



Sept 15 NEWS

Congrats to Collyn Dodge for receiving our highest honor—the title of Gentryman

Upcoming events:

****** No, We do NOT have class on Labor DAY ******

Sept 7 th	Paragon Homecoming/Labor Day parade. 10:30 in Paragon
Sept 11 th	HKD testing 5:30-8:00 (No HKD class)
Sept 12 th	Leadership team 9:00-11:00
Sept 19 th	Demo Team 9:00-10:30
Sept 19 th	GMA Fun day 11:00-2:00
Sept 20 th	Kristian Woodmansee BJJ seminar 1:00-4:00
Sept 26 th	Demo Team 9:00-11:00
Sept 26 th	TKD black belt prep 11:00-12:00
Sept 26 th	Stickfighting 1:00-3:30
Oct 3 rd	TTCA tournament and black belt testing
Oct 8-11 th	Fall foliage demo and parade
Oct 17 th	Andre Galvao seminar, West Lafayette 12:00 pm
Nov 6-8 th	FAST instructor training workshop.
Nov 8 th	FAST basics 1:00-4:00
Nov 8 th	Master Chen Tai Chi workshop

Parents Committee and Fun Day

We need lots of parent volunteers to make the GMA fun day a success. We have several stations of activities and concessions planned, but the number of things we can provide is based upon the amount of staffing we have. Look for sign up sheets at the viewpoint.

Paragon Parade

We appreciate everyone's support by marching in the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

Another World Champ is Coming to GMA

We are excited to be hosting another world champ at GMA. A world BJJ champion and ATOS member Kristian Woodmansee will be holding a seminar on Sun, Sept 20th.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Luke Wilson	9-2	Reece Satter	9-4
Olivia Siebert	9-6	Daniel Wiggins	9-8	Clay Thacker	9-8
Launa Perryman	9-8	Corey Christman	9-11	Braxton Johnson	9-16
Katy Pickering	9-20	Kyle Wrightsman	9-23	Donovan Sieg	9-30

Training Anniversaries--Special congrats for everyone who is celebrating a year or multiple years of training.

Rob Snyder (TKD, HKD 10 yrs)	Joshua Britt (BJJ 9 yrs)	Christian Marion (TKD 7 yrs)
Megan Gens (TKD 7 yrs)	Korbyn Baker (TKD 3 yrs)	Michael Hargis (TKD 2 yrs)
Nathan Hall (TKD 1 yr)	Cathy Petraits (HKD 1 yr)	



Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938	Fumio Demura –Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained
Sept 14 1961	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th 1966, Sept 1 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th 1988	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	

How Martial Arts Can Help You Become A Less Offended Adult. (The wussification of America partI lost count)

Anymore, it is a running joke on social media...what are we supposed to be offended by today? Here are some of my more recent favorites, although a person can barely keep up with all the apparent slights and injustices in society on a daily basis: Hoop skirts are banned at a southern university on account of its antebellum roots. (If you want to be appalled at fashion, look at the origin of platform shoes or wearing your pants sagging below your butt; that is a lot more disgusting than a dress whose only offense is existing at the same time as slavery. Pretty sure pants have been around through a multitude of atrocities, fortunately everyone is still ok with that one.) Clapping and applause was supposedly discouraged at a conference because it was causing anxiety. The bud light slogan "up for whatever" was attacked because some people went out of their way to infer that whatever included sexual assault. To that I say, "whatever." Campuses are creating safe zones for college students—yes, college students—to retreat to when they feel unsafe about ideas or comments they find disturbing. Whatever.

Honestly, in a way, I feel sorry for these people. I can't imagine going through life so ticked off that I had to find, or outright invent, things to be outraged about. These people can't handle being happy. Sad, really. Now, if you can't tell, I tend not to side with progressive liberals on these issues, and I am sure I will be labeled as some intolerant, privileged, misogynist or something. *shrug*. Whatever. The one thing I will admit to growing intolerant of is the constant cries for tolerance concerning trivial matters, and part of the reason is why. And that is the real point of this rant, which I hope is not lost.

We are the last generation of adults. (I wish I could take credit for this line, but I can't. It was posted in a comment section of an online commentary.) It rings true, though. Because apparently too many people are so weak that words and innocuous actions are apparently intolerably painful.

In our FAST classes we talk a lot about triggers—those words and situations that really push our buttons and possibly cause us to lose control. They could be slurs of some type or certain situations. Bad guys are really good at pushing buttons to manipulate you. In our scenarios, we try to find our students' triggers. Because once you realize you have one, you can deal with the hold it has on you and let it go, or at least not let it control you. After all, they are just words. They might be mean words, and they might even be accurate words. Violence isn't pleasant. We face that fact head on and deal with it. But in the end, they are just words. If you are a rude female for the sake of your safety, so what if a random stranger calls you out on it? Why should you care? But today, it is too unbearable to be called by your genetically accurate race or gender pronoun. Nowadays colleges are all about triggers too. Classical literature courses in college come with trigger warnings, because apparently the unsavory parts of thousand year old stories might be too painful and should be avoided. So instead of facing your past, your fears, and dealing with your issues head on, we should run from them and expect life to provide warning labels to help us avoid anything unpleasant. Sounds like strong adult advice to you?

One of the 5 rules of the Hwarang, which our students must write about in their black belt essays, is to "make a sensible kill." In today's society we interpret this as having a sense of justice (not revenge) and an appropriate level of response. As we explain to the kids, if someone calls you a name, you don't hit them. Part of this is realizing what battles are worth fighting in the first place, and which battles aren't worth it, and which are the result of poor self control and simply picking a fight yourself. One of the greatest paradoxes of the martial arts is that the more skilled you become at fighting, the less you feel the need to do so. You become more



confident and secure in yourself and don't feel the need to prove yourself against petty grievances. It just isn't worth all the bloodshed over something stupid. You internally define the real lines in the sand that are not to be crossed and defend those lines with indomitable spirit. But significantly lesser things are petty and will cost both of you much more than it is worth. With that analogy in mind, I wonder what the true champions of social justice, who fought real battles, would think of these social justice squabbles of today? Personally, if I went to a butcher who turned out to be Muslim or Jewish and wouldn't process my hog, and even told me I was condemned for eating it (see how I changed that example), you know what I would do...I would go to another butcher. No lawsuit or public humiliation. That would be punitive revenge, not a sensible kill. I believe that is what a real adult, a secure in who they are adult, would do.

A common piece of advice for dealing with bullies is to just ignore their words and don't take them to heart. Most all bully programs I have seen, both good and bad, and least give lip service to understanding the bully. Usually there is something about how he might have it rough at home, etc. It doesn't justify their actions, but one should attempt to better understand the root cause so that you can peacefully co-exist in the future. At least until you grow up and gain a sense of social justice. Then we must become social bullies against the people who supposedly were bullies against us. Can you imagine a teacher counseling a kid against the playground bully in the same way? Can you imagine the outrage for this juvenile advice? But it seems that is exactly what today's "adult", enlightened person is to do.

This is not an evolution of higher standards of discourse and sensitivity, this is a regression that is more akin to children who cry because someone called them a doohead. We are told sticks and stones break bones but words cannot hurt you, until you are apparently in college, then you need sanctuary from them. Contrast that to the great inventor Thomas Edison, who was told in school he was too stupid to learn and was fired from jobs for being unproductive because he was always tinkering in conventional ways. We should celebrate and learn from his lesson of perseverance. But now, young men and women are being told at that same age that is ok to retreat from a hoop skirt. Instead of picking yourself up, dusting yourself off (7 times fall, get up 8—another one of our martial arts mantras) and proving them wrong as Edison did, now the "proper" response is to file a grievance or a lawsuit and demand an apology for being mean to you. Which one seems like the adult response and which seems like the response of a pouty toddler?

The opinions expressed in this rant or the opinion of the writer and not the opinion of GMAM, inc. Sadly, I really wish some of this article didn't have to be so satirical, and sadly, I really wish other parts of it were. But please listen to the real point of this (those that are still reading likely already get it)...I wholeheartedly believe that my martial arts perspective on life has shaped my opinion on these matters, and for the better. We should be worried about training true adults who are secure in who they are. Who possess the self-control to know which battles are sensible and which ones are not. Who also possess the resolve to never retreat from a real battle, and the fortitude to not avoid anything that might be upsetting or uncomfortable. People that when met with injustice are more concerned about overcoming than playing the victim. To be sure, I am human and have my own issues and my own triggers. One of them is how current events is turning our children into bigger children, not adult champions-- BLS