



# GMA news Aug 13

***Congrats to our new lil dragons graduates: Malachi Sahli, Adam Satter, and Landon Carpenter***

## ***UPCOMING EVENTS and CALENDAR***

Aug 3 <sup>rd</sup>	Demo Team 9:00-11:00
Aug 3 <sup>rd</sup>	FAST Adult Basics 1:00-4:30
Aug 5-9	TKD daycamp 9:00-3:30
Aug 8 <sup>th</sup>	GMA attendance party—drive in movie night/water fight. 8:30-?
Aug 10 <sup>th</sup>	Bill Kipp FAST shooting class, Warsaw IN
Aug 17 <sup>th</sup>	TKD BB prep 9:00-10:30
Aug 17 <sup>th</sup>	Demo Team 10:30-12:00
Aug 17	Leadership Team 1:00-2:30
Aug 23 <sup>rd</sup>	TTCA testing, 5:30
Aug 24 <sup>th</sup>	Staff and LT team CPR/SFA training
Aug 24 <sup>th</sup>	Stickfighting 1:00-3:30
Aug 31 <sup>st</sup>	Tentative Black belt club outing (details later)
Sept 7 <sup>th</sup>	TKD BB prep 8:00-9:00
Sept 7 <sup>th</sup>	Demo Team 9:00-11:00
Sept 7 <sup>th</sup>	GMA Fun Day 10:30-2:00
Sept 14 <sup>th</sup>	Lil Dragon Testing 9:00-12:00
Sept 14 <sup>th</sup>	Demo Team 1:00-3:00
Sept 21 <sup>st</sup>	FAST EXTRAVAGANZA 9:00-4:00
Sept 28 <sup>th</sup>	FAST Kids 9:00-12:00
Sept 28 <sup>th</sup>	TKD BB prep 12:30-1:30
Sept 28 <sup>th</sup>	Demo Team 1:30- ?
Oct 5 <sup>th</sup>	TTCA tournament and black belt testing
Oct 10-13 <sup>th</sup>	Fall foliage demo and parade
Nov 10 <sup>th</sup>	Master Chen Tai Chi workshop

## ***FAST FOR COLLEGE***

Normally, we have our FAST Adults class once our college students at IU and DPU return to campus. However, we have had requests to host one for our students, their friends and family who might be going off to college and would like to take the course before they leave. If you know a college student getting ready to leave for the fall semester, please encourage them to take this FAST course before they get on campus.

## ***BACK TO SCHOOL LETTERS***

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Look for these to be sent out this month.

## ***Training Anniversaries:***

We want to recognize those students who have trained for a year (or multiple years) this month:

Corey Christman (TKD 4 yrs)	Jeff Huff (TKD 2 yrs)	Katherine Satter (TKD 2yrs)
Landon Carpenter (LD 1 yr)	Dillon Chapell (TKD 1 yr)	Fisher Dunscombe (LD 1 yr)
Kody Gist (TKD 1 yr)	Adam Johnson (TKD 1 yr)	Kylie Piper (LD 1 yr)
Cary Pochatko (TKD 1 yr)	Stephen Pochatko (TKD 1 yr)	Blake Prather (TKD 1 yr)
Troy Remster (BJJ 1 yr)	Xander Starnes (LD 1 yr)	



### ***Happy B-day to these students in Aug***

Rob Snyder	8-2	Michael Choinard	8-7	Karissa Cozee	8-10
Kalie Matherly	8-13	Amy Hansen	8-10	Jeremiah Deckard	8-16
Riker Weaver	8-17	Jeff Huff	8-18	Stephen Pochatko	8-19
Blake Prather	8-22	Thomas Neidigh	8-24	Jaden Zweck	8-26
Jacob Saucier	8-26				

### ***Quotes of the Week, Character Development***

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

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

Aug 11<sup>th</sup>, 1946 Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming’s birthday  
Aug 13, 1932 (-Feb 1 2006) BJJ Pioneer Carlson Gracie’s birthday  
Aug 16, 1940 (-Aug 20, 2007) JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day  
Aug 25, 1931 (-Jan 8 2007) HKD GM Bong Soo Han’s birthday  
Aug 2, 1964 Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.  
Aug 1998 Tae Bo is released.  
Movie premiers this month include: Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

### **Self Defense Lessons to be learned from the Trayvon Martin Shooting**

I would think that anybody who is on social media or who watches the news would be quite tired of hearing/discussing the case. But then again, I have been left scratching my head at many people’s reactions to it from the beginning. I hope this article will take us down a different, more reasonable, and I certainly believe more constructive path. There are two main lessons I believe anyone who is serious about self defense should take from the case.

I read one person’s comment on facebook that Martin should not have been shot for being a 17 year old black man in a gated community. Let’s be clear, that isn’t what got him shot. I thought it was pretty well established that Martin was the most likely to have actually started the physical violence. Mounted ground and pound against a guy with a gun is what got him shot. First moral of the story: don’t assault someone who might have a gun. Not easy to tell who has a gun? You’re right, so don’t pick a fight. Should the gun have come into play? Certainly questionable. Did he deserve to die for it? Probably not. Did the courts hold the shooter accountable or make the right verdict? These are all questions that are debated AFTER SOMEONE IS DEAD.

Was he being followed? That would be annoying but not illegal by Zimmerman. Was he racially profiled? Irrelevant. Assuming Martin actually became the aggressor and confronted Zimmerman, he let those factors trigger him into making a very risky decision—to get into a fight. A fight certainly need not, and most times shouldn’t end in death. But there are so many variables in a fight, so many things that can go wrong...even when both people are playing by the same rules (no lethal weapons). Consider the people who have killed someone when they pushed their antagonist down—and the victim’s head hits a corner of pool table. Or the person who kicks the guy in the head while standing, like TKD sparring, only for the guy to die when his head (without headgear) bounces off the pavement as it drops 6 feet down. Both of these are actual cases. It should be no surprise that Murphy’s law has a good chance of appearing in something as unpredictable and uncontrolled as a fight. There are few things that makes a physical fight worth the risk.



As self defense author Marc MacYoung puts it “Anytime you step into the arena of physical violence, you have to accept that it may not end until either you or your opponent or maybe both are dead...if you aint ready to die for it or kill it, don’t do it.” He goes on to point out a major difference between an amateur and a pro. An amateur will use violence as another chip in a poker game of escalation. A pro realizes once you cross that line into violence, he realizes the game has changed to Russian Roulette. “Only a fool uses violence without regard to where it can lead. Because of this lack of awareness, however, most amateurs will see no problem about escalating a situation into violence.”

From the other perspective, Zimmerman’s defense relied on him being able to justify his use of lethal force. Thankfully, we just recently were honored to have Rory Miller teach our students. I credit him with doing the best job of explaining why part of an overall self defense strategy includes being able to articulate why your actions were justified, taking into account the other guy’s means, motive, and opportunity to cause you harm. This is a skill that we have started to practice after some of our advanced FAST classes. I believe the Zimmerman case is an example ripped from the headlines.

Lost in the middle of the trial was the testimony of one witness—a neighbor—who came out of his house immediately after the shooting. He testified that Zimmerman, moments after the fight, said something like, “He was beating me up; it was self-defense.” For one day, the question seemed to boil down to the fact that Zimmerman said he was getting beaten up (not justification for deadly force), as opposed to articulating that he feared for his life based on expressed threats and actions of Martin. Given the situation, and assuming for the sake of argument his account is true, that seems like a harsh standard. A guy being judged as guilty or not, based on his choice of words during the heat of the moment. But that is what makes this case a cautionary tale.

Second Moral of the Story: Keep your mouth shut until you have representation. For both criminal and civil suit concerns. People need to take heed of this warning a lot more than they might think. Quite honestly, I can see a lot of martial artists doing something stupid....

Lets say you are in a fight and thus we will assume you had some reasonable fear for your safety or worse, your life. But your martial arts training saved you and you effectively defended yourself. You are on an adrenal high like nothing you have ever experienced. You are also very glad to be safe. In fact, you are euphoric to still be alive if you recently feared death. You were just in a fight so you will be amped up physically. When the cops roll up (and to any witnesses), you will be bouncing around and smiling like you just won a world title. They will ask you what happened. You will be very glad that you had your martial arts training, and in your emotional high, you utter something like, “I knocked him out (choked him out, broke his arm, whatever). It went just like I practiced. It was awesome.” And thus, your euphoria for self-preservation will be misconstrued by everyone as bloodlust. As a practicing martial artist, you will be portrayed as someone who role-played for a scenario just like this. You eventually got bored in practice and had to see if the moves worked for real. The poor victim never had a chance once you used your jedi mind powers to trick him into attacking you.

Is it fair? Probably not. Is it going to be ugly. You bet ch’ya. Again, assuming for the sake of argument Zimmerman was justified, after hundreds of thousands of dollars in court costs, life on hold during the trial and beyond, and being vilified nationally, I doubt he would say he would do things the same way. The whole situation is regrettable. As with most altercations, there was culpability on both sides. It deserves mentioning and lessons need to be heeded. If you don’t think about these things now, they are the types of considerations that will be debated and second guessed after the fact, and you might not even be around to part of the discussion. These are lessons better learned from Martin and Zimmerman, as opposed to the hard way yourself. And I am pretty sure it wasn’t being taught on facebook. ---BLS