



GMA NEWS

November

Upcoming events:

Oct 31 st	Class schedule adjusted for trick or treating (see details below)
Nov 1 st	Stripe testing 9:00-11:00
Nov 1 st	TKD black belt prep 11:00-12:00
Nov 1 st	Stickfighting 12:30-3:00
Nov 8 th	Lil dragon testing beg 9:00-10:30; int/adv 10:30-12:00
Nov 8 th	Black belt ceremony 1:00 pm
Nov 9 th	GM William CC Chen Tai Chi seminar.
Nov 15 th	USHF Seminar, IU 9:00-5:00
Nov 22 nd	Holiday Sale 8:00 am-11:00 am
Nov 22 nd	Tai chi push hands outing
Nov 22 nd	Metamoris BJJ open mat and PPV 6:00-?
Nov 26 th -28 th	NO CLASSES—Happy Thanksgiving
Dec 5 th	TTCA testing 5:30
Dec 6 th	Adult Basics FAST

Halloween schedule

In order to accommodate the trick or treat schedule on Halloween, we are adjusting our class schedule on Friday, Oct 31st. TKD class will be from 4:30-5:30 and lil dragons from 5:30-6:00. There will be no BJJ kids class, but we will have adult BJJ class. Kids BJJ will have a make up class with the adult BJJ class on Tues night. Nov 4th

Congrats to

- **OUR NEW BLACK BELTS: Mrs. Cathy Petraits and Mr. Finn Vandewalle**

Holiday Sale set for Nov 22nd.

Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 22nd from 8:00 am to 11:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch. Sign up at the front desk.

Tweener FAST extrav Dec 23rd. We will be doing a FAST extravaganza of more advanced and custom scenarios specific for the Tweener age group. It will much more intense than a kids basics but more mature in other ways, and deal with school violence. Suggested ages are 10-14.

Winter Weapons camp, Dec 30th. This year we will once again have the unique opportunity to learn the rare European art of German Longsword. It will review the basics and also do some new stuff we haven't done in previous seminars.

Our next movie/stunt camp. The next major release by Yoshi-tech productions is set to start filming Dec 27 OR 29th. This year we are making a beginning camp and an advanced camp for those who already have some GMA screen credits. Beginners camp on Dec 27th and Advanced on Dec 29th. As before, we will have a movie premier night in 2015 to showcase our stars. Movie martial arts and stage combat is quite different. Learn how they make it look real. Also great for the demo team.

A catch up camp is also scheduled tentatively scheduled for Jan 2nd.



Holiday Class Cancellations:

No classes on Wed, Nov 26th, Thanksgiving (27th) or Friday Nov 28th. Classes will resume as normal the following Monday. Have a happy Bird-day!

GMA Wishes a Happy Birthday to:

Devin Nix	11-9	Anzhella Hubbard	11-12	Conlan Sweeney	11-13
Conor Wendling	11-16	Wesley Yoshida	11-24		

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Austin Brummett	(TKD 10 yrs)	Morgan Williams	(TKD 7 yrs)	Branden Mason	(BJJ 5 yrs)
Jayden Brooks	(TKD 5 yrs)	Luke Gamble	(TKD 5 yrs)	Aleah Spires	(TKD 5 yrs)
Monica Clephane	(TKD 1 yr)	TJ Chapell	(TKD 1 yr)		

Quotes of the Week

This month we will be discussing having the mindset and goal of constant learning and improvement.

Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved....Perhaps someone else in your family is ready to try it out?

Mike Dodge (HKD, BJJ), Collyn Dodge (TKD, BJJ)
Noah & Gabe Wilson (TKD, BJJ), Nate & Luke Wilson (TKD)
Morgan Williams (TKD, Frankie Williams (TCC)
Sammy Petraits (TKD), Cathy Petraits (TKD, TCC)
Josh (TKD), Lise Roberson (HKD, TCC),
Aleah, Dominic, Keegan, Amanda & Ryan Spires (TKD, kali)
Katerine, Reece, & Adam Satter (TKD)
Mr. & Mrs. Yoshida, Kylie (TKD) and Wesley (LD)
Mr. Sieg, Haley & Donovan (TKD)
Torrey Hansen (HKD), Amy Hansen (HKD), Torrey Hansen (TKD)
Jeremy & Caleb Johnson (BJJ)
Eric, Karen, Luke & Hayden Kachelmeyer (TKD)
Monica and Katherine Clephane (TKD)
Crystal (TCC), Jake Waltz and Austin Edwards (TKD)
Ryan and Dylan Hall (TKD)
Ben and Debbie Rahman (TKD)
Connor (TKD), Conlan, and Cassidy Sweeny (LD)
Jayden Zweck (BJJ), Jazlin Zweck and Ava Todd (LD) and Clay Thacker (BJJ)

Special Thanks for Fall Foliage and beyond.

Thanks to all the demo team and parade marchers, parents on the float, float driver, for making a great fall foliage. Special thanks to the parents committee and everyone who helped decorate or worked the Halloween party!

Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.



Tournament notes

TKD: Altogether our team of 32 competitors brought home 46 trophies—23 forms and 23 sparring. Some divisions were quite full, some were light, but we are proud of everyone's performance. 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).

Richie Long	4 th forms		Megan Gens	2 nd sparring	
Katheryn Clephane	1 st sparring	1 st forms	Jackson Gadberry	1 st sparring	2 nd forms
Luke Kachelmeyer	2 nd sparring	2 nd forms	Karen Kachelmeyer	2 nd sparring	2 nd forms
Hayden Kachelmeyer	4 th forms		Eric Kachelmeyer	1 st forms	
Cathy Petraits	1 st forms	3 rd sparring	Gauge Clephane	2 nd sparring	1 st forms
Sabrina Chouinard	4 th forms		Rob Snyder	3 rd sparring	3 rd forms
Morgan Williams	3 rd sparring	1 st forms	Aleah Spires	3 rd forms	
Keegan Spires	3 rd sparring		Dominick Spires	3 rd sparring	
Ryan Spires	1 st sparring	1 st forms	Katy Pickering	2 nd sparring	
Adam Johnson	2 nd forms		Kyler Chylaszek	4 forms	4 th sparring
Haley Sieg	1 st sparring	2 nd form	Donovan Sieg	3 rd forms	3 rd sparring
Kylie Yoshida	4 th forms		Wesley Yoshida	3 rd sparring	1 st forms
Like Wilson	4 th sparring		Nate Wilson	2 nd sparring	2 nd forms
Noah Wilson	2 nd sparring	1 st forms	Luke Gamble	3 rd sparring	3 rd forms
Finn Vandewalle	1 st forms	1 st sparring			

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

Nov 9 1978 Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10 1868-April 26 1957 Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20 1973 Bruce Lee

Movie releases include: *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

People Should Make Themselves “More” and Their Avatars Less

This summer I saw a Nike T-shirt that said “You only got video game.” If it were not for my brand loyalties that lie elsewhere, I would have snatched one in my size instantly. Not because I am a huge trash talker (at least, not unless I am woofing), but because the saying is quite profound about the state of affairs in many physical disciplines, including the martial arts.

I must admit that based on commercials, many of the newer video games look absolutely captivating. That is precisely why I don't play them. I feel like my precious free time can be spent doing more productive things (although admittedly, it is often just diverted by other amusements). Instead of shooting things on a screen, I would rather go to the range. The same is true for my martial arts skills. UFC and other fighting games have come a long way since the early *Street Fighter* or *Double Dragon*. Fighting games are quite elaborate now, with a myriad of button combinations meaning different things and each button meaning different moves in different positions or situations. I imagine it takes quite an investment of time and energy to gain any competency at playing this game. My suspicions were confirmed one time when I was out running an errand and the person waiting on me mentioned how he stayed up all night learning how to play the new UFC game. I pointed out to him that in the time it would take him to get good at the video game, he could be learning the real thing. I told him I preferred to work on my own triangle chokes rather than learning how to make a CG fighter



do one with “down X down Z” (I have no idea if that is an actual code or not). I won’t ever be featured in such a videogame, but I want more game than videogame. The thing that perplexes me is that not that some people only got video game skills, it is that some people choose or prefer the video game over learning the real game.

Some time ago I read a story, and my efforts to retrieve the source were unsuccessful, but it went something like this: *A martial arts disciple ran off to practice outside of his normal school. A fellow student shouted that he was going to miss the next demonstration by the master. While not looking back, the student replied, “I don’t want to watch Sensei, I want to BE Sensei!* During our trip to Korea, both the jet lag and itinerary were formidable. After touring both historical sites and martial arts meccas during the day, we were scheduled for evening training sessions as late as 8:00-10:00 pm. We were finding restaurants open at 10:30 for dinner, only to be up early the next day to get back on the bus. One day, after racing back from a tour and regrouping at the hotel, everyone had the thousand-yard stare. I could tell most were on the verge of wimping out of a training session that night (which I knew they would regret later). I borrowed that phrase, “Guys, I know we are tired, but we didn’t come here to watch those guys, we came here to BECOME those guys.” A lofty goal or declaration, but my point is that we were there to grow and improve ourselves, not just to admire others from afar. There are far too many who profess to love martial arts, even profess to be experts, who are much more about watching others do it from a seated position; I have run into more than a few at various seminars.

Even those who supposedly do train the martial arts try to find some real life cheat codes. As Nick Suino puts it, “Because the path of martial arts is so difficult, newer students often try to find ways of making it easier, and those ways include shirking their duties, blaming others for problems, and self-delusion.” Often, a student might find moderate success by using too much force or another substitute for actual proper technique. Sometimes this is part of the process of refining technique and getting better. But if students refuse to accept that it is just a crutch and not a real, long term solution, they can stagnate with their limited success. You may not ever be truly good if you rely on the cheat codes.

Too many people who profess to love the martial arts are willing to accept these artificial or superficial versions of the real thing. Sometimes they are deluded into thinking it is more like a simulator than a game. However, when they face someone who has real game, whether there is trash talking or not, they are exposed as fraudulent. The sad thing is, there is a great degree of effort is put into these “CG” likenesses of true martial arts. I wish they would put their energy into the real thing, without cheat codes, and invest as much time in truly developing their actual selves rather than just their egos and avatars. --BLS