



GMA Newsletter

March 2014

Congrats to some big promotions

Congrats to our newest little dragon graduate, Evan Raju

Congrats to our newest blue belt promotion in BJJ—Collyn Dodge

Congrats to some of our HKD black belts who also gained rank in the Korean Hapkido Federation: First dans: Kaitrin Higbee, Jordan Mascoe, Dakota Dalton, Anthony DePasquale, Adam Luhman and third dans: Rob Snyder and Jeremiah Deckard.

Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on March 21st: Luke Gamble, Corey Christman, Sammi Petraits, Karissa Cozee and Anthony DePasquale.

Upcoming events:

March 1 st	Tai chi seminar 10:30-12:30
March 1 st	Stickfighting 1:00-3:30
March 8 th	Black belt prep 9:00-10:30
March 8 th	IU TKD tournament (college/age and alumni only) 12:00-5:00 ish
March 14 th	TTCA testing
March 15 th	Black belt prep 9:00-10:30
March 15 th	Demo Team 10:30-12:30 ?
March 15 th	Kids FAST 1:30-3:30
March 20 th	No BBC, Dem Team practice 7:45-8:30 ish
March 21 st	TTCA black belt testing at tournament, no TKD class at GMA
March 22 nd	TTCA tournament—Central City, KY
March 22- 23	Dr. Yang Jwing Ming seminar—Indy.
March 29 th	Metamoris BJJ open mat and fight night. TBA.
April 4-5 th	Guest presenter TK Logan, stalking and women's self-defense with Mr. Sieg at DPU (see below)
April 6 th	Tai Chi push hands seminar, B-ton
April 12 th	USHF spring seminar—hosted by GMA—9:00-5:00

TK Logan has testified before Congress and travelled the world speaking about stalking and related issues. She has hosted our FAST team for numerous classes, and now she and Mr. Sieg are working on a collaboration for women who face this increasing problem. Educational for both men and women, our students and anyone they know who face this problem are encouraged to attend to the talk on Friday the 4th and/or workshop on Sat the 5th at DePauw.

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 schedule adjustments:

There will be no TKD class on Friday, March 21st. All instructors will be at the tournament.

There will be no BBC on Thurs. March 20th, demo team practice instead.



Birthdays:

Caleb Johnson	3-6	Malachi Sahli	3-10	Aleah Spires	3-14
Jordan Nus	3-17	Amanda Spires	3-27	Luke Gamble	3-28
Lise Roberson	3-29				

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

- March 1, 1907 (-Feb 2 2003) GM Won Kuk Lee (founder of Chung Do Kwan) birthday
- March 10, 1940 Birthday for Chuck Norris
- March 11, 1967 Birthday for Renzo Gracie
- March 19, 1931 Birthday for Ed Parker, Sr. (famous for Bruce Lee demo and taught Elvis Presley)
- March 24, 1950 Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program
- March 10, 1921 Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate “on the map”
- March 20, 1971 South Korean President Chung-Hi Park declared TKD as Korea’s national sport
- March 30, 1990 Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
- March 31st 1999 The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

Training Anniversaries

Mike Dodge (BJJ 8 yrs) Noah Lambert-Adams (HKD 3 yrs) Jeremy Johnson (BJJ 1yr)
Alex Stout (LD 1 yr)

Quotes of the Week

This months QOW will be dedicated to the concept sportsmanship martial arts style as we focus on the upcoming tournaments

The Martial Arts Need More Matthew Franks and other Unsung People

A man must love a thing very much if he practices it without any hope of fame or money, but even practice it without any hope of doing it well. –G. K. Chesterton

Matthew Frank is a TTCA black belt under Master Keepes in Jasper. You don’t know him as a grand champion or particularly as a stand out from tournaments, demos, or camps. From my limited interaction, he is a perfectly nice guy, but not a large enough personality to garner extra attention. In fact, most of you wouldn’t know him at all (although I bet he is very much appreciated at Jasper TKD) I didn’t take note of him until I presided over the men’s black belt ring at the most recent TTCA tournament. He impressed me as a solid black belt. One of the types we could always use more of in our school or the organization. So what did he win in my ring that left such an impression? Nothing. He did a very solid danda form, but didn’t place. He sparred competitively and hard, but lost. He got absolutely nothing, other than my respect. But his performance got me thinking about the way things were, the way things are, and the way things are supposed to be in tournaments and martial arts.

You see, prior to this tournament, like other tournaments, I had my predictions about how people would do. Now, there are always surprises. Sometimes people who normally do well have an off day and space out on their form. Or just had a weird day sparring, just...off. It happens in all sports. Other people really do better than expected and show up in crunch time, and makes me wonder, where was that in class? Some have proven themselves in tournaments past. But mostly my predictions are based on how well they do in class. If they are strong students, I expect them to medal at tournament. More often than not, I am right. But what I didn’t realize



until Matthew Frank pointed it out to me, is that somewhere along the way, I had adopted a sad line of reasoning based on an assumption.

The assumption is that if you are good, you should medal, because unfortunately, not very many people are very good. The implication is that most people aren't. Now, I am not sure when or how my impression changed, but I am pretty sure I didn't always assume that there was a limited number of really good students, even at the upper ranks. Perhaps that is a commentary on the state of martial arts these days, how quality is slipping, etc. But that isn't the point of this article, and I am going to focus on the positive.

There will always be some that are a cut above the rest and that stand out. They may even get a little notoriety and a reputation for being good. I must admit that back when I competed, I would take more than a little pride when I saw my opponent's expression change when they called my name across from them. And while I won my share of trophies, I don't ever recall going into a tournament where I felt that I was pretty much a lock to place. Hardly ever did I think that a single victory was easy. Most, to my recollection, were closely contested battles. And that is absolutely the way it should be. As we discussed in our classes, healthy competition pushes all us to become better.

While martial arts is about doing your personal best, it is obvious that some people's best is better than other people's best. That is ok. But when everyone is serious about becoming the best black belt he or she can become, then it will challenge everyone to keep pace. The better quality competition at our tournaments or in our classes, the better we will all become. One of our BJJ instructors Tim Sledd points out, when you step onto the mat for competition, you are taking a little piece of everyone else that helped you prepare for that tournament with you. You have taken their best shots in their specific strengths and grown stronger. During sparring sessions in the black belt class, I have exclaimed that there should be no easy rounds here, everyone is a black belt. More guys like Matthew Frank would help us all get better.

At the last tournament, a couple of our students who are pretty good didn't place. I was sad for them and a bit perplexed, but the more I think about it, GOOD. That means they have to get better. And I believe they will answer the challenge. I must admit I have sat at tournaments where the good students stand out above the mass of mediocre students. I would much rather watch great students stand out above a mass of good students. That would bode better for our school and our organization. The enemy of great is good. I hope our students won't settle for good but strive for great. It seems to be me that those who are willing to settle for "good enough" in the first place usually end up being very mediocre.

I want students who are trying to be their best. Not so that they can stand out at tournaments and win a lot of trophies, but because that is the way it is supposed to be done. They have personal pride and take what they do seriously. That is black belt effort and attitude. If accolades come along, great. If not, it is back to class just the same. I am pretty sure that is what Matthew Frank did. I am confident Mr. Frank is an asset to Master Keepes's school. I know he would be a welcome addition to our school as well, as he would help make everyone better. We certainly have our own share of similar students. Maybe it is the lower ranks who still spar the black belts competitively in BBC. Maybe it is the younger kids in the shadow of the more athletic teenagers on demo team. Even though they might not get the recognition or win a trophy at this upcoming tournament, their effort and dedication is hard to miss. And while I am confident their time in the sun will come, like Mr. Frank, they at least deserve a shout out here. --BLS