



GMA news Aug 14

***Congrats to our first ever GMA promotion to brown belt in BJJ—Mike Dodge
Congrats to our newest Lil Dragon graduate—Wesley Yoshida***

UPCOMING EVENTS and CALENDAR

Aug 1st	No Adult BJJ Class due to special event at the building on Sat.
Aug 9 th	Leadership/Junior LT 9:00-10:30
Aug 9 th	Demo team 10:30-12:00
Aug 9 th	Stickfighting 1:00-3:30
Aug 9 th	Metamoris BJJ open mat and viewing party 5:30
Aug 10 th	TMNT –Sunday matinee movie outing. 12:00 pm
Aug 16 th	Mr. Sieg self defense lecture—library 9:00-11:00 ish
Aug 16 th	GMA Summer attendance party—Bonfire outside, and black light games 8:30-?
Aug 23 rd	Demo Team 9:00-11:00
Aug 23 rd	Kick Poverty Out kickball tournament—GMA needs a team
Aug 23 rd	Tai chi push hands open practice 2:00-4:00 ish
Aug 24 th	Nick Yang Chinna and tai chi seminar in greenwood
Aug 30 st	Tentative Black belt club outing (details later)
Sept 1 st	Paragon Homecoming/Labor Day parade. 10:30 in Paragon
Sept 5 th	TTCA testing 5:30
Sept 6 th	Demo Team 9:00-11:00
Sept 13 th	Lil Dragons Testing 9:00-11:00
Sept 13 th	GMA Fun Day 11:00-2:00
Sept 19- 21 st	GMA Hosts FAST Regional Training and Certification: Kids 9/20; Adult basics 9/21
Oct 4 th	TTCA tournament and black belt testing
Oct 9-12 th	Fall foliage demo and parade
Nov 9 th	Master Chen Tai Chi workshop
Nov 15 th	USHF seminar

**Thank you for
voting us #1 in
Readers
Choice for the
8th time!**

Ninja Turtle Outing

We have arranged another movie outing with the theater in Mooresville. This time, we will see TMNT opening weekend, Sun Aug 10th at noon. As before, we are getting a great deal on tickets, popcorn and a drink for one flat price, and parents committee will receive a donation from the ticket sales. A reminder the movie is PG-13.

Personal Safety lecture

Mr. Sieg will be giving a personal safety lecture at the Morgan County Library on 8-16. The content will essentially be his lectures in his college self-defense courses including legal, social, and psychological considerations, and myths and misconceptions concerning personal safety strategies and advice. This is content not shared at GMA before. Public is welcome, so help spread the word and bring friends.

GMA Hosting FAST Regional Training in Sept

We are excited to announce that GMA will be one of three locations in the entire country (Boston, San Diego) to host a Regional Training and certification for FAST defense. Mr. Miller will be joined by other Master Instructors from across the country and beyond to certify other teams from around the Midwest, and existing teams will hone their skills. This is a great opportunity for our students to experience new energy, woofs, and a slightly different class. We will be holding a Stop Bullies FAST kids class on Sept 20th (perfect timing for back to school!) and an Adult Basics on Sept 21st. Bring your friends who haven't done a FAST course yet and sign up for this special event!



BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Look for these to be sent out this month.

Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

Corey Christman (TKD 5 yrs)	Jeff Huff (TKD 3 yrs)	Katherine Satter (TKD 3 yrs)
Dillon Chapell (TKD 2 yrs)	Fisher Dunscombe (LD 2yrs)	Kody Gist (TKD 3 yrs)
Adam Johnson (TKD 2 yrs)	Kylie Piper (LD, TKD 2 yrs)	Cary Pochatko (TKD 2 yrs)
Stephen Pochatko (TKD 2 yrs)	Blake Prather (TKD 2 yrs)	Jayden Inlow (LD 2 yrs)
Dylan Hall (LD 1 yr)	Hanna Resler (LD 1 yr)	Ava Roembke (LD 1 yr)
Caleb Johnson (BJJ yr)	Conlan Sweeney (LD 1 yr)	Connor Sweeney (TKD 1 yr)
Baron Wendling (BJJ yr)		

Happy B-day to these students in Aug

Rob Snyder	8-2	Caleb Johnson	8-6	Karissa Cozee	8-10
Amy Hansen	8-10	Monica Clephane	8-15	Lane Kimmel	8-16
Jeff Huff	8-18	Karen Kachelmeyer	8-19	Stephen Pochatko	8-19
Blake Prather	8-22	Thomas Neidigh	8-24	Jaden Zweck	8-26
Daniel Dow	8-28				

Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

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

Aug 11th, 1946 Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming's birthday
 Aug 13, 1932 (-Feb 1 2006) BJJ Pioneer Carlson Gracie's birthday
 Aug 16, 1940 (-Aug 20, 2007) JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day
 Aug 25, 1931 (-Jan 8 2007) HKD GM Bong Soo Han's birthday
 Aug 2, 1964 Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.
 Aug 1998 Tae Bo is released.

Movie premiers this month include: Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

Kick Poverty Out Kickball Tournament.

We know our students are skilled at kicking, and love to play dodgepad, so it is time to branch out. On Aug 23rd there is a charity kickball tournament to benefit Bridges Out of Poverty in the area. We are hoping to field a Gentry Team.

Cracking the whip to tame lions, rather than raising pussycats. --The wussification of America part III

Ho, Ho sir surgeon, you are too delicate to tell the man he is ill. You hope to heal the sick without their knowing it. You therefore flatter them; and what happens? They laugh at you. They dance upon their own graves. At last they die. Your delicacy is cruelty; your flatteries are poison; you are a murderer. Shall we keep men in a fool's paradise? Shall we lull them into a soft slumber from which they will awake in hell? ...In the name of God we will not! --Charles Spurgeon



No doubt many of us think the summer was way too short as we turn our attention back to the new school year. For many of our students and their parents, that includes a fair degree of uncertainty about the new school year's teacher(s). Certainly different teachers have mastered different teaching styles for their classroom. In that sense, martial arts instruction is no different. Teachers vary in style and effectiveness within a given style. Unfortunately some instructors don't give a lot consideration to this, but I know all of our leaders at GMA are committed to improving their craft. And certainly each child is different, as is teaching lil dragons compared to adult BJJ. A good instructor realizes which kids require gentle encouragement and which kid responds better to a swift kick in the pants (sometimes figuratively, sometimes more literally in a martial arts setting). But unfortunately, a trend is growing in teaching and parenting that is having unintended adverse effects on children. And not surprisingly, I hope traditional martial arts is part of the solution instead of contributing to the problem.

Many instructors in our industry advocate exclusively using a teaching style of positive rewards—rewarding good behavior and ignoring poor behavior. The theory is making every student want to be rewarded and focusing on the positive. Now please don't misunderstand me, this certainly an important piece of the puzzle. Any good teacher or parent does this to some degree. But it also allows a lot of bad behavior to continue, disrupting the class and never addressing the child who doesn't mind not being rewarded so long as he gets to do what he wants without penalty either. And quite frankly, there are a lot of people out there that need to hear when they aren't performing well.

I remember when NFL quarterback RGIII was benched last year. I am not interested in the merits of the benching, but I remember one opinion piece that summarized the drama surrounding it. He stated that RG III had grown up being fawned over and told how great he was—from parents, coaches, recruiters and scouts, and fans. It was great for his self-esteem. Unfortunately, he had room to improve. People chose to focus on the amazing things he could do, which often outweighed his deficiencies. Until one day his deficiencies caught up with him, and it turns out his biggest deficiency was not knowing how to handle criticism or how to address the flaws.

One could easily replace coaches with teachers or instructors and this would be a cautionary tale occurring in many grade schools and martial arts studios. David Hooper, a martial arts writer I am fond of, likened it to some advice he received a long time ago: “there are three types of educators in the world: the entertainers, the lion tamers, and the new romantics....While the entertainers can keep their students attention and make the learning experience enjoyable, there are those that would argue that it is the lion tamer who get results. Discipline is what is required; without it, the most entertaining and engaging teacher is a non-starter, and the new romantics, despite their altruistic motives and earnest desire to make a difference, will not get [the job done].” He goes on to relate a particular disciplinarian from boarding school, who wasn't really popular, but got results. “As unsound as his teaching strategies might appear in today's world, I should say in his defense that no pupil has ever failed their “O” or “A” level examination—NOBODY DARED.” Hooper goes on to point out that there is no shortage of lion tamers in the karate world.

Ideally a teacher needs to be a balance of all three, and the student needs that balance. At GMA, I hope our instructors are entertaining and engaging and that our students are inspired and have fun. And I have certainly been called an idealist (if not a romantic) for my belief in the value of a traditional martial arts education and the myriad of ways that it can help people. It appears that one of those ways is to have students experience the dying breed of teachers—the lion tamers.

As Spurgeon put it, our delicacy to ignore bad behavior is cruelty when it ill prepares the student for negative consequences that come from such behavior in a less nurturing but much more real world. Our flatteries are poison when they are hollow praise for lesser work, killing the student's drive for real accomplishment. And we murder our students' chances to succeed in the face of adversity or outright hostility of an impersonal world. We are doing our students a disservice if we don't prepare them to take criticism and learn how to correct themselves without taking everything personally. In short, learn how to remain coachable or teachable. The lion tamers get the best results and the best chances of preventing everyone in society from growing up as a prima donna.

I hope we always have a good balance of teaching approaches at GMA. We should be motivating and encouraging and entertaining, but as lion tamers, we shouldn't be afraid to crack the whip. We will demand our students to BE MORE. We just might make some tame lions—civil in mind and savage in body—in the process. --BLS