



Sept 13 NEWS

Upcoming events:

**** No, We do NOT have class on Labor DAY ****

Aug 31 st	BBC outing to Ohio Valley TKD and Marengo Cave
Sept 6 th	Parents committee for fun day (5:30)
Sept 7 th	TKD BB prep 8:00-9:00
Sept 7 th	Demo Team 9:00-11:00
Sept 7 th	GMA Fun Day 10:30-2:00
Sept 12 th	RAK's begin in remembrance of 9/11
Sept 14 th	Lil Dragon Testing 9:00-12:00
Sept 14 th	Demo Team 1:00-3:00
Sept 21 st	FAST EXTRAVAGANZA 9:00-4:00
Sept 28 th	FAST Kids 9:00-12:00
Sept 28 th	TKD BB prep 12:30-1:30
Sept 28 th	Demo Team 1:30- ?
Oct 5 th	TTCA tournament and black belt testing
Oct 10-13 th	Fall foliage demo and parade
Nov 9 th	USHF seminar, IU
Nov 10 th	Master Chen Tai Chi workshop

Parents Committee and Fun Day

We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number of things we can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Luke Wilson	9-2	Carson Hebert	9-3
Reece Satter	9-4	Adam Johnson	9-6	Daniel Wiggins	9-8
Corey Christman	9-11	Eric Adams	9-18	Jazlin Zweck	9-23
Kyle Wrightsman	9-23	Aiden Bambery	9-26	Gabe Wilson	9-26
Bryan Neal	9-28	Donovan Sieg	9-30		

Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training.

Noah Lambert-Adams (TKD, 10 yrs)	Jake Waltz (TKD 9 yrs)	Ryan Jerome (TKD 9 yrs)
Rob Snyder (TKD, HKD 8 yrs)	Joshua Britt (BJJ 7 yrs)	Amy Law (HKD 7 yrs)
Bryan Neal (BJJ 6 yrs)	Christian Marion (TKD 5 yrs)	Megan Gens (TKD 5 yrs)
Michael Miller (BJJ 2 yrs)	Torrey Hansen (LD 1 yr)	Hayden Kachelmeyer (LD, TKD 1 yr)
Garrett Kretsinger (LD 1 yr)	Owen Selburg (LD 1 yr)	Mike Trietsch (BJJ 1yr)

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

When Coming Full Circle is Heresy

I have touched upon this recently in class, but it bears further elaboration. It is a conversation that I have been reluctant to have in any public setting, not that I am typically one to shy away from saying controversial things, but I simply don't have any interest in dealing with the backlash and flaming that would occur on the internet for making such heretical statements. But recently I came



across yet another example where the supposed no nonsense, cutting edge self defense (notice, I didn't use the term martial arts here) looks eerily similar to traditional martial arts.

In prepping for our FAST extravaganza I just read a book that I was long overdue to read. The guy is well known in FAST circles and is friends of Rory Miller—two people teaching very realistic self defense programs. He is revered as one of those, “been there, done that, lived to tell the tale” types who is also articulate enough to have legitimate theories as to why. I did enjoy his book and am glad I read it. But his typical reader, or should I say stereotypical reader, is the type of guy who would look at traditional martial arts with disdain—antiquated, unrealistic techniques, now taught to children in over-commercialized belt factories. That reader wouldn't waste his time with such watered down stuff; he only wants the real stuff, the stuff that works on the street, without the Asian mumbo jumbo (and I suspect without a lot of the discipline and values of the traditional martial arts as well). He isn't going to bother with traditional, deeper stances that you wouldn't use in a fight. But here is funny thing. The first practical lesson the book teaches on getting out of the way is by (without using these words) stepping out in a traditional stance. In fact, if I had more “street cred,” I could have apparently written a best-selling book and given seminars across the country by teaching nothing more than our white belt one steps number 1, 3, and 7, a couple of Hapkido techniques, and a trick that we use in push hands in Tai Chi! I mean no disrespect to the author; I actually hold him in high regard. The author never asserted any of those negative comments about traditional martial arts, but many of his followers would.

Some time ago I watched a Krav Maga video on knife defenses. Krav Maga is the Israeli combatives system that is once again held as a no nonsense, realistic, and battle tested alternative to theoretical and flowery martial arts. I actually do like Krav Maga. Because our hapkido curriculum is so combatives focused, it is actually quite similar, and I have had HKD black belts move to other cities and integrate quite well at Krav Maga schools. There is a lot of similarity in some of the things we do. I have been influenced by some of their drills and training ideas. But once again, your typical “Krav Maga is the ultimate deadly serious killing system” advocate would scoff at a Taekwondo school as all sport, unrealistic, kiddy martial arts.

But back to the video. Half the video was based upon the strategy of keeping the knife from your core by using the reach of our legs to keep them at bay (sound familiar to TKD students?) In fact, if I was given the assignment of coming up with knife defenses, using only TKD kicking techniques, I am pretty sure I would have come up with something remarkably similar. (That weird sound you hear is Krav Maga zealot tearing his clothes and screaming “BLASHPEMER”)

Admittedly, whether the system has a viable defense and whether the student realizes it and is able to execute it is quite a different question. Case in point, we were practicing some “professional” techniques for dodging a punch from the book mentioned above. It was stepping out in a horse stance—something we do at the beginning and end of every class. Some students stepped with their right foot, missing the punch but putting their face in danger of other techniques should the aggressor press the attack, versus stepping with the left, which gets them to a safer position. Funny how our rule in class is left foot moves first....it is like someone had figured this stuff out...a long time ago. Now, our students didn't internalize that lesson, but the point is some people in our martial heritage had thought this through.

I personally find it interesting how everything seems to come full circle, but I am pretty sure I would be labeled a heretic for proposing evidence of this. It would drive some people absolutely bonkers to know that their cutting edge, realistic self-defense system shares commonalities with traditional martial arts that they have rejected. Now admittedly, there are schools out there that teach watered down versions of their style. And I can't even say that I am certain our school is at the right concentration. But at the same time I know that we are on the right track in a lot of ways. Just don't tell too many people on the internet of this....my ears can't stand the shrieking. --BLS

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

Sept 14, 1902 (Oct 7 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938	Fumio Demura –Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained
Sept 14 1961	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th 1966, Sept 1 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th 1988	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts:	The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD).