



Oct 13 Newsletter for Gentry Martial Arts

DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try to the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 5th: Luke Wilson, Nate Wilson, Kyler Chylaszek, Sabrina Chouinard, and Richie Long (2nd)

Congrats to our Lil Dragon Graduates: Xander Starnes, Kylie Piper,

Thank you Mr. Waltz, welcome Mr. Noah Wilson

Mr. Waltz is stepping down as an assistant instructor to prepare for his career and college. Mr. Noah Wilson will be filling his role as a regular assistant instructor. We are very fortunate to have such a great talent pool to pull from. We want to thank Mr. Waltz for his years of service.

Upcoming events:

***** RAK's are now due*****

Oct 4 th	NO TKD classes—all instructors at tournament
Oct 5 th	TTCA tournament and black belt testing, IU Southeast, 10:00pm
Oct 10 th	MANDATORY DEMO TEAM PRACTICE 7:45 (NO BBC this night)
Oct 11 th	Fall foliage demo 5:30 pm on the square—some classes cancelled
Oct 13 th	Fall Foliage Parade (see below for details)
Oct 18 th	TTCA testing, 5:30—no class
Oct 19 th	Lil dragon testing (beg 9:00-10:30, int/adv 10:30-12:00)
Oct 25 th	Parents committee meeting 5:30
Oct 26 th	Leadership Team 9:00-11:30
Oct 26 th	TKD BB stripe testing 1:00 pm
Oct 31 st	Stop Zombies FAST haunted house (details below) 7:00-8:30. NO TKD classes, but stop by!
Nov 2 nd	Stop Zombies FAST haunted house 1:00-3:00
Nov 2 nd	Halloween Party 7:00-9:00
Nov 9 th	USHF Seminar, IU 9:00-5:00
Nov 10 th	GM William CC Chen Tai Chi seminar.

Join us for a cookout on Oct 19th from 2:00-5:00 to help kick off Brian Williams campaign for Superior Court Judge

Parent committee news/notes

The school Halloween party will be Nov 2nd from 7:00-9:00 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and Thurs the 31st so treat bags can be prepared.

There will be a meeting on Friday Oct 25th at 5:30 to help plan for the Halloween party and other agenda items.

Stop Zombies FAST and Halloween Party

When trick or treating falls on a class night, classes are ridiculously light as you can imagine. This year, we hope you stop by for a special event...our Stop Zombies FAST Haunted House. This will be a kid appropriate haunted house/gauntlet where participants must set verbal boundaries and even fight off the undead. It will be a fun way for our students to practice their FAST skills, and a great way to introduce the community to FAST Defense concepts. We hope you stop by during your trick or treating, and encourage friends and families to swing by while they are out as well!

Our annual Halloween party will be from 7:00-9:00 on Nov 2nd. While we know for a fact that our students can be scary, we encourage our students to dress as heroes or role models or something fun.



Tournament news and notes:

- Remember to wear your Team Gentry/ Hero in Training and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white.
- GMA group photo will be taken at 9:30 at venue of the tournament. This is the photo to be used for the local paper, website, etc. There will likely be a line into the room at that point, so don't be stuck in line while we are doing the photo. Please be in full uniform at that time.

Class Adjustments/Cancellations

Please make note that we have to juggle the schedule on account of a few events.

No TKD class on Friday Oct 4th. All instructors will be at the tournament.

Thur Oct 10th No BBC class –demo practice

Friday Oct 11th Fall foliage demo—NO TKD CLASS or lil dragons—support us on the square for the fall foliage demo and enjoy the show..

No classes on Halloween, Oct 31st, but come to our special FAST Haunted House from 7:00-8:30

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 13th. We will be in place at the Martinsville High School parking lot by 12:30. Watch for additional announcements as for unit/division (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 11:00 am.

GMA Wishes Happy Birthday to:

Rebekah Wiley	10-6	Zach Dyer	10-9	Nate Wilson	10-10
Mr. Sieg	10-12	Logan Nus	10-18	Dylan Hall	10-20
Drew Pilat	10-28	Conner Sweeney	10-28	Nancy Ball	10-31

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Haley Sieg (TKD 9 yrs)	Reece Satter (TKD 5 yrs)	Obed Soto (TKD, HKD 11 yrs)
Dominick Spires (TKD 4 yrs)	Keegan Spires (TKD 4 yrs)	Kyle Wrightsman (TKD 3 yrs)
Nico Inman (LD, TKD 2 yrs)		

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

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

Oct 1 1913 (-Jan 29 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932	Birthday Judo Gene Lebell
Oct 18, 1961	Birthday Jean Claude Van Damme
Oct 27, 1936	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957	Arguably the first modern Karate tournament- the All Japan Karate Champ. Is held.



Oct 14, 1972

Kung fu the TV series debuts

Oct 11, 1997

Pride Fighting Championships debuts.

Other martial arts films include The Transporter and Kill Bill.

It is a Black and White Answer-Don't Be a Zebra

Stephen Thompson is one of the foremost experts on sexual predation and one of the trailblazers in research in the field. He started in the IU martial arts program in the 1970's and has ties to the USHF. An FBI profiler, his research is used in police and self-defense discussions across the country. He is also an engaging and passionate speaker on the subject, although admittedly, I haven't had the pleasure of listening to him for many years. His presentation for college campuses and athletes for many years was entitled "No Zebras, No excuses." I completely stole the concept from him, for our current RAK campaign coming to a close and with recent events that placed Martinsville back in the news, it merited a discussion in class. I feel the zebra concept deserves further elaboration, as well is spotlighting a person who is very influential to GMA's teachings.

Thompson makes the following observation about zebras. When the lions attack the zebra herd, the herd runs and scatters but eventually one of its members is caught by the predators. The remaining zebras simply run a little further to a safer distance and watch one of their own get eaten by the lions. If the zebras actually banded together, their sheer numbers could overpower a few lions. But zebras don't do that. That is not their nature...their nature is to be bystanders. They simply watch from a distance and say to themselves, "I am glad that wasn't me."

While I love adidas, there are some stripes that don't look good on anybody. I don't believe people are meant to be zebras. Unfortunately, some people do turn out to be predators. But just as unfortunate are the number of people who are willing to sit idly by and let the predator get away with it. Thompson uses the zebra term to refer to those people who watch predatory acts as bystanders but choose to do nothing. Their intervention could have meant saving someone from tragedy, but rather they simply say "I am glad it wasn't me or my loved one." The recent assault of a 13 year old by 3 members of the Martinsville middle school football team is (sadly) a perfect example. I am certainly saddened by the news and heartbroken for the victim. I am not shocked that there are predators even at that age. What disgusts me (with this caveat—I don't know the actual facts of the case, but I am assuming it was a more than a party of four) is that other kids were present who knew what was going on, or could have at least deduced if they choose to, and did nothing. What happened to that girl is on their heads too.

As we finish up our random act of kindness campaign, now is the perfect time to remind our students that we do not train to be zebras. Think of the number of zebra-people who see bullying in school everyday and don't like it, but sit quietly and say to themselves, "at least they aren't picking on me." How many people do we pass with obvious needs, and we hurry by in our own little worlds, thinking "man that would stink." People are not supposed to be bystanders. And I would hope our students would lead the way. Our parade T-shirt references our students as "heroes in training," and that is a concept we take seriously. We hope our RAK exercise and everything else we do helps our students to BE MORE courageous to stand for what is right and BE LESS like a zebra. One local girl's life would not be nearly as difficult if only one person chose not to be a zebra.

The zebra's stripes are only an advantage to it when it is among the herd—where the stripes are thought to blur each individual. I am sure there are many zebra-people who find safety in the anonymity in the group. Taken away from the herd, the single zebra stands conspicuously out. It draws attention. It is scary to stand alone and go against the group, even when the group is wrong. But I envision our students as having the black belt attitude—confidence and fighting spirit—to not follow the herd.

The problem with the Zebra mentality of "at least it wasn't me or a loved one" is that next time, your or their number just might come up. Sadly, as Stephen Thompson points out, that is where we are with a lot of self defense training—avoidance rather than prevention. We are not stopping the assault from happening, we are not stopping the predator, we are only hoping to avoid being the victim. Once on "The Today Show," Thompson made the comment that it would be great that if in his lifetime that would change (to paraphrase).

There is one group of people who wear white with a black stripe that can start turning the tables on some predators—by not being zebras, and equally importantly, not tolerating it in others. I hope to our students, our heroes in training, that is a black and white issue. ---BLS