



# Oct 15 Newsletter for Gentry Martial Arts

## DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try to the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

## Good luck to our black belt candidates

Good luck to our TKD students who are testing for black belt on Oct 3rd: Morgan Williams (3<sup>rd</sup>), Haley Sieg (2<sup>nd</sup>), Kathryn Clephane, Cody Gist, Luke Kachelmeyer, and Kylie Yoshida.

## Upcoming events:

**\*\*\* RAK's are due at beginning of the month\*\*\***

Oct 2 <sup>nd</sup>	NO TKD class, other classes meet as scheduled.
Oct 3 <sup>rd</sup>	TTCA tournament and black belt testing, IU Southeast, 10:00am
Oct 8 <sup>th</sup>	MANDATORY DEMO TEAM PRACTICE 7:45-8:45
Oct 9 <sup>th</sup>	Fall foliage demo 7:00 on the square . Practice here from 5:00 No TKD, LD, or kids BJJ class
Oct 10 <sup>th</sup>	Lil dragons testing 9:00-10:30
Oct 11 <sup>th</sup>	Fall Foliage Parade (see below for details)
Oct 16 <sup>th</sup>	TKD testing 5:30
Oct 17 <sup>th</sup>	Andre Galvao seminar, West Lafayette 12:00 pm
Oct 24 <sup>th</sup>	Halloween party 7:00-10:00 pm
Oct 30-31 <sup>st</sup>	Stop Zombies FAST Haunted house Fri 7:00-9:30, 1:00-3:00 on Sat
Nov 5 <sup>th</sup>	TKD BB Stripe test
Nov 6-8 <sup>th</sup>	FAST instructor training workshop. Classes may also be affected
Nov 8 <sup>th</sup>	FAST basics 1:00-4:00
Nov 8 <sup>th</sup>	Master Chen Tai Chi workshop
Nov 14 <sup>th</sup>	USHF seminar, B-ton

## PLEASE NOTE CLASS CANCELLATIONS:

- No TKD class Oct 2<sup>nd</sup> on account of tournament
- No BBC class on Oct 8<sup>th</sup> on account of demo practice and Nov 5<sup>th</sup> on account of BB stripe testing
- No classes except joint BJJ classes on Oct 9<sup>th</sup> on account of demo
- No classes on Oct 30—but students are encouraged to come to the STOP Zombies FAST event
- Classes may also be affected on account of FAST regional training on Nov 5<sup>th</sup>-watch for announcements

## Stop Zombies FAST and Halloween Party

This year, we hope you stop by for a special event...our Stop Zombies FAST Haunted House. This will be a kid appropriate haunted house/gauntlet where participants must set verbal boundaries and even fight off the undead. It will be a fun way for our students to practice their FAST skills, and a great way to introduce the community to FAST Defense concepts. We hope you stop by before your trick or treating, and encourage friends and families to swing by as well. We plan on it taking approximately 20 minutes but will vary depending on the line.

## Parent committee news/notes

The school Halloween party will be Oct 24<sup>th</sup> from 7:00-9:00 As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared.



## 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.

## FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 11<sup>th</sup>. We will be in place at the Martinsville High School parking lot by 12:00. Watch for additional announcements as for unit/division (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.

## GMA Wishes Happy Birthday to:

Heaven Rash	10-3	Joseph Meredith	10-4	Nate Wilson	10-10
Mr. Sieg	10-12	Holly Ann Brown	10-14	Emily Olson	10-16
Dylan Hall	10-20	Conner Sweeney	10-28	Garrett Patterson	10-31

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Haley Sieg (TKD 11 yrs)	Reece Satter (TKD 7 yrs)	Dominick Spires (TKD 6 yrs)
Keegan Spires (TKD 6 yrs)	Nico Inman (TKD 4 yrs)	Gauge Clephane (TKD 2 yrs, BJJ 1)
Kathryn Clephane (BJJ 2 yrs)	Karen Kachelmeyer (TKD 2 yrs)	Katy Pickering (TKD 2 yrs)
Martina Ruba (TKD 2 yrs)	Britton Siebert (TKD 2 yrs)	Olivia Siebert (TKD 2 yrs)
Aiden Dodds (TKD 1 yr)	Adriana Dodds (TKD 1 yr)	Sophia Gillick (TKD 1 yr)
Hunter Szekley (TKD 1yr)	Emily Olson (TKD 1 yr)	Richie Long (HKD 1 yr)

## Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

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

Oct 1 1913 (-Jan 29 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932	Birthday Judo Gene Lebell
Oct 18, 1961	Birthday Jean Claude Van Damme
Oct 27, 1936	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957	Arguably the first modern Karate tournament- the All Japan Karate Champ. Is held.
Oct 14, 1972	Kung fu the TV series debuts
Oct 11, 1997	Pride Fighting Championships debuts.
Other martial arts films include The Transporter and Kill Bill.	



## **Your Training Will Always Be There for You (didn't say your skills would 😊)**

I spent the summer of 1996 sleeping on the floor of my buddy's non AC apartment in Chicago in order to train at Carlson Gracie Jr's academy.\* I was pretty new to the art and got injured so I didn't get as much out of it as I should have, but still took some important things that are helpful to this day. Towards the end of the summer I had a family situation come up. I approached this icon as a nervous white belt to explain the situation and have a conversation something akin to those I have had with countless students myself—my time was drawing short, uncertainty in the situation, not sure if I will be back, blah blah blah. As I stammered through my excuses and tried to thank him for his time, he nodded and smiled and uttered "I will be here." I wasn't sure why, but those four words stopped me in my tracks.

He certainly wasn't making an appointment nor did he probably even care if I came back or not. Yet, the words were oddly reassuring. There was something powerful in the stability of it. I subconsciously latched onto the phrase, and if you have been around me any length of time, you have probably heard me parrot the phrase to many of my own students who are explaining away their absences.

Recently we had a student experience a tragic loss. When I had the chance to offer my condolences, I made sure that when she was ready to come back, we would be here. This was more than just a platitude, and it really crystallized the power of that phrase to martial arts students. Unfortunately, her life is going to be full of some major changes and transitions, but I hope that GMA can be a real anchor for her—a source of stability when everything else is topsy-turvy. And I don't just mean the building or even our awesome group of supportive people. Even when those are not there, the training is. The training can (and should) be a way of life.

Of course there are the benefits of training that can help in such situations, from the mere catharsis of hitting things to something deeper. Sport psychology has the distraction hypothesis, which states that one of the reasons that exercise makes us feel better is the fact that we have to be focused on the task at hand and live in the moment, which forces us to forget about our troubles and stressors, perhaps allowing us to return with a better perspective. Obviously I am biased, but for me, martial training is the ultimate example of this as it requires the mind, body, and spirit, to be unified. The physical chess game of martial arts doesn't allow your mind to drift off like it can while endlessly running or in between sets. But the ability to train in and of itself can be a constant, and there is solace in knowing that. You can find comfort in your routine that has become a big part of you.

When Carlson Gracie Jr. said those words to me, I am sure he thought I was just one of countless flighty kids who got distracted from training after only a few months, never to be seen again (and in his world he was mostly right). But he managed to impart to me a final lesson and truth about the martial arts that I have recently started to appreciate more fully. It can be a place that feels like home for the kid whose parents are getting a divorce and having to move. It is a constant set of faces when a student moves up to junior high or high school and strangers are everywhere. It is a routine for the person whose schedule is otherwise out of whack. It is something that you can do even when there are other parts of your life that are full of uncertainty and indecision. If it is a discipline, if it is way of life, then it will always be there even when the rest of life is being..well, life. And we hope to be an important part of our students' lives-- BLS

\*\*If you noticed on facebook, I recently had the pleasure to attend a seminar of his this spring. He hasn't really changed. I took the picture of us 18 yrs ago and had him sign it and recreated the photo with me holding the original.