchard Park (off Blue Bluff Rd). Parents committee will provide the main dish. Please sign up according to belt rank to bring side dishes, desserts, etc. Students DO NOT need to wear doboks to the breakathon (egg toss appropriate clothing strongly encouraged).

## ***Mothers day invitation***

As usual, our students are welcome to invite their mom, grandma’s, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

## ***Congrats to our new black belts and more***

***We welcome two new black belts to our Hapkido Ranks:*** Congrats to Mr. Adam Luhman and Miss Trina Manalo.

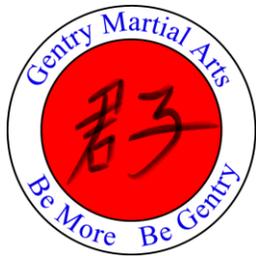
***And our seniors:*** As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DPU: Mr. Tim West, Mr. Adam Luhman, Kara Yator, Mike Blum

## ***Sign up now for Day Camps/Summer camps***

First, sign up right away for the TTCA summer camp June 1<sup>st</sup>. The format will be like last year. It will still fulfill the event and point requirements for TTCA dan ranks.

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank’s material in one very serious week. History and philosophy, how to write the black belt papers, and other



knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts dodgepad. Large discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

HKD day-camp: June 10-14

TKD day-camps: July 8-12, Aug 5-9.

Lil dragons camp will be July 23-25

We are also working on another specialty camp in June, but nothing has been solidified.

### ***GMA Wishes a Happy Birthday to:***

Weskey Belbot	5-1	Dominic Tejera	5-3	Jeremy Johnson	5-6
Kelsey Wagoner	5-8	Bryce Allen	5-9	Greg Nus	5-11
Jamie Weaver	5-12	Josh Thacker	5-14	Colten Lynn	5-16
Eric Kachelmeyer	5-17	Eliza Vendewalle	5-22	Ryan Spires	5-25
Kaitlyn Nolan	5-27				

### ***Training Anniversaries***

Luke Wilson (LD, TKD 5 yrs)	Nate Wilson (LD, TKD 5 yrs)	Karissa Cozee (TKD 4 yrs)
Lise Roberson (HKD 4 yrs)	Eric Adams (LD,TKD 4 yrs)	Donovan Sieg (LD, TKD 3 yrs)
Collyn Dodge (HKD 3 yrs)	Emerson Blankenship (LD, KD 2 yrs)	Jonathan Hawthorne (TKD 2 yrs)
Nathan Hawthorne (TKD 2 yrs)	Malachi Sahli (LD 1 yr)	Thomas Neidigh (TKD 1 yr)

### ***Quotes of the Week***

This May, as Heroes in Training, we will be looking at the stories and learning from some real life heroes (medal of honor recipients) in honor of Memorial Day.

**This Month in Martial Arts History** (selected from “Dates with Destiny” in *Martial Arts Success* by John Corcoran. 1984—Ninja Turtles debuts (in comic form)

May 1st 1971—Billy Jack, featuring HKD master Bong Soo Han, premieres (it is released in 73 and helps fuel the Martial arts boom

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973 First world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27,1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide

### **Tournament Results**

TKD: Some of our students competed in tournament in Bedford last month. Proud of everyone who tried a couple of new sparring formats. Congrats to the medal winners:

Morgan Williams-- 3<sup>rd</sup> pt sparring, 4<sup>th</sup> Olympic sparring

Nate Wilson—2<sup>nd</sup> pt sparring

Gabe Wilson—3<sup>rd</sup> pt sparring

Noah Wilson—1<sup>st</sup> pt sparring 1<sup>st</sup> Olympic sparring, 1<sup>st</sup> forms

Obed Soto—2<sup>nd</sup> weapons, 4<sup>th</sup> pt sparring, 3<sup>rd</sup> forms

Sabrina Chouinard—3<sup>rd</sup> pt sparring, 2<sup>nd</sup> Olympic sparring

Christian Marion—3<sup>rd</sup> pt sparring

Kara Yator—3<sup>rd</sup> pt sparring

Crystal Lau—1<sup>st</sup> Olympic sparring



## Even World Peace Can't Get Rid of Us!

As much as dentists get a bad rep, generally speaking there is one thing you really have to give them props for. They basically have attempted to make their profession as little needed as possible. They teach and preach preventative dental care, at their expense of making more money on the more difficult procedures.

In contrast, I also agree with some talk show hosts who believe that *some* activists for some causes really don't want to see the cause they champion actually win. If it did, then they would lose their prestige, fame, and money they receive from the fight. In some cases, they add more to tensions than ease them, perhaps subconsciously for the sake of job security or the addiction of the limelight.

A few months ago, Donovan brought home a project from school, in which he stated how he basically wished for peace—that no one would fight. An odd wish given our family business has been described (in jest) as being merchants of violence.

Now, what does dental care, the likes of Al Sharpton, and my son's beauty pageant wish for world peace have in common or have anything to do with the topic of martial arts? Well, it got me thinking...what if we did wake up tomorrow and there was world peace? I am not talking about making it to Jesus' millennial reign, but what if we ended up living in Mayberry—where no one locked their doors or had fear of what was around the corner? What if I actually got my wish and the challenges of bullying, victimization, and violence had been overcome? Then what? Would I be out of a job?

My conclusion is no, because martial arts is a lot more than that the sordid mechanics of violence. Martial arts opens our eyes to the world by teaching us about different eras and different cultures, giving us a larger worldview. Martial arts teaches us life skills that we will need in any world—respect, discipline, work ethic. It helps us grow in confidence so that we can chase our dreams, and it gives us perseverance to keep the chase going until we catch them. It is an activity that unifies mind, spirit and body and provides not just total body fitness but also wellness. The arts teach us how to succeed individually in our practice—to BE MORE proactive, responsible, and accountable. But at the same time the school grows as a dedicated team, uniting us in mutual friendship, fostering bonds, and creating a place where everyone can belong. That list might seem even more “to good to be true” than world peace, but I believe them all to be true at GMA. And that is a list of things that even Mayberry could use more of.

\*(As an aside, it is something that a lot of people in Martinsville could use more of as well. We obviously appreciate you helping us get the word out about the true benefits of martial arts. But there are some people who could really benefit from the martial arts but who can't afford it. Please consider helping us make Martinsville a little bit better—a little closer to Mayberry-- by reaching those who oftentimes could benefit the most from martial arts, through supporting the annual break a thon and our martial arts scholarship program.)

Obviously, martial arts are at their heart a mimicry of violence. When you consider the world that some of our arts were born out of, the reasons that they were created, in a way...they already have survived the coming of new world. And yet, the DO (way) of the arts still exists. In some ways the arts are just as needed as they were in feudal Japan or Europe, just in different ways. I often tell my classes that in some ways, I hope that what I am teaching them is like physical calculus—that they will never have to use it in real life, ever. But that doesn't mean it isn't useful. We are more than just “merchants of violence.” We are personal trainers, motivational speakers, life coaches, and history teachers all rolled up into one. We will continue to prepare our students against predation, but even if the bad guys disappear, we won't have to. --BLS