



GMA NEWS July 15

Congrats to our BJJ tournament competitors

Brandon Mason—1st at NAGA tournament. Nate Wilson placed 1st and Luke Wilson placed 2nd at Hoosier Open

Upcoming events/Class adjustments

<i>July 3rd</i>	<i>NO CLASS—happy Independence Day</i>
July 7-9	Lil dragons day camp 9:00-1:00
July 10 th	TTCA testing 5:30
July 11 th	Demo Team 9:00-10:30
July 11 th	Lil dragons testing 10:30-12:30
July 11 th	Tai Chi push hands gather 2:30-4:30
July 12 th	Small Axe BJJ seminar with Mr. Sledd 1:00-4:00
July 13 th	Minions movie outing/fundraiser. Listen for class adjustments.
July 18 th	Stickfighting 9:00-11:30
July 18 th	TKD black belt prep 1:00-2:30
July 20-24	TKD daycamp
July 25 th	Leadership team 9:00-10:00
July 25 th	Demo Team 10:00-11:30
July 25 th	TKD black belt prep 11:30-12:30
Aug 1 st	HKD rank promotion seminars 9:00-12:00
Aug 8 th	FAST stress shooting 9:00-12:30
Aug 8 th	FAST Adult basics 1:00-4:30

*** July daycamp is nearly full***

Earn points, get lots of attention, intensive training, and lots of classes towards your next rank!

GMA Wishes a Happy Birthday to:

Jackson Gadberry	7-03	Dana Elliot	7-5	Evan Hamblin	7-6
Mr. David Yoshida	7-8	Gauge Clephane	7-8	Corbin Hamblin	7-8
Taylor Dodge	7-13	Michael Hargis	7-19	Andy Farmer	7-20
Josh Britt	7-22	Jessica Legan	7-22	Mike Dodge	7-24
Rebekah Legan	7-29				

Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for sign ups at the end of the month.

Training Anniversaries

Congrats to those who are celebrating a year, or multiple years, of training. We appreciate their hard work, dedication, and friendship.

Jeremiah Deckard (HKD, 12 yrs)	Richie Long (TKD 10 yrs)	Kyler Chylaszek (TKD 6 yrs, BJJ 2yrs)
Dylan Adams (TKD 2 yrs)	Aiden Bambery (BJJ 2 yrs)	Luke Wilson (BJJ 2yrs)
Nate Wilson (BJJ 2 yrs)	Noah Mace (LD 1 yr)	Debbie Rahman (TKD 1 yr)

Quotes of the Week

As the year is halfway over, it is time to assess our yearly goals and talk about sacrificing in order to “win”

Minion Movie Outing

We have arranged a special outing to see the new Minion movie here in Martinsville at the showplace cinema on July 13th at 6:30 pm. The cost for a ticket and a popcorn/drink will be 10.00, but a significant portion of that money will go our parents committee as a fundraiser! Watch for class adjustments and buy your tickets at the school.



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

July 1935. Mikonosuke Kawaishi introduced the concept of various colored belts to his judo school in France.

Subsequently adopted by all martial arts around the world.

July 20 1973 Bruce Lee’s death

July 21 1899(-Oct 27 1986) Birthday of arguably the founder of Hapkido, Yong Sul Choi

July 24 1936 Birthday of Dan Inosanto (kali, jkd)

July 27 1923 (-April 25 1994) Birthday of Karate legend, founder of Kyokushinkai karate, May Oyama (Korean)

A Glimpse of True Martial Arts

Right now is the height of golf season. The “majors” are on TV. The weather is warm and the days are long. People take summer vacations to play more golf. But not me. I always joked that I didn’t go to medical school because I didn’t want to have to learn how to play golf. Even if I did like golf, I couldn’t justify taking the time away from martial arts training to practice my swing. Before my own wedding, we went to TKD class. (Hey, other people go golfing, so I am going to class.) My best man was also my main sparring partner. Before we left, my wife grabbed him and pulled him in close... “if he comes back with a black eye I will kill you.” We were careful that day.

But I can see why people do get addicted to golf, and it is for one of the same attractions that martial arts holds for me. On those few days that I did go to the course with my friends, there would always be a couple of shots that I hit really well. It was effortless and the ball went flying perfectly. And you delude yourself into saying that it was easy and you can easily replicate the results on the next shot also. Ok, maybe the next one. Dang it. Ok, this one!.... Those rare but magical shots can easily get people obsessed with chasing the next great experience.

Martial arts has those moments as well. In each martial art that we teach there have been moments in my own practice that have been...surreal. I would execute a technique with perfect timing, effortless technique, and in most of these cases, without real thought either, just reaction. When I could relax I would have to take a step back and figure out what just happened, because it was as much of a surprise to me as my downed opponent. Now, don’t get me wrong, I wish that as a “master” (you should use air quotes there), I could tell you that this is how it always goes for me, but these instances are rare and not the norm for me either. But each time it has happened, I can remember it vividly, I can still FEEL it. And it is these glimpses of perfection that are addicting. That make you keep chasing the next moment.

Lots of people have tried to describe this state of performance. Athletes talk about being in the zone; a psychologist Mihaly Csikszentmihalyi (yes, that’s a real name) termed it flow; if you are a follower of Zen, you might refer to it as Mushin, or no mind. Regardless, one thing is common...once you step outside yourself and say, hey, I am in the zone...you no longer are. It is the reason why talking to a pitcher about the no hitter he has going is a jinx. And you can try to recreate conditions, but you can’t really force yourself into that state.

I personally like the Taoist metaphor to describe this conundrum. I speculate it is a more colorful way to explain the saying about Lao Tzu, “You could catch a glimpse of his wisdom, but if you tried to grasp it, it was gone.” A man went into the forest and stumbled upon a Taoist immortal. He cried out in surprise, and the being vanished. Sometime later, the man caught a glimpse of the same immortal in the woods again. He raced back to the village to tell people, but when he returned, the sage was long gone. Still later but with not as much passing of time, the man once again stumbled upon the Taoist immortal. After watching for a while to make sure it wouldn’t vanish, he asked the being to stay there while he went to retrieve villagers and ran off in haste. As before, when he returned with a crowd the being was just a memory. The sightings grew more frequent, but only after much time had passed did the man run into the mystical being yet again, but only this time, he just sat down in his presence, and the being stayed.

In martial arts we have glimpses of the normally unobtainable. Some real masters (not the air quote kind) have learned to sit down and stay in the presence of that state for much longer stretches of time. For most of us, there are only flashes of brilliance—truly spontaneous, effortless technique, with the mind, body, and spirit as one. But with work, those flashes become more frequent. And like the elusive golf swing, you can become somewhat addicted searching for those special moments and somewhat deluded into thinking that they will certainly come with the next repetition. But you can’t force it and must simply learn to appreciate it when it happens. It is those glimpses of true martial arts...pure martial arts....that keeps me wanting to go another round....just not of the golf variety ---BLS