



GMA News June 15

Break-a-thon Results

Thank you to everyone who worked very hard to make our break a thon and annual picnic a success. Our final tally was approximately \$1,500. A special thanks to our sponsor lumber companies who donated part of the wood: 84 lumber. Please relay your appreciation to them.

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months. We also have a special summer referral program. See the handout in class for details.

Upcoming Events

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 1:00-3:00
June 2-4	Kids BJJ competition camp
June 6 th	TTCA CAMP AND HOOSIER OPEN
June 8-10	HKD daycamp
June 12 th	TTCA testing 5:30
June 13 th	Leadership LT/Jr LT 9:00-10:30
June 13 th	Demo Team 10:30-12:00
June 15-19	TKD daycamp
June 19-21	GM William CC Chen Tai chi seminar- Bloomington
June 25 th	Tae kwon glow night. Black light BBC class
June 27	Demo Team 9:00-10:30
June 27 th	Black belt prep class 10:30-12:30
June 27	Stickfighting 1:30-4:00
June 27 th	Bedford TKD tournament
June 30-July 2	Parkour camp with guest instructor
July 7-9	Lil Dragon daycamp

Parkour Camp added to our Summer Offerings

In addition to our regular day camps where students can gain make serious progress in the ranks through intensive sessions, we are going to have a little fun as well. We are excited to announce a parkour camp featuring guest instructor, Adam Rector, who is on the martial arts faculty at IU.

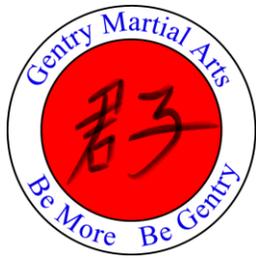
Fathers' day invitation

After inviting the mothers to join the kids in class for mother's day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Fathers day—June 22-26

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (TKD 12 yrs, BJJ 6 yrs) Andy Farmer (LD, TKD 2 yrs)



Happy Birthday to these students

Ben Rahman	6-2	Luke Kachelmeyer	6-10	Adam Satter	6-14
Fisher Dunscombe	6-16	Morgan Williams	6-19	Dominick Spires	6-19
Dylan Adams	6-22	Katherine Satter	6-27	Martina Ruba	6-26

Quotes of the week—to go along with this month’s article, we will be discussing the importance of self discipline and the attention to detail.

Please keep us posted

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don’t worry if we miss you in classes. Thanks.

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

June 15, 1917	Birthday of American jiu-jitsu pioneer Wally Jay
June 1961	Black belt magazine is founded
June 1978	“Good Guys Wear Black” first features Chuck Norris as the star
June 22, 1984	Karate Kid debuts—forever changing the perception and demographics of martial arts in America Karate II and III are released in June 1986 and 1989 respectively. As well as the remake in 2010.

Other June movie releases include *Mulan* (1998) and *Kung Fu Panda* (2008).



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Self discipline appears a lot smaller in person.

As I am writing this we are in the middle of the end of school year activities—concerts, award convocations, and other programs. My daughter has had her own band concerts. It is no secret her musical talents did not come from me, as my tone-deaf ear and lack of rhythm is a recurring joke around the school. So I was rather uninitiated when it comes to band culture and performance, and aside from noticing the only the most glaring of squawks, I have no grounds to critique an ensemble. But there is one thing about her band concerts that made me instantly take note (sorry for the pun). The way the members readied themselves. Before they had played a note I realized they had a good director.

Initially the scene looked like a bunch of middle schoolers—slumped in their chairs or distracted. But when it came time to play, each member came to attention—for lack of a better term—with good posture and focus. Upon the directors command they readied their instruments in unison. Perhaps that little thing is customary or even taken for granted, but I instantly recognized it for what it was...kids were not learning how



to play instruments—they were learning the discipline of working on an art, of honing a craft. Interestingly, a sports radio personality whom I listen to made a similar comment about another high school band program, noting how you could tell that they were well coached because they did the little things. And it is those little things that matter.

One of my martial arts instructors, Jason Winkle, in his book The High Performance Athlete, puts it this way: “ *the athlete realizes that in order to play or get better, faster, or stronger, they must not ignore the details. They, for selfish reasons initially, realize that cutting corners in drills and not upholding the teams standards will impact their playing time. It begins with the little things. Keeping jerseys tucked in, running through the finish line, or sitting in the front row of all your classes are examples of things your coach may request. Each one of these actions require self-discipline.*

Eventually, great athletes will come to understand that self-discipline is the doorway to master of any discipline.....As you move through your life, self-discipline will continue to positively impact the quality of your life. It will improve your career, make you a better parent or spouse, and allow you to achieve the goals that you set.

Paying attention to details is a function of self-discipline....If your personal or team standard is excellence, you quickly learn that is can only be attained consistently by exercising self-discipline in the practice of paying attention to details. “

Some parents or students might wonder why we spend so much energy on making students tie their belts properly, or tuck in shirts under their uniform, or make sure their feet are together when they bow. Perhaps its because etiquette is an important way to show respect, and if you don't care about how to etiquette is shown, then you are bound to offend someone eventually. Some might wonder why we demand even our youngest students stay motionless while in joon bi or at the end of a form. Perhaps it is because we have seen plenty of schools give lip service to focus and control but they can't control their class because their students can't control themselves. We have frequently gotten comments (or complaints) that we are a lot more technically demanding than other schools. Perhaps that is because we want our students to learn that if you are going to do something, do it the way it was meant to be done and don't cut corners.

Martial arts technique it is often dependent on minor details. A slight difference in timing, a change of angle, a slight change in balance or distance, these are the differences between success and failure. But many of the non-physical aspects of the martial arts play a big part in determining the quality of outcome, and similarly these aspects may appear small but are hardly trivial. It is in these details that students learn to take pride in what they are doing, take control of their performance, and gain the habits to master any craft. And you can quickly spot self-discipline in a person, but you have to look close because it appears in the small things. Whether it is band, sports, or martial arts, it is the little things that separates the good from the great. ---BLS