



GMA News Feb 14

Upcoming events:

- Jan 31st TTCA testing
- Feb 1st Black belt prep 9:00-11:00
- Feb 1st Demo Team 11:00-12:30
- Feb 1st BJJ tournament prep camp 1:00-3:30
- Feb 8th FAST Adult Basics 9:00-12:30
- Feb 15th Lil dragons testing (beg 9:00-10:30, int/adv 10:30-12:00)
- Feb 15th GMA Red Carpet Night—Movie Premier 6:30
- Feb 22nd Holcombe Thomas HKD seminar 9:00-4:00 at DPU

Other dates:

- March 1st Tai chi seminar 10:30-12:30
- March 1st Stickfighting 1:00-3:30
- March 8th IU TKD tournament (college/age and alumni only)
- March 14th TTCA testing
- March 15th Black belt prep 9:00-10:30
- March 15th Demo Team 10:30-12:30 ?
- March 21st TTCA black belt testing at tournament
- March 22nd TTCA tournament—Central City, KY
- March 22- 23 Dr. Yang Jwing Ming seminar—Indy.

Red Carpet Movie Premier Night

Forget all the celebrity sightings during the awards shows and super bowl. The real A-list is when we have the GMA movie stars come out Feb 15th at 6:30 (camp participants be there no later than 6:00). 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 also be showing clips from Mr. Yoshida’s movies and another full length feature—Three Ninja’s—although it won’t be as entertaining as our blockbuster release. Families and friends are welcome. Students are encouraged to bring buddies. Please arrive early to help with the Hollywood atmosphere. Parents committee will be decorating in the afternoon prior and would welcome help.

Be Ready to Get your rooms reserved for TTCA tournament!

The hotel information for tournament will be available soon. Be sure to sign up early before they sell out and be sure to get the group discount rate.

Valentine Passes Coming Soon

Don’t forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

Quotes of the Week

It has been a while since we have gone over our focus points—lessons to succeed in martial arts and life in general.

GMA Wishes a Happy Birthday to:

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| Cadyn Nugent (2-2) | Hanna Resler (2-4) | Nico Inman (2-7) |
| Dillon Chapell (2-7) | Finnegan Vandewalle (2-10) | Jayden Brooks (2-14) |
| Keegan Spires (2-14) | Adrian Bamberg (2-14) | Leif Silvers (2-14) |
| Alex Stout (2-16) | Katheryn Clephane (2-19) | Owen Selburg (2-20) |
| Sammy Petraits (2-21) | Torrey Hansen (2-25) | Amy Law (2-26) |
| Minda Ruba (2-27) | Angelina Hankins King (2-27) | |



Don't forget GMA website/facebook.

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and or facebook group (like our facebook page for the community but join the group for our students), and sign up for email announcements online.

Last Chance to Enter Review Campaign Drawing

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!

Training Anniversaries

Collyn Dodge (TKD 11 yrs)

Jake Waltz (BJJ 5 yrs)

Josh Roberson (LD, TKD 3 yrs)

Benjamin Rahman (TKD 2 yrs)

Ryan June (LD 1 yr)

Zach Dyer (LD, TKD 5 yrs)

Frankie Williams (TCC 8 yrs)

Clay Thacker (BJJ 3 yrs)

Evan Raju (LD 1 yr)

Jordan Mascoe (TKD, HKD 4 yrs)

Anthony Tejera (LD, TKD 5 yrs)

Cathy Petraits (TCC 4 yrs)

Jaden Zweck (LD/BJJ 5 yrs)

Eric Kachelmeyer (TKD 1yr)

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

Feb 1882 Jigoro Kano opens the Kodokan and becomes the founder of Judo.

Feb 2, 1965 Brandon Lee's (son of Bruce Lee) birthday

Feb 12 1968 Jean Jacques Machado (BJJ pioneer) birthday

Feb 22 1972 Kung Fu debuts on TV and starts a craze.

Feb 26 1988 Bloodsport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.

The War on Football—I Wonder IF We Will Be Next? (the wussification of America, pt 1)

I meet yet another season of football coming to a close with ambivalence. While I will certainly miss cheering for the Colts, I look forward to my Sundays becoming a little more productive. Certainly, much ado has been made about the issue of concussions in the NFL—and in sports in general. Although I joke about getting hit in the head a lot, I certainly don't advocate unnecessary brain damage. And as our new safety gear requirements should suggest, we certainly strive to keep things as safe as we can while still providing quality training (as opposed to a hollow shell but safer form of training.) But I find the "war on football" and the underlying atmosphere that is spurring it along very troubling. My intention is not to take a stance on the issues with football, but use it to illustrate a disturbing trend.

Certainly legitimate concussions are serious. Precautions to limit their occurrences in sport --where it can be helped-- should be made. I say where it can be helped, because some activities naturally come with an element and assumption of risk. Taking risk out of the activity is one thing; taking the activity out of the realm of risk, such as making football essentially two hand touch, is another. If you don't want to assume the risk of an activity, then don't participate. *Don't demand that the activity change for you.* There is at least the perception that parents are foregoing having their children play football altogether now, because it is suddenly deemed too dangerous. That is their choice. I wonder how far this will continue? I wonder when will we be forced to take the "martial" out of the martial arts?

There is a particular element that is setting a much harsher tone, insisting that such dangerous activities as football should be banned altogether. There is no place for such "violence" in today's society. They quickly point not only to the injuries, but the possibility of death. They fail to point out that more people died from being struck by lightning while playing football than died from actually playing football. But the vitriolic rhetoric continues. And of course, if you disagree, then you must be in favor of hurting children. School districts are buckling as many contemplate suspending football programs in fear of lawsuits and accidents. Lawsuits because, once again, no one wants to assume risk or



responsibility for themselves. I wonder how far this will continue? I wonder when we will be targeted as being too violent and not having a place in society?

Think I sound alarmist? Well, here is another story that takes it one step further. Weber Middle School in Port Washington NY is only thinking about the safety of the children on the playground, so much so that they are banning footballs, baseballs, and anything else that could potentially hurt someone on school grounds. Additionally, they are placing restrictions on tag and cartwheels. I am not sure which is scarier: a school board so afraid of a lawsuit by fanatics bent on wussifying our youth that they ban cartwheels, or a school board that actually believes the fanaticism themselves. Either way, it doesn't bode well for us. I wonder how far this will continue? I wonder how long until an entire nation of wimpy fanatics (or is it fanatics of wimpiness) bans kicking and punching?

GM Choi once made one of his more memorable comments offhandedly concerning the toughness of "kids these days." I have always found the phrasing hilarious, in part because of insight and in part because of language barrier. But it is also memorable because it rings true of this growing trend. Comparing his time in the military and the martial arts compared to now, he sounded vexed as he exclaimed, "you know, these days, in the army, if you hit someone, THEY DIE!" I guess they don't make them like they used to.

Well, I believe that we don't make them like we used to. Admittedly, the WAY they were made back then was different. GM Choi's teachers, and to a lesser extent mine, would be arrested for abuse for some of the things we endured. While they make good war stories, it is not necessary to repeat most of these "errors." But at the same time, it did make us stronger, and we lived. I wonder how much we are missing out on as well. I wonder how many times we are throwing the baby out with the bathwater in this newer, enlightened age? I wonder how far that will continue?

So what type of child is the current climate producing instead? It is easy to imagine a kid who is taught to fear any ball other than the nerf variety as being risk averse in general. What will a kid learn to try and risk if he is prohibited from trying cartwheels, for fear of having an unpleasant outcome? How does a person learn to stoically endure hardship if he is taught that any hardship suffered must be someone else's fault and grounds for a lawsuit? Where does a kid learn accountability for his actions if he is constantly coddled from those actions? I wonder how far this will continue? I wonder how long until breaking boards will be shunned for not only being violent and a dangerous risk of injury, but if a child doesn't break, their self-esteem will suffer because they will be disempowered?

It is not like I am against seat belts and skateboard helmets. We certainly try to run our classes with the safety in mind. But we can't let safety run our classes, or we wouldn't be doing anything but hitting paper targets (not too hard or you might hyperextend a joint!) I also recognize that some of the training in the "golden days" wasn't so golden, but we must be careful not to dilute what we do to the point of being ineffective—not only in terms of self-defense but also in developing character, perseverance, and a black belt attitude that includes being both mentally and physically strong. I realize that the martial arts are not for everybody, but I do believe that most anybody can benefit from them. I wonder how long it will be before people are convinced otherwise by people who don't understand the benefits and transformative power of the martial arts? I wonder when the war on football will be turned onto the martial arts? I wonder who will fight the battle against it with me? --BLS