



May 2015 GMA Newsletter

Upcoming events:

May 1 st	TTCA Testing 5:30
May 2 nd	BJJ 10 yr anniversary events. Free intro/self-defense seminar adult 9:00-11:00 kid 11:00-12:00
May 2 nd	Demo Team 1:00-2:30
May 9 th	Black belt class am class at the park 8:00-9:00 (at park)
May 9 th	Leadership team/Junior Leadership team 9:00-10:00 (at GMA)
May 9 th	TKD stripe make up testing 10:00 am
May 9 th	Annual Break a thon and school picnic, Pritchard Park (details below)
May 9 th	BJJ open mat 6:00-8:00 pm, and Metamoris viewing to follow
May 11-12	Happy Mothers day--Mothers please join us for class this week.
May 15 th	NO BJJ classes—instructors at seminar
May 16 th	Adults Fast Basics 9:00-12:30
May 16 th	FAST MINI EXTRAVAGANZA 1:30-5:30 (ish)
May 20 th	Lil dragon testing 5:00-6:30 All belts
May 23 th	Tentative date for spring cleaning at the school
May 25 th	Have a Happy Memorial Day—classes cancelled
May 30 th	TKD black belt prep 9:00-11:00
May 30 th	Demo Team 11:00-12:30
May 30 th	Stickfighting 1:30-4:00
May 31 st	Tai Chi open push hands
June 2-4	Kids BJJ competition camp
June 6 th	TTCA CAMP AND HOOSIER OPEN
June 8-10	HKD daycamp
June 15-19	TKD daycamp
June 19-21	GM William CC Chen Tai chi seminar- Bloomington
July 7-9	Lil Dragon daycamp

Congrats to our Seniors

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DePauw: Anthony DePasquale, Chelsea Schumacher, Shibali Patra, Alison Sherrick

From Martinsville: Collyn Dodge, also Gabe Wilson, Austin Brummett

Also, congrats to Anthony and Chelsea for receiving GMA's highest award, the gentry-man certificate.

Break-a-thon and annual school picnic

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 picnic and fun and games to follow. This year we will be having it at Pritchard Park (off Blue Bluff Rd). Parents committee will provide the main dish. Please sign up according to belt rank to bring side dishes, desserts, etc. Students DO NOT need to wear doboks to the breakathon (egg toss appropriate clothing strongly encouraged).

Mothers day invitation

As usual, our students are welcome to invite their mom, grandma's, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.



BJJ ANNIVERSARY EVENTS

May will mark the 10 year anniversary for our Brazilian Jiu-jitsu program. A lot of things have happened in the past decade. We have represented in tournaments, break new ground in promotions, and hosted several world champions. We are marking the occasions with some big events: On May 2nd we are having a free, open to the public introductory/self-defense seminar for adults from 9:00-11:00. This is a chance for our students, parents, or people you know to try it out. We have a kids version scheduled from 11:00-12:00.

On May 9th we will be having an open mat roll night from 6:00-8:00, followed by watching the next Metamoris pro BJJ event.

Sign up now for Day Camps/Summer camps

First, sign up right away for the TTCA summer camp June 6th. The format will be like last year. It will still fulfill the event and point requirements for TTCA dan ranks.

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts dodgepad. Large discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

BJJ (Kids) competition camp: June 2-4. HKD day-camp: June 8-10/12. Lil dragon camp July 7-9

TKD day-camp: June 15-19; July 20-24

GMA Wishes a Happy Birthday to:

Jeremy Johnson	5-6	Eric Kachelmeyer	5-17	Ryan Spires	5-25
Miki White	5-30				

Training Anniversaries

Luke Wilson (TKD 7 yrs)	Nate Wilson (TKD 7 yrs)	Karissa Cozee (TKD 6 yrs)
Lise Roberson (HKD 6 yrs)	Donovan Sieg (LD, TKD 5 yrs)	Thomas Neidigh (TKD 3 yrs)
Caleb Waltz (TKD 1 yr)	Heaven Rash (TKD 1 yr)	Dana Elliot (TKD 7 yrs)

Quotes of the Week

This May, as Heroes in Training, we will be looking at the stories and learning from some real life heroes (medal of honor recipients) in honor of Memorial Day.

This Month in Martial Arts History (selected from "Dates with Destiny" in *Martial Arts Success* by John Corcoran. 1984—Ninja Turtles debuts (in comic form)

May 1st 1971—Billy Jack, featuring HKD master Bong Soo Han, premieres (it is released in 73 and helps fuel the Martial arts boom

May 20, 1975 –KTA in Korea consolidates the "kwans" as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973 First world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27,1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide



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Congrats for Another Round of Baby Bird Graduations

A proud man is always looking down on thing and people: and, of course, as long as you are looking down you cannot see something that is above you. C. S. Lewis.

My paraphrase—if you are pridefully looking back then you cannot see what is front of you.

As we recently celebrated the promotion of 8 new black belt ranks, and high school graduation is just around the corner, now is a perfect time to follow up our discussion on humility with a conversation about what the achievement of black belt really means. As mentioned in last month's rant, 1st degree black belts are one of the most dangerous ranks (to themselves, not necessarily to others) because they tend to be one of the most prideful. Despite our best efforts to model to the contrary, new black belts are still prone to buy into the hype that the outside public puts on black belts, that they are lethal weapons whose hands must be registered with the FBI. (side note—we just had a kid at IU who insisted on taking the advanced TKD class rather than the beginning, claiming that he was actually black belt level but never tested because he didn't want to go onto the registry—so yes, the urban legend persists). To be sure, most people, including us, place a lot of emphasis on this milestone. It is a graduation of sorts. But the question is, what type of graduation?

I remember I had a preschool graduation (if memory serves, I was the troll that lived under the bridge in the 3 Billy Goats Gruff re-enactment that served as the entertainment portion of the festivities.) I also remember kindergarten and elementary school graduations. Honest to goodness as I am writing this, my daughter just talked to me about speeches for the upcoming middle school graduation. But my distinct memories of my own high school graduation (at least that have not yet faded with age) will serve as our metaphor.

As I sat at my high school graduation, I can distinctly remember looking around and wondering what all the big fuss was about. I was amazed at the number of classmates and parents alike who were so overwhelmed. When one of my classmates walked across the stage, his parents broke decorum to shout "Hallelujah!" It appears that there might have been some question as to whether this day was going to come for him. I hope our black belts don't have a similar experience. Shouting Hallelujah in relief and/or praise is one thing. And while I hope getting a black belt in our school is anything but a foregone conclusion or inevitability, by the time the



actual test comes around, I hope our students know that they are prepared and that passing the test won't take a miracle. But for some students whose outcome is more in doubt, I assume there might be more reason to rejoice.

Personally, however, the outcome of either graduation was never really in jeopardy. In fact, at the time, I presumed I was going to get my PHD. Personally, I was thinking, "so, I have 12 years of school down. Great, only another 8-10 years left to go!" Hard to get super excited about reaching halfway (although the sudden influx of cash from congrats cards drew a little more enthusiasm.) I simply reminded myself that I wasn't even close to being done. I hadn't really done anything yet. In contrast, for some of my 300 plus classmates, those that were not going on to college, it represented the end. For them, it was the pinnacle. In the grand scheme of things, however, their personal pinnacle is hardly a crowning achievement in academia. [Now don't get me wrong, I don't mean to demean, we all have our strengths and weaknesses. I am not very "handy" by any means. For me, remembering how to change the oil in my car would be a herculean accomplishment. For a mechanic, this is not particularly noteworthy. So some things are relative; my analogy just happens to be about school.]

So what type of commencement will your next black belt ceremony be for you? It certainly is a milestone regardless. One should take pride in getting there the right way. But graduating high school hardly qualifies you as a scholar (though you could be); it proves that you have basic competencies in various areas. Similarly, getting your chodan doesn't mean you are a deadly weapon (though you might be); it demonstrates you are now a solid student. In both cases, the real learning begins on the way to the next milestone. But I suppose those who looked at 1st degree black belt as a terminal rank might even appear very happy for their belts. Perhaps the appearance of happiness is really relief that it is over. For others, the smile on their faces is part satisfaction, but also from being giddy with anticipation of what comes next.

GM Choi uses the analogy of a baby bird. Chodans are like newly hatched baby birds. They have emerged, but are still very dependent on scraps of food from their parents. If they try to stretch their wings or leave the nest before they are ready, they will surely starve or be eaten themselves. So congrats to our new baby birds on their most recent graduation.

Coincidentally, as the clock turns midnight, I am finishing this musing on the 26th anniversary of my black belt. Spending that long reaping the benefits of a martial arts education makes those PHD requirements seem pretty shortsighted. I guess it is all a matter of perspective and whether you are looking forward or looking back. Wouldn't you agree, baby birds?-- BLS