



# GMA NEWS July 13

## New Black Belt History:

At a special test in front of Chung Do Kwan VP (yes, for the world) GM Hae Man Park from Korea, several of our black belts promoted to their next dan rank. Members of this group represent the first Martinsville students to gain the rank of 3<sup>rd</sup> dan in TKD and double the number of 3<sup>rd</sup> dan promotions GMA has had. Congrats to those who were a part of this milestone: Mr. Jake Waltz, Mr. Ryan Jerome, Mr. Gabe Wilson, Mr. Noah Wilson, and Mr. Noah Lambert. Additionally, congrats to Mr. Obed Soto who earned his 2<sup>nd</sup> dan.

## New KIDS BJJ program to start

As increasingly younger kids continue to express interest in BJJ, we have decided to implement a dedicated class time for a kids class that is appropriate in content and sized for ages 8-12. We will strive to have the same structure, discipline, and life skill benefits that are focused in our TKD program for that age group. We plan to open and make a more public push in Aug, but we will have a “soft opening” for our own students who might be interested in trying out BJJ on select nights in late June/July. Classes will be on Wed and Fri. evenings. Let us know if you are interested in trying out BJJ while we polish our format and curriculum for the new class.

## Parents Committee Movie Night

Parents committee will be holding a movie night at Mooresville theaters on Wed July 17<sup>th</sup>. We will be watching the family movie Despicable Me 2 at 7:10. A ticket for movie admission, popcorn and coke is only 10.00 per person. You save money and Parents Committee still raises funds. Family and friends are welcome! Watch for announcements concerning advance tickets sales. Funds are given back to the students by way of parent committee sponsored special events for the school—like our back to school fun day, holiday parties, etc.

## Upcoming events/Class adjustments

July 4-5 <sup>th</sup>	<i>NO CLASS—happy Independence Day</i>
July 6-7	Small Axe BJJ camp in Bedford—time to be announced
July 10 <sup>th</sup>	HKD testing 7:30 (No HKD class)
July 8-12	TKD day camp 9:00-3:30
July 12	No BJJ class (all others meet), joint training session in Bedford
July 13 <sup>th</sup>	<i>Possible</i> Tai chi fieldtrip to IU TCC Club
July 17 <sup>th</sup>	Parents committee movie night—Mooresville Theaters 7:10. No classes after 6:00 this evening.
July 20 <sup>th</sup>	TKD black belt prep 9:00-10:30
July 20 <sup>th</sup>	Demo Team 10:30-12:00
July 20 <sup>th</sup>	Stickfighting 1:00-3:30
July 23-25	Lil dragon camp 9:00-1:00
July 26 <sup>th</sup>	TTCA testing 5:30
July 27 <sup>th</sup>	Lil dragon testing beg/int 9:00-10:30, adv 10:30-12:00
Aug 3 <sup>rd</sup>	FAST BASICS class
Aug 5-9	TKD day camp 9:00-3:30

**\*\*\* July daycamp is nearly full, and space is limited but available in the Aug camp\*\*\***

Earn points, get lots of attention, intensive training, and lots of classes towards your next rank!

## GMA Wishes a Happy Birthday to:

Garrett Kretsinger	7-7	Mr. David Yoshida	7-8	Kylie Piper	7-9
Lili Raju	7-13	Evan Raju	7-13	Josh Britt	7-22
Mike Dodge	7-24	Emerson Blankenship	7-28	Marshall Leitz	7-31

**Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for sign ups at the end of the month.**



## Training Anniversaries

Congrats to those who are celebrating a year, or multiple years, of training. We appreciate their hard work, dedication, and friendship.

Jeremiah Deckard (HKD, 10 yrs)  
Kyler Chylaszek (TKD 4 yrs)  
Drew Pilat (TKD 1 yr)  
Jazlin Zweck (LD 1 yr)

Richie Long (TKD 8 yrs)  
Don Roach (TKD 4 yrs)  
Ryan Pilat (TKD 1 yr)

Dominic Tejera (TKD 6 yrs)  
Michael Chouinard (HKD 3 yrs)  
Sarek Weaver (TKD 1 yr)

## Quotes of the Week

As the year is halfway over, it is time to assess our yearly goals and talk about sacrificing in order to “win”

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

July 1935. Mikonosuke Kawaishi introduced the concept of various colored belts to his judo school in France. Subsequently adopted by all martial arts around the world.

July 20 1973 Bruce Lee’s death

July 21 1899(-Oct 27 1986) Birthday of arguably the founder of Hapkido, Yong Sul Choi

July 24 1936 Birthday of Dan Inosanto (kali, jkd)

July 27 1923 (-April 25 1994) Birthday of Karate legend, founder of Kyokushinkai karate, May Oyama (Korean)

## Bitter in the Right Dosage and A Lot of Other Medical Metaphors

I used my article space last month to talk about how “eating bitter” is an essential ingredient in how martial arts changes people for the better. Only weeks later, the incredibly dynamic Kyle Idleman, pastor of SouthEast Christian Church, summed it up even better but from a slightly different angle. I have been known to draw parallels between the process of religious growth and growth in the martial arts before, but this month I am outright stealing Kyle’s metaphor:

While not the only case of its kind, in the 1990’s, Robert Courtney was a pharmacist who diluted chemotherapy treatments and other drugs to squeeze profits and sell the remnants on the black market, amassing over 18 million in assets. He progressively diluted the drugs more and more, until the drugs were no longer effective. What is more interesting and relevant to our discussion was his rationale. He justified his actions not based on financial need, but said the side effects of the chemo drugs made people too sick, suggesting he was actually doing them a favor. Of course, the problem was that while the drugs were not strong enough to induce side effects, they were also not strong enough to do what they were supposed to do. Courtney had over 300 wrongful death suits filed against him. Kyle points out that sadly many churches, and I would add many martial arts schools, do the same thing. They dilute the product in order to ease the bitterness of the side effects, but often at the expense of the effectiveness of the treatment plan.

They rationalize that students must pass their belt exam, otherwise it will hurt their self esteem. Everyone has to win a trophy at the tournament so no one is upset. If we push the students too much, they will quit, and they can’t learn the value of a martial arts education if they aren’t in class. I would argue they miss one important point—their classes are so diluted that they can’t offer much of a cure to what ails the student even if the student were to stay on the dosage.

Sometimes the best medicine is to “taste bitter” as we discussed last month. Granted, it is just as possible to overdose on a medicine as it is to take too little. Finding the right dosage of bitter is a delicate balance. We try to make the prescription appropriate to the age and/or experience of our students. I am sure there have been times that we have failed to adjust the meds properly, but overall, we certainly believe in the treatment plan.

Like most medicines, bitter isn’t always palatable to people. As Kyle Idleman points out, people by nature prefer comfort as opposed to being challenged. The least popular teacher in school was likely the one who challenged the students the most. I am sure we would be more popular if we played dodgepadd a lot more and challenged our students to improve a lot less. But that isn’t what the doctor ordered.

I am sure the least favorite part of a doctor’s job is telling a patient the bad news—that they are sick and they need some particularly harsh treatment. I certainly don’t relish that aspect of my job either. I am rooting for our students to succeed. But sometimes I have to administer doses of bitter for the sake of the patient, er, I mean student—from small doses in a firm correction in a nightly class to larger doses such as holding a student back for promotion. We feel for our students, but at the same time we know that diluting the bitter medicine is actually contrary to making a strong, healthy person in the long run. Our job is to make them better martial artists, and in doing so, they get some very powerful side effects—discipline, focus, self-control, accountability, confidence, etc. Bitter medicine can be a miraculous cure, but sometimes it requires a strong enough dosage-- BLS

