



GMA News Feb 15

Upcoming events:

- Feb 7th Holcombe Thomas HKD seminar--DPU 10:00-4:00
- Feb 14th Demo Team 9:00-11:00
- Feb 14th TKD black belt prep 11:00-12:00
- Feb 14th Stickfighting 1:00-3:30
- Feb 21st USHF Spring seminar—Indiana State Terre Haute
- Feb 27/28th TTCA black belt testing and tournament, Louisville (NO TKD class at GMA)
- March 7th IU TKD tournament (DPU and 18 yo)
- March 7th GMA Red Carpet Night—Movie Premier 7:00 pm
- March 21-22 Dr. Yang Jwing Ming seminar—Indy.

****Demo Team will also have small group practices on Feb 6th and 13th. Listen for announcements in class and on facebook**

Good luck to our black belt candidates.

Best of luck to our students testing for black belt on Feb 27th at tournament: going for 1st dan: Katherine Satter, Blake Prather, Chelsea Shumacher. Going for 2nd dan: Christian Marion, Ryan Spires, Dominick Spires, Keegan Spires. Going for 3rd dan: Rob Snyder

Red Carpet Movie Premier Night

Forget all the celebrity sightings during the super bowl. The real A-list is when we have the GMA movie stars come out on March 7^h at 7:00 (camp participants be there no later than 6:30). We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier! Show up a bit early if you want to catch a glimpse of stars arriving. Watch the movie and enjoy popcorn. We will also be showing clips from Mr. Yoshida’s movies and another full length feature—although it won’t be as entertaining as our blockbuster release. Families and friends are welcome. Students are encouraged to bring buddies. Please arrive early to help with the Hollywood atmosphere. Parents committee will be decorating in the afternoon prior and would welcome help.

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, Feb 27st. All instructors will be at the tournament.
- There will be no BBC on Thurs. Feb 26th, demo team practice instead.

Valentine Passes Coming Soon

Don’t forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

GMA Wishes a Happy Birthday to:

Hanna Resler (2-4)

Finnegan Vandewalle (2-10)

Liam Gadberry (2-15)

Sammy Petraits (2-21)

Minda Ruba (2-27)

Nico Inman (2-7)

Keegan Spires (2-14)

Gavin Nelson (2-16)

Blake Legan (2-24)

Caleb Bourland (2-9)

Larkin Prosser (2-14)

Katheryn Clephane (2-19)

Torrey Hansen (2-25)



Quotes of the Week

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

Don't forget GMA website, facebook, Instagram, and Twitter.

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and our facebook group, and sign up for email announcements online. Like the GMA Martinsville facebook page for other public announcements and promotions. Follow us on Instagram and twitter @Gentry_MA for lighter notes

Training Anniversaries

Collyn Dodge (TKD 12 yrs)

Josh Roberson (TKD 4 yrs)

Benjamin Rahman (TKD 3 yrs)

Ryan Dyer (HKD 1 yr)

Frankie Williams (TCC 8 yrs)

Clay Thacker (BJJ 4 yrs)

Eric Kachelmeyer (TKD 2 yrs)

Cathy Petraits (TCC 5 yrs)

Miki White (TKD 12 yrs)

Luke Kachelmeyer (TKD 2 yrs)

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

Feb 1882 Jigoro Kano opens the Kodokan and becomes the founder of Judo.

Feb 2, 1965 Brandon Lee's (son of Bruce Lee) birthday

Feb 12, 1968 Jean Jacques Machado (BJJ pioneer) birthday

Feb 22 1972 Kung Fu debuts on TV and starts a craze.

Feb 26 1988 Bloodsport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.

Martial Arts—the Original and Real Purpose of Fitness

LOVE is the highest art. In ancient times you trained so hard, not for the sake of killing people, but for the love of your family, for the love of your mother, your father, your children, your tribe, and your body. It is the love of life. That's why we train so hard, so you can preserve life. -Dan Inosanto

"The essence of life is struggle and its goal is domination. There are higher goals and deeper meaning, but they exist only within the mind of man. The reality of life is war."

From: Lovret, Frederick- *The Way and the Power: Secrets of Japanese Strategy*

As our students focus on year long goals this January, the gyms swell with well-intentioned people who will likely only have short term fitness resolutions. Obviously there are a lot of ways to stay fit and improve health, including working on the mind, body, and spirit at the same time through martial arts training. From low impact and low stress tai chi to hard core BJJ rolling, we have lots of options at GMA to achieve many fitness benefits, but that is not the point of this article.

At one of the universities where I teach, the martial arts program is part of the overall larger kinesiology department, including other physical activities. (Side note, I find it interesting that despite martial arts being linked to dance in many cultures around the world, many of the dance courses are in the arts department, while martial arts classes are grouped with jogging and racquetball. But that is not the point of this article either). It might come as a shock for some that just like any other office environment, there is quite a great deal of politics, both within and among the departments, vying for resources and importance. Given the fact that many faculty



members are so specialized in the minutia of their research fields, and yet so invested in what really amounts to pedantic endeavors that impact very few people in the real world, I find some of this office jockeying particularly absurd. But that is still not the point of this article.

One faculty member in particular is quite a leader in the fitness field. And as far as I know, we are on good terms personally. But she has made it clear that if she had her way, the martial arts classes would be removed from the department. She thinks they are violent and not a legitimate means of exercise and fitness. Obviously, I beg to differ, and the real point of this article is a rebuttal. In actuality, the martial arts lie at the heart of the original purpose of fitness. The quotes above may say it better, but I will still elaborate.

Life has always been a struggle, but especially in days past. From fighting with the soil to stalking prey during the hunt, to protecting the family from being prey themselves against man or beast, life was always a battle. And if you wanted to feed your family or protect them, you had to be a fighter. You had to be able to use weapons, however crude, and that included the body's natural ones. Why was it important to be able to run faster, jump higher, or be stronger? In order to survive! Any pastime or recreational activity (if you could call it that) that helped improved those odds would be one among the most important skill acquisitions.

Not a legitimate method of fitness? Try the original purpose of fitness. Fast forward to today and let's compare more so called appropriate means of fitness: Stepping up and down on a step, over and over again. Shooting a ball 10 feet in the air into a round hoop for an arbitrary number of points. Sitting on a bike without two wheels and spinning faster and faster but not going anywhere. Apparently even doing kicks in punches with poor technique and with no rationale of combination or application is acceptable, but not actually honing the body into peak physical condition for one of the most essential reasons it had to be peak in the first place. At this time of year in particular, when the gyms are packed, I will go by the campus fitness facility and see people on treadmills or elliptical machines who are reading textbooks while "working out." I have for a long time joked that I don't know about you, but I am not interested in doing an activity that is so boring that you bring homework with you to pass the time while you do it!

Admittedly, modern civilization doesn't necessitate quite the same amount of vigilance. Maybe we don't need to protect the tribe from all type of predators, but there are still predators out there. Instead of doing jumping jacks in water, I'd much rather be getting fit by learning something that also might actually save my life. In today's civilized world, the ideals of sport like teamwork and fair play can be emphasized. But there are also little league Dads and bad sports with no real respect for the opponents at all levels. Those same ideals are also present in martial arts, but often with a much healthier does of respect and self-control. Today fitness can be pursued for recreation and even vanity. But having modern comforts doesn't mean that life isn't hard. And life still requires perseverance and a fighting spirit. Martial arts teaches us those things. And we do them not just to be fit, but to be better people and live fuller lives. Like guru Inosanto says, we learn to fight out of love of life. Those other forms of fitness might be fun, but they, like my faculty colleague, have lost sight of the real purpose. Martial arts is a matter of life. ---BLS