



Sept 14 NEWS

Upcoming events:

**** No, We do NOT have class on Labor DAY ****

Aug 29 th	Parents committee meeting 5:30
Aug 30 th	BBC outing to Ohio Valley TKD and Marengo Cave, leave 7:30 am
Sept 1 st	Paragon Homecoming Parade –Paragon Elementary by 10:30
Sept 5 th	TTCA testing 5:30
Sept 6 th	Demo Team 9:00-11:00
Sept 11 th	Simulcast of Nick Vujicic’s “Stand Strong” bullyproofing presentation 7:00
Sept 12 th	RAK’s begin in remembrance of 9/11
Sept 13 th	Lil Dragons testing (beg 9:00-10:15; int/adv 10:15-11:30)
Sept 13 th	GMA Fun Day 11:00-2:00
Sept 19-21	GMA Hosts Regional FAST Defense certification.
Sept 19 th	No class—closed for FAST Regional Training
Sept 20 th	Stop Bullies FAST kids course 4:00-6:30
Sept 21 st	Stop Assault FAST adult level one class 3:00-6:00
Sept 27 th	TKD bb prep 9:00-10:00
Sept 27 th	Demo Team 10:00-12:30 ?
Sept 27 th	Tentative Tai Chi seminar 1:00-3:30
Oct 4 th	TTCA tournament and black belt testing
Oct 9-12 th	Fall foliage demo and parade
Oct 18 th	FAST Stress shooting
Nov 9 th	Master Chen Tai Chi workshop
Nov 15 th	USHF Seminar-Bloomington

Simulcast

Nick Vujicic, a world renowned speaker with a message of bullyproofing and hope, will be speaking in the Indianapolis area. We are making arrangements to be a site to simulcast one of his presentations on Thurs, Sept 11th at 7:00 pm. All of our students, especially middle and high schoolers, are encouraged to come to this event. Black belts are welcome to come to lower rank classes beforehand.

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 Canada, 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!

Parents Committee and Fun Day

We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number of things we can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

Paragon Parade

We appreciate everyone’s support by marching in the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.



GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Luke Wilson	9-2	Reece Satter	9-4
Olivia Siebert	9-6	Adam Johnson	9-6	Daniel Wiggins	9-8
Clay Thacker	9-8	Amiah Hines	9-9	Arnulfo Mendoza	9-10
Corey Christman	9-11	Gavin Richardson	9-14	Eric Adams	9-18
Katy Pickering	9-20	Jazlin Zweck	9-23	Aiden Bambery	9-26
Gabe Wilson	9-26	Donovan Sieg	9-30		

Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training.

Noah Lambert-Adams (TKD, 11 yrs)	Jake Waltz (TKD 10 yrs)	Ryan Jerome (TKD 10 yrs)
Rob Snyder (TKD, HKD 9 yrs)	Joshua Britt (BJJ 8 yrs)	Christian Marion (TKD 6 yrs)
Megan Gens (TKD 6 yrs)	Michael Miller (BJJ 3 yrs)	Torrey Hansen (LD, TKD 2 yrs)H
Hayden Kachelmeyer (TKD 2yrs)	Daniel Dow (TKD 1 yr)	Korbyn Baker (LD 1yr)
Addison Mashina (LD 1 yr)	Zach Stanley (TKD 1 yr)	Mr Sieg (TKD, 30 years)

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

Martial Arts Training Has Plenty To Do With Bullies, But Little To Do With Fighting Them

It is a new school year, which unfortunately for a lot of kids, means new (or old) bullies. Not surprisingly, bullying is getting a lot of press right now. October is National Bullying Prevention Month. Other martial arts schools have kicked off an anti-bullying campaign/program. GMA is not participating in it. Why? Because quite frankly, we already believe that we are part of one of the best programs out there: Stop Bullies FAST. We typically do a Kids FAST class at the beginning of school for this very reason. This year is a very special opportunity, as our class is part of the FAST certification weekend, where people are coming to Martinsville from across the Midwest and beyond to learn how to share this powerful program. With this influx of instructors and trainees, it will be a different and unique experience for our students. Additionally, we plan to simulcast Nick Vujicic's message of hope and strength against bullying this month, and hope people join us for it. While our martial arts school is providing resources specific to the problem, many people turn to the activity of martial arts in and of itself to help with bullying. No doubt some our students and parents came to us for this very reason. So I thought I would take this opportunity to discuss how martial arts fits into the overall bully prevention movement. Perhaps the answer isn't exactly what you would expect; it has little to do with winning playground skirmishes.

No activity, including martial arts, is going to make the annoying people in your life disappear. In fact, bullies might use the martial arts as a focal point for their bullying (if not that, they will undoubtedly find something else). A few students have reported as being singled out for doing martial arts rather than a more mainstream or "cool" sport. I dealt with it too. In fact, I had a teacher in high school (the high school wrestling coach) who bullied me about it. I would come to class and there would be a 2X4 on my desk with the challenge to break it with my hand. I would get the "what if you are attacked in a telephone booth; I usually answered the only ones stupid enough to pick a fight in a phone booth is a wrestler. (As I write this, it occurred to me that this particular nonsense doesn't apply in today's world of cellphones, and that half our students don't even understand the question.) Perhaps he thought it was just good natured fun and he was being engaging. It felt like bullying to me. And the wrestlers in class certainly took it as a sign that it was open season.

The next few months also bring community parades that we like to support. Our parade participation will be invariably met with Bruce Lee/ Chop Socky mannerisms and sound effects. No doubt some of the comedians will find themselves quite clever, because no one has EVER thought to do that before. Others will do it with more the intention of bullying.

Neither of these instances of bullying was overly traumatic. Over time, I have become rather immune to it, in no small part because of the lessons that the martial arts have taught me, and I believe our students are learning as well.



Martial arts teaches chong-shin or fighting spirit. We have many mantras, such as fall down seven times, get up eight, or the Hwarang rule of “never retreating in battle” to never shy away from an obstacle. And a good martial arts education should give us obstacles—be it a higher technical standard, a set of boards or a tough sparring partner. We don’t always win these battles. We don’t break and fail a test; we lose a match. And having learned from the experience, come back next time. Unfortunately there will always be difficult people that create obstacles in your life. Dealing with silly kung fu sound effects helps you practice dealing with really problematic people later—the ones who will hurt you a lot more personally. Or dealing with rejection in a career in sales. Or dealing with dishonest people who wrong you with more than words. One of my favorite martial arts phrases is being willing to eat bitter, and there are a lot of bitter people in the world. I hope our martial arts students will shrug it off, pick themselves up off the mat, learn from their mistakes, and move on to the next match.

Martial arts teaches confidence and security. Each new belt comes with a new sense of accomplishment. People often underestimate what they are capable of with consistent hard work, and our job is to show them that potential. As our students overcome the aforementioned obstacles, they’re belief in themselves grow and so does their willingness to tackle greater challenges. Having felt their mental and physical toughness be tested and grow in training, they feel less and less of a need to prove themselves tough during some bully altercation. I was able to handle my teacher’s taunts because quite frankly, I didn’t feel inferior because I knew what I had accomplished in the martial arts. The need to prove to someone that they are wrong about you is not as strong when you know you have already proven to yourself that they are. And of course, knowing that you can handle yourself if you ever have to draw that ultimate line in the sand against physical bullying doesn’t hurt either, but those physical skills should be used much less frequently than the other aspects of confidence. And that air of confidence is usually a bully repellent by itself.

Martial arts teaches discipline and self-control. Each new belt is more than a progression to becoming a martial arts master, it more importantly is a progression towards self-mastery, requiring a new level of discipline, perseverance, and work ethic. The repetition required for skill requires discipline. The occasional lack of progress that comes from doing something that doesn’t come easily can be frustrating. And obviously, there is that whole learning to keep your composure while getting hit thing, to remain calm and think tactically when most people are inclined to an emotional response. To be able to stay calm and in control rather than giving the reaction that the bully is hoping for goes a long way. Having the discipline to take the appropriate actions as opposed to having a knee jerk reaction is crucial so as to not compound the problem of a bully by being caught in retaliation. There is a good chance a bully will back down when the usual tactics of intimidation are met with a calm, un-phased demeanor. The bully knows he “dialed the wrong number” and will go someplace else.

Practicing martial arts is not going to make bullies go away in your life, but it will give you the tools to deal with them: the control to not be triggered into overreacting, the ability to handle the stress, and the self-assuredness to not care as much. The more personal responsibility or “black belt attitude” we have, the harder it is for others to impact us. As Nick Vujicic puts it: “There is no guarantee bullies won’t come after you or that every day will be a walk in the sunshine, but as long as you refuse to let anyone else take control of your feelings about yourself or dreams and goals, you should be okay.” And, “I know who I am and where I am going....I take responsibility for my own happiness...My strength comes from within and no bully can make me feel insecure...I am aware of my emotions and I control my response to them so that I stay positive in my thoughts and actions....I find something positive to take away from every challenge, including being bullied.” I don’t know about you, but sounds like he just described some of our black belts! --BLS

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

Sept 14, 1902 (Oct 7 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938	Fumio Demura –Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained
Sept 14 1961	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th 1966, Sept 1 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th 1988	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	