



GMA News June 13

Break-a-thon Results

Thank you to everyone who worked very hard to make our break a thon and annual picnic a success. Our final tally was approximately \$1,500. Also a special thanks to our sponsors lumber companies who donated part of the wood: Bender Lumber, 84 lumber. Please relay your appreciation to them.

Congrats to our new black belts:

Mrs. Lise Roberson and Mr. Dakota Dalton in HKD

Mr. Jayden Brooks in TKD

Also congrats to Mr. Tim West, on receiving GMA's highest reward of gentryman-for his career of service at DPU.

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months. We also have a special summer referral program. See the handout in class for details.

Upcoming Events

May 31 st	Lil Dragon testing 5:00 pm (no TKD or HKD classes)
June 1 st	TTCA "summer camp"—Louisville 10:00-6:00
June 1 st	Hoosier Open BJJ tournament
June 8 th	Leadership Team 9:00-10:00
June 8 th	Black belt prep class 10:00-12:00 ish.
June 8 th	School's out dodgepad tournament 1:00-3:00
June 10-14	HKD Day camp 9:00-3:30
June 14 th	TTCA Testing
June 15 th	Demo Team 9:00-11:00
June 15 th	Stickfighting 12:00-2:30
June 16-20	Fathers join us for class.
June 21-23	Tai chi seminar—Master Chen in B-ton
June 22 nd	GM Hae Man Park seminar and special black belt testing 10:00 am
June 26-27	Capoeira camp 9:00-3:00
June 29 th	Black belt prep class 9:00-10:30
June 29 th	HKD black belt class 10:30-12:30
July 6-13	Small axe BJJ training camp in Bedford. No BJJ class on the 12 th .
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

Special events of note:

We apologize for the late notice, but we are still excited to put too special learning opportunities on the calendar for June. June 22nd, GM Park will once again be visiting us from Korea. This is a chance for our students to learn from a living legend, and we never know if this is the last opportunity to do so. Also, we were able to add a two day capoeira seminar on June 26-27. A minimum number is needed to make the camp feasible for the guest instructor, so please sign up as soon as possible so we can confirm.

Lastly, we will have another fun event by hosting a school's out dodgepad tournament. The cost to participate will be 2.00, with the money going to the scholarship fund.

Fathers' day invitation



After inviting the mothers to join the kids in class for mother's day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Fathers day—June 17-21.

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (TKD 10 yrs, BJJ 4 yrs)	Gabe Wilson (TKD 10 yrs, BJJ 4 yrs)	Rebekah Wiley (TKD 7 yrs)
Kelsey Wagoner (BJJ 4 yrs)	Morgan Williams (HKD 3 yrs)	Kira Weaver (HKD 2 yrs)

Happy Birthday to these students

Ben Rahman 6-2	Obed Soto 6-3	Luke Kachelmeyer 6-10
Adam Satter 6-14	Fisher Dunscombe 6-16	Tina Huff 6-16
Treyton Hovious 6-17	Logan Brinegar 6-19	Morgan Williams 6-19
Dominick Spires 6-19	Jia Jones 6-21	Katherine Satter 6-27
Ryan Pilat 6-28	Liberty Morris 6-29	

Quotes of the week In honor of GM Park coming, we will be deviate from our normal type of mat chat to discuss the historical significance of the Chung Do Kwan and its masters.

Please keep us posted

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don't worry if we miss you in classes. Thanks.

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

June 15, 1917	Birthday of American jiu-jitsu pioneer Wally Jay
June 1961	Black belt magazine is founded
June 1978	"Good Guys Wear Black" first features Chuck Norris as the star
June 22, 1984	Karate Kid debuts—forever changing the perception and demographics of martial arts in America
	Karate II and III are released in June 1986 and 1989 respectively. As well as the remake in 2010.

Other June movie releases include *Mulan* (1998) and *Kung Fu Panda* (2008).

Bitter is a Key Ingredient in the Black Belt Process

There is a common phrase (most often I hear it associated with Chinese martial arts) that if a student wants to train martial arts he has to be willing to eat bitter. I love that phrase and build a theme around it in our black belt prep classes. This isn't easy stuff, and there aren't really any short cuts, or at least I believe there shouldn't be. The road to black belt should be an increasingly difficult path, culminating in the biggest/hardest challenges of all. We want a black belt to have special meaning because the students realize they did something special to earn it; it wasn't just given to them. We want our students to want the black belt bad enough to be willing to taste bitter. But apparently, it is an acquired taste.

Recently, I have had two incidents—one at DePauw, and one here at GMA, where students were hurt during training and strongly objected to it. Now, if you haven't heard me say in class, there is a big difference between being hurt (short term pain but no lasting effects and no danger or making it worse) and injury. I *HATE* it when anyone is injured, but it is sometimes an unfortunate byproduct of what we do. We certainly don't like it when people get hurt (well, except in Hapkido where pain compliance is part of it) but it too is just the nature of the beast. Athletes in all sports at all levels are expected to "play hurt"...should we not expect the same from *fighters*?

A long time ago I remember one parent explaining why their yellow belt son was going to quit: "we raised him to be a good kid and not to kick and punch." First, you signed him up for martial arts but didn't want him kicking and



punching? Second, he had been doing just that through lil dragons and white belt and loving it. Only once he became a yellow belt and started sparring did this become an issue. Sounds like the issue is with being kicked *AT*, not kicking.

One of the recent instances involved an irate parent threatening to call the cops because I kicked the child in the head. I freely admit I did.... with lots of control, in week three of a three week series in BBC on kicking people in the head, in preparation for a tournament where people were going to get kicked in the head. Not sure where there the confusion was on this one.

In short and to be blunt, I am baffled by the number of people who profess wanting to learn self-defense and/or martial arts but yet aren't willing to eat any bitter at all. While we exist as a school because of the many benefits that come from martial arts, it is an inescapable fact that at the heart of what we do is a re-creation and mimicry of violence (and hopefully a responsible use of it).

Now granted, martial arts schools vary greatly on the quality of such re-enactments. Some attach various weights to the history/tradition of an art form, modern sport, and self-defense issues as they try to balance these components. At GMA, our various programs place varying emphasis on each. Other schools, well, are just delusion about violence or have purposefully watered things down to effectively dilute the bitter for commercial purposes. They are endangering their students. Similarly, individuals who think that they can become invincible without occasionally tasting bitter are also self-delusional and sadly, their ineffective training energy is often a disservice to their partners. Sound harsh? Perhaps, but that is the nature of violence isn't it?

If you read last month's newsletter, you might be inclined to stop me and say. "Hold on, just last month you wrote about how if we lived in Mayberry and no violence existed, martial arts would still have a place in society. So now you are bemoaning people who want martial arts without violence?" Well, yes! It is yin and yang, my friend. Here is the crucial transition.

Bitter is a key ingredient in the recipe that is transformative power of the martial arts. How can you say you are instilling fighting spirit without the fight of being tested? How much confidence can you have in your abilities (and thus confidence in general) when your only opponent is a paper target that never hits back. How can you gain humility and respect of others without ever having your ego checked by the honesty of competition and loss? How can you learn self-control without being in the heat of battle that requires it? We use the phrase "seven times fall, get up eight" as a maxim for martial arts—but that is only a cute saying unless you get thrown to the ground and actually have to get up. Mike Tyson is credited with uttering a basic truth—"Everybody has a plan until being punched in the mouth"—what will you do when it happens? Being clutch requires stress inoculation. And if they can't handle what we do in class, what are you going to do about the real thing?

As I told the last black belt class as we were making them eat bitter, "we really do like you and want to succeed, that is why we are making it hard on you now." That is how we produce leaders through martial arts. I don't know any other way that is more effective. It is the process that we have had great success with at GMA. If we were to take the "fight" out of the martial arts, our students wouldn't have a fighting chance at success. Sorry if that leaves a bad taste in your mouth, but if you ask me—needs more bitter. --BLS