



GMA News April 2014

Congrats to our new black belts and good luck to others

Congrats to our new TKD black belts: Mr. Cory Christman, Mr. Anthony DePascuale, Miss Sami Petraits.
Good luck to our HKD belt candidates: Anthony DePascuale.

Upcoming events:

- April 4th Coercive control talk with guest presenter TK Logan at DePauw 3:00-4:30
- April 5th Stalking workshop with TK Logan and Mr. Sieg at DePauw 12:00-4:00
- April 6th Tai chi push hands seminar, IU 3:00-5:00
- April 9th Parents committee meeting 6:30 (LD and BJJ parents are encouraged to attend)
- April 12th USHF Sping seminar—hosted by GMA—9:00-5:00
- April 12th Bedford TKD tournament
- April 16th Lil Dragon testing (beg 4:30-5:30; int/adv 5:45-6:45)
*no regularly scheduled lil dragons or TKD classes that evening
- April 17th TKD black belt stripe testing- no regular black belt or BBC classes
- April 24th BBC Taekwonglow night—black light BBC class
- April 26th Tai chi seminar 9:00-11:30
- April 26th TKD black belt ceremony 1:00 pm Louisville.
- April 26th EGO BJJ tournament
- May 3rd Hapkido black belt testing 9:00-12:00
- May 3rd Stickfighting 1:00-3:30
- May 9th TTCA testing
- May 10th FAST stress shooting 9:00-1:00
- May 17th Annual Break a thon and school picnic Jimmy Nash Park
- June 7th TTCA CAMP
- June 7th Hoosier Open BJJ tournament

Special testing nights

With Easter weekend being late April, ceremony and other special events, we simply ran out of weekends to hold some of our testings in a timely manner, requiring us to hold lil dragons testing and TKD black belt stripe testing on a regularly scheduled class night. While we typically do not like cancelling regular scheduled classes for testing, it was unavoidable this time. **Please make note of the class adjustments.**

Summer day-camp dates are set

Some people have been asking about this year's date of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply. Here is what we have:

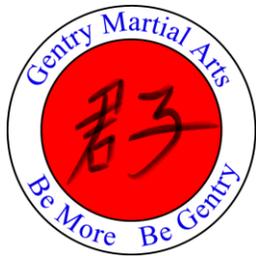
HKD day-camp: June 16-20. Lil dragon camp July 16-18. TKD day-camp: June 23-27; July 21-25

Break-a-thon and annual school picnic May 17th

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a cookout and fun and games to follow. This year we will be having it back in Jimmy Nash Park. Parents committee would welcome help with logistics.

GMA/DPU Hosting Stalking and Domestic Violence expert TK Logan

Domestic Violence and Stalking have very different dynamics than other self defense scenarios. Mr. Sieg is excited to bring an expert in this field, TK Logan, to present at DePauw University. Mr. Miller met TK at FAST events, and GMA's FAST team has taught several FAST classes with her in Lexington, KY. Mr. Sieg and Dr. Logan are also



working on a collaboration for stalking victims. Friday, April 4th, Dr. Logan will be giving a talk “Coercive control, the core of partner violence” from 3:00-4:30 at DPU. On Sat April 5th, she and Mr. Sieg will be jointly present a workshop on stalking (what it is, various strategies and self defense) from 12:00-4:00. Space is limited to the Sat workshop. Adult students only.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4-1	Korbyn Baker	4-9	Sabrina Chouinard	4-10
Ava Roembke	4-15	Kody Gist	4-17	Mr. Todd Miller	4-18
Haley Sieg	4-23	Megan Gens	4-23	Cary Pochatko	4-24
Jordan Mascoe	4-26	Cathy Petraits	4-27	Troy Remster	4-28

Training Anniversaries

Dan Wiggins (BJJ 8 yrs)	Sabrina Chouinard (TKD 8 yrs)	Finnegan Vandewalle (TKD 6 yrs)
Elijah Roberson (TKD 6 yrs)	Eliza Vandewalle (TKD 6 yrs)	Adam Satter (LD, TKD 3 yrs)
Austin Brummett (HKD 2 yrs)	Cathy Petraits (TKD 2yrs)	Wesley Yoshida (LD 2 yrs)
Katheryn Clephane (TKD 1 yr)		

Quotes of the Week

This month we will be reviewing some of the more famous GM Choi “isms”—sayings that make a difference in our practice and in our lives—like “A good artist doesn’t blame the pencil”

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

April 7 1954. Jackie Chan’s Birthday

April 15 1922 (-Oct 20 1982). Donn F Draeger (martial arts historian) birthday

April 26, 1963 Jet Li Birthday

April 1922 Gichin Funakoshi demonstrates karate in Japan—setting the course for Karate and TKD worldwide

April 11, 1955 the name Tae Kwon Do is approved by President Syngman Rhee to describe Korean martial arts

April 21 1993 Walker Texas Ranger starring Chuck Norris debuts

Tournament Results

TKD: Altogether our team of 42 competitors brought home 45 trophies—19 forms and 26 sparring. Some divisions were quite full, some were light, but we are proud of everyone’s performance. Also thanks and congrats to our demo team. Congrats to those who placed (we apologize for any mistakes or omissions, please let us know if there are any so we can correct our records).

Katheryn Clephane	1 st forms		Karen Kachelmeyer	2 nd forms	2 nd sparring
Eric Kachelmeyer	1 st forms	1 st sparring	Luke Kachelmeyer		1 st sparring
Dominick Spires		2 nd sparring	Gabe Wilson		4 th sparring
Rebekah Wiley	1 st forms	1 st sparring	Chelsea Schumacher	1 st forms	1 st sparring
Anthony DePasquale	3 rd forms	2 nd sparring	Luke Gamble	3 rd forms	1 st sparring
Kylie Yoshida	1 st forms	1 st sparring	Vanessa Maxwell	3 rd forms	3 rd sparring
Kyler Chylaszek	3 rd forms	1 st sparring	Elijah Roberson	2 nd forms	
Morgan Williams	1 st forms	2 nd sparring	Adam Satter		2 nd sparring
Cathy Petraits	2 nd forms		Josh Roberson	2 nd forms	2 nd sparring
Sami Petraits		4 th sparring	Sabrina Chouinard		3 rd sparring
Keegan Spires	4 th forms	3 rd sparring	Noah Wilson		2 nd sparring
Nate Wilson		3 rd sparring	Luke Wilson	4 th forms	4 th sparring
Ryan Jerome	4 th forms		Ryan Spires		1 st sparring



Jordan Mascoe	2 nd sparring	Stephen Pochatko	1 st forms	2 nd sparring
Eliza Vandewalle	2 nd sparring	Finn Vandwalle		1 st sparring
Adam Johnson	4 th forms			

Additionally, DePauw students, alumni, and a couple of GMA ringers competed at the IU invitational TKD tournament earlier in the month.

Mr. Sieg 1st forms, Mr. Yoshida, 1st forms, Anthony DePascuale 2nd forms and 1st sparring, Ryan Jerome 2nd forms and 3rd sparring, Jake Waltz 2nd sparring,

Apparently Bullies always Win and Winners are always Bullies—The Wussification of America Part 2.

You are probably thinking that the title is wrong. Isn't that supposed to be about cheaters, or quitters, or something a little more positive? Now, we certainly don't really advocate bullying and in fact, offer some of the most effective bullying antidotes available. But while I am disturbed by the growing trend of bullying in society, I am also becoming increasingly concerned with the growing trend to label any unpleasant act as bullying or abuse. Sometimes it could be a blessing in disguise.

Aledo High School in Texas beat Western Hills HS 91-0 in football this past fall. A parent of the player on the losing team has filed a bullying suit against the Aledo coach, despite Aledo pulling its starters after 21 plays, calling only 10 passing plays all game, and letting the clock run continuously in the second half. In my opinion, doing anything more to avoid scoring would have been even more humiliating...playing with only 7 on the field? Kneeling down in the 3rd quarter or taking a knee before scoring? At some point, it just becomes patronizing, and I am sure if they had to go to such lengths, then they would have been accused of mocking them...which is probably bullying also. So apparently, you just can't win when you win.

While researching something else, I was recently enraged by a YouTube video that I stumbled upon. An anonymous, voice disguised documentary explained that martial arts instructors are similar to common bullies but are much worse. We not only bully, we are abusers, under the pretext of teaching you a lesson. It shows various clips of martial arts students being willingly demonstrated upon and claims that they are victims of abuse, as the instructor establishes dominance and hides behind status as the reason they should accept the treatment. It questions if you can really learn how to be a good fighter if you are the one constantly being thrown, or if you are simply an abused person who practices being abused. Now, I must admit, there are nights' when it feels like that is what I am practicing, but it completely misses the point that I look forward to in those opportunities. We get better by working with people who are better than us. As I just finished completing my certification in chinna under Dr. Yang, it is timely to point out that the worst pain I have ever been in while doing the martial arts has been at his hands, and at my request! The best way to learn a technique, to know how it is really supposed to feel, is to have it done to you.

The YouTube video goes on to show various clips of unfortunate injuries in martial arts competitions (mostly broken arms from bad falls in judo) as examples not of unfortunate accidents, but of abuse. (See tie in to the war on football—wussification part I). It goes on to point out that running a dog fighting competition will land you in jail but child fighting competitions are legal. The distinction that we typically don't selectively breed our children to fight to the death for money apparently couldn't get in the way of pointing out the incongruence. Now, I must admit, even I laugh at the irony that in some ways, martial arts schools beat you up and take your money so that you can learn how to protect yourself against people who beat you up and take your money. This video is so poorly done and such a blatant, absurd representation that it too would almost be comical, except for the fact that I am alarmed (not for job security but out of concern for society) that too many people actually think like this.

Last semester I had a student in one of my college courses that apparently had never done anything physical enough to experience delayed onset muscle soreness (DOMS) that comes with strenuous workout. Now, keep in mind, this wasn't really all that strenuous of a class, but the student was confused and concerned. He asked what he should do about



it. He was a bit shocked and certainly didn't like my answer when I told him recoup for a couple of days and then repeat to be in pain again. That it meant he was getting stronger. He questioned the need. I am sure if I told him there was indeed a need, as he apparently was too weak to do martial arts, I would have been labelled a bully. Not surprisingly, he didn't continue...and while this point is conjecture, I suspect in his mind, the problem lies in a psycho instructor who enjoys students' pain as opposed to himself, someone who wants to be a fighter yet remain pain averse and hopelessly deconditioned.

I also once had a parent threaten to report me to the police for kicking her child in the head. I freely admit I did this..in black belt club, during week three of a series on kicking to the head, in preparation for the tournament that allowed head contact. Instead of sparring with the students going to that tournament to help prep them, I chose to personally work with the student who was struggling the most. But according to this parent, the student who came to us to learn how to deal with bullies only found more. Now, I am sad that we weren't able to help this student, but I am even more sad that he likely won't ever get help when not being allowed to learn to stand on his own when he is being coddled at home.

Despite our tournament motto which includes "losing as though you enjoyed it," losing isn't always fun and sometimes downright hard. Losing is a hard teacher, but it provides valuable lessons. And sometimes forces us to face hard questions about ourselves. That isn't bullying, it is really doing us a favor.

Some people don't see it like that though. Losing should be avoided. Everybody is a winner, everybody gets trophies, in fact, let's not even keep score. The only problem is, when you avoid losing, you also never learn how to lose gracefully. Even worse, there is also never a chance to learn how to win. So how is the "don't hurt their self esteem and give everybody a trophy" movement in America going? More men ages 20-30 are living in their parents basement than at any other time in modern history. Now, there are lot of factors (read bullies) or explanations (*sometimes* they are really only excuses), but what it really boils down to is that it turns out the real world actually does keep score and there is a whole generation in America that never learned how to WIN!

Instead, kids are being taught that if they lose, rather than looking inward on how to improve yourself, to look outward and label the other person a bully for being better than you. I seriously doubt that one student of the Western Hills football team is going to need therapy over this, except perhaps the child of the parent who filed the suit. But they are being told to never invest in loss in order to grow and improve from it. In the martial arts we have several terms and phrases to describe this process: investing in loss, fall down seven times and get up eight, chong shin or indomitable spirit, eating bitter. Yes, sometimes they have taken "abuse," and I will admit that sometimes I am bit of a bully as a teacher. Those students that learn the lessons the most are not called abuse victims; we call them black belts. And more often than not, they are winners in life that I am very proud of. --BLS