



Gentry News Jan 2014

****2014—Year of the Horse****

And the winners are....congrats to our award recipients and other promotions!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our annual awards:

- Most Improved Student—Karissa Cozzee
- Competitor of the Year (TKD)— Mr. Noah Wilson
- Black belt of the Year—The Spires family: Ryan, Dominick, Keegan, Aleah
- Student of the Year— Cathy Petraits and Luke Wilson

Congrats to Josh Britt and Ryan Spires for earning GMA's highest honor, the title of Gentry-man for the many years of loyalty, hard work, and servant leadership.

Congrats of our new Blue belt in BJJ—Jake Waltz

Congrats our our recent lil dragon graduate- Garrett Kretsinger

Upcoming events:

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| Jan 2 nd | Catch up camp 1:00-4:00 |
| Jan 4 th | Leadership team 9:00-10:30 |
| Jan 4 th | Black belt prep 10:30-12:00 |
| Jan 11 | Demo Team 9:00-10:30 |
| Jan 18 th | Black belt prep 9:00-10:30 |
| Jan 25 th | Tai chi seminar 9:00-12:00 |
| Jan 25 th | Stickfighting 9:00-12:00 |
| Jan 31 st | TTCA testing |
| Feb 1 st | Black belt prep 9:00-11:00 |
| Feb 1 st | BJJ tournament prep camp 1:00-3:30 |
| Feb 8 th | FAST Adult Basics 9:00-12:30 |
| Feb 15th | GMA Red Carpet Night—Movie Premier 6:30 |

Other dates:

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|------------------------|---------------------------------------|
| March 8 th | IU TKD tournament (college only) |
| March 14 th | TTCA testing |
| March 15 th | Demo Team 9:00-11:00 |
| March 15 th | Black belt prep 11:00-12:30 |
| March 21 st | TTCA black belt testing at tournament |
| March 22 nd | TTCA tournament-Central City, KY |
| March 22- 23 | Dr. Yang Jwing Ming seminar—Indy. |

Announcing New Tai Chi Seminar series

We have had requests from several people who are interested in doing Tai Chi but can't make the regularly scheduled practices during the week, so we are going to start another round of monthly sessions on Saturdays to accommodate those people. We did this some time ago with success and are optimistic about this round. Even though TCC is a sophisticated martial art, it is also great for relaxation, body awareness and balance, even for the less active or older populations. If you have someone in mind or who might be interested, please help spread the word!

GMA Wishes a Happy Birthday to:

Ryan Jerome	1-11	Anthony Tejera	1-13	Anderson Chapell	1-16
Lelon Silvers	1-22	Noah Lambert Adams	1-23	Branden Mason	1-28
Jacob Waltz	1-31				



Training Anniversaries

Austin Brummett (BJJ 4 yrs)

Kylie Yoshida (LD, TKD 5 yrs)

Jordan Nus (TKD 1 yr)

Sammy Petraits (TKD 4 yrs)

Torrey Hanson (HKD 2 yrs)

Ryan Spires (TKD 4 yrs)

Liberty Morris (TKD 1 yr)

Announcing our Movie Premier

We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier! Show up a bit early if you want to catch a glimpse of stars arriving. Watch the movie and enjoy popcorn. We will likely watch another full length feature –although it won’t be as entertaining as our sequel. Families and friends are welcome.

Quotes of the Week

Since Jan is the time for new years resolution, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

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

Jan 7th 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member

Jan 17th 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian

Jan 17th 1970—Chuck Norris’s last fight before retiring.

2013 in Review—Trying Not to Take Success for Granted.

It is the time of year where we simultaneously look forward and make goals for the new year and reflect on what we have accomplished (and what we could have done better) in the previous one. As always, I am proud of what we accomplished in 2013, even if some of it has become somewhat common. Some schools have a New Year’s tradition called Hatsu Geiko, or good luck training, held early on New Year’s Day. Often, it is comprised of nothing special, but rather focused on repetition of the basics. Looking back on the year, that same concept could be used to describe both last year and the year ahead: keep doing what we are doing, and good luck will follow.

We continued to host one of the best grapplers in the world, Andre Galvao, twice this year. We continued to do well in tournaments, taking home a total of 92 trophies in TTCA tournaments and winning over 2/3 of the black belt divisions we entered. As always, I think our demo team was a real show stopper. Our instructors and our students continued to not only train at GMA, but had the opportunity to train with some of the best...true masters...in their fields, such as Bill Kipp of FAST, and Dr. Yang and Grandmaster Chen in Tai chi. As usual, we continue to reach milestones and make new firsts.

In addition to training with our normal whose who of masters, we added self-defense expert and best-selling author Rory Miller to our mats of fame. We are honored to have hosted him.

We hosted a one of kind charity event organized by Mr. Sledd: A charity BJJ seminar that brought top black belts from all over the state (and beyond) together on the same mat to share and compare technique. It was a unique learning opportunity that gained national attention in the BJJ community, and raised over 7,000 for autism awareness.

We added 11 new black belts, which brings us over 150 total in our history. (As an interesting comparison, I was just recently reading one of our “trade journals” which featured a pioneering martial arts instructor and listed as one of his accolades that he had promoted over 200 black belts in over 30 years of teaching. I had to smile that we have 150 in less than half the time.) We also promoted two 2nd dans and 5 third dans.

In fact, our five new third dans: Noah Wilson, Noah Lambert, Jake Waltz, Gabe Wilson, and Ryan Jerome, all tested together at a special test in front of GM Hae Man Park from Korea. It is the second time that we have hosted one the most famous TKD masters in history to GMA. But this time, GM Park’s student, our GM Choi, used the opportunity to show off these five young men to his teacher. Needless to say, I was very excited for our school and for our students. I



was also very busy, prepping the school for the test and seminar, and getting our students ready. Sometimes you can get caught up in the details and the job.

While relaxing and not worrying is not one of my strong suits, I kept telling myself that this time it had to be different. You see, I don't think I can ever recall a time, in 30 years of martial arts experience, that five young men grew up in the martial arts and all made it to 3rd dan together. One of these guys was in pull ups when he started at this school; now they have drivers licenses and are preparing to go off to college or serve our country! We will undoubtedly have many more outstanding students, but five at the same time for 3rd dan. No. Probably never. And in front of a person of GM Park's magnitude. Priceless. This time, I told myself I was going to savor the moment as much as I could. At the test, after they had performed their first form together, in perfect unison and with great technique, another master simply whispered to me, "Wow." I agreed.

While promoting 150 black belts I have sat at ceremony across from a lot of different crops of black belts. Some have been rather large and included great students, and more importantly, good friends. I try each and every time to remove myself from the both the attention required by the formality and pain from the etiquette to take one good look and savor the moment. I remind myself how lucky I am and that there may never be another group as large or great as this. This could be the pinnacle, so don't miss it. We have been fortunate that there is always another group. But I never want to unappreciative of our current success because I assume there is more to come.

There is a fine line between coming to expect excellence and taking it for granted. Our tendency is to think that if we don't top the last year with bigger or more exciting things, then we haven't been more successful. But sometimes when life is good, success is simply staying the course. In martial arts, success is rarely about learning something new or flashy, but rather is about perfecting what you already do by faithfully doing the same techniques day in and day out. If we simply continued to faithfully teach the best classes we can, in one of the nicest facilities ANYWHERE, that would be enough. I would estimate that 80% of all martial arts students are never personally exposed to expert masters like the ones I mentioned earlier, that our students can see routinely. While we constantly look for new opportunities to grow as martial artists, we need to focus on continuing the paths we are fortunate to have.

We would do well to focus on those more regular highlights to our year. And yet, that would still be taking our greatest success for granted, because our real success doesn't lie in our highlights that are worthy of press releases. Our true success is in what we accomplish with all of our students that don't grab headlines. We should never take for granted what it means for the white belt to learn how to focus a little more. Or the student who gains a little more confidence and independence. Or the ones who find a sense of accomplishment or belonging. Just recently we had a student with dyslexia boast about how much better they are with knowing left from right. I pray that our instructors always stop to savor those victories in our students lives. If we never take those students and their accomplishments for granted, then the highlights and the good fortunes will take care of themselves. --BLS

Review Campaign:

It is our sincere hope that you or your child is not only enjoying themselves, but also learning valuable life skills and growing into a better person. That is our mission through teaching martial arts. If we didn't believe that martial arts can change lives, we wouldn't be doing this! But we are asking your help to spread the word about the life changing benefits of martial arts. Please consider writing a (presumably positive) review about GMA in one or more of the online communities you use: google plus, yahoo, our facebook page (not our group), yelp, etc.

Then, please make us aware of your review(s). For every review you post, we will enter your name into a drawing in February for a 75.00 gift certificate for the school—for pro shop, camps or tuition!