



GMA NEWS

November

Upcoming events:

Nov 5 th	TKD bb stripe testing (no BBC)
Nov 7 th	Black belt ceremony 1:00 pm
Nov 8 th	FAST Defense Adult Basics—1:00-4:30
Nov 8 th	GM William CC Chen Tai Chi seminar.
Nov 13 th	Jason Winkle seminar--IU
Nov 14 th	USHF Seminar, IU 9:00-5:00
Nov 21 st	Holiday Sale 8:00 am-11:00 am
Nov 21 st	Stick fighting 12:00-2:30
Nov 22 nd	Tentative Tai chi push hands open practice
Nov 25 th -27 th	NO CLASSES—Happy Thanksgiving
Dec 5 th	Bloomington Open BJJ tournament
Dec 5 th	Lil dragons testing
Dec 12 th	TKD black belt prep
Dec 12	Leadership team TBA

Congrats to

- **OUR NEW BLACK BELTS: Miss Kylie Yoshida, Miss Kathryn Clephane, Mr Dakota Gist and Mr Luke Kachelmeyer. Congrats to Miss Haley Sieg on her 2nd degree and Miss Morgan Williams on her 3rd**
- **Our newest BJJ Brown Belt—Josh Britt**
- **Our newest lil dragon graduate—Noah Mace**

Holiday Sale set for Nov 21st . Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 22nd from 8:00 am to 11:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch . Sign up at the front desk.

Winter Weapons camp, Dec 22nd. This year we will be having guest instructors to help showcase the Indonesian art of silat. An interesting style in its own right, it will complement both our HKD and our kali programs. Besides empty hand work, we will be featuring two weapons—scarf (sarong) and knife. It is really cool to see how clothing is used to defend against the knife. A cool martial art for everybody, but HKD and Kali students will get special benefit.

JKD camp Dec 23rd: We will also have a guest instructor teach Bruce Lee's art of Jun Fan/JKD. The emphasis will be on trapping and focus mitt work. Benefits of this camp include more hand coordination and sensitivity, better overall striking, and better skills with the mitts for better training.

Our next movie/stunt camp. The next major release by Yoshi-tech productions is set to start filming Dec 28-29th As before, we will have a movie premier night in 2015 to showcase our stars. Movie martial arts and stage combat is quite different. Learn how they make it look real. Also great for the demo team.

A catch up camp is also scheduled for Jan 2nd.



Holiday Class Cancellations:

No classes on Wed, Nov 25th, Thanksgiving (26th) or Friday Nov 27th. Classes will resume as normal the following Monday. Have a happy Bird-day!

GMA Wishes a Happy Birthday to:

Caleb Walts 11-3
Wesley Yoshida 11-24
Izabella Pearson 11-30

Ben Klopfenstein 11-8
Philip Salamander 11-26

Conlan Sweeney 11-13
Annabelle Murray 11-28

Training Anniversaries

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

Morgan Williams (TKD 8 yrs)
Monica Clephane (TKD 2yrs)

Luke Gamble (TKD 6 yrs)
Kenyan Tackett (TKD 1 yr)

Aleah Spires (TKD 6 yrs)

Quotes of the Week

This month we will be discussing having the mindset and goal of constant learning and improvement.

Special recognition to our families:

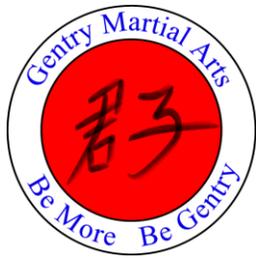
In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved...Perhaps someone else in your family is ready to try it out?

Mike Dodge (HKD, BJJ), Collyn Dodge (TKD, BJJ)
Noah & (TKD, BJJ), Nate & Luke Wilson (TKD)
Morgan Williams (TKD, Frankie Williams (TCC)
Sammy Petraits (TKD), Cathy Petraits (TKD, TCC)
Josh (TKD), Elijah (HKD) and Lise Roberson (HKD, TCC),
Aleah, Dominic, Keegan, Amanda & Ryan Spires (TKD, kali)
Katerine, Reece, & Adam Satter (TKD)
Mr. & Mrs. Yoshida, Kylie (TKD) and Wesley (LD)
Mr. Sieg, Haley & Donovan (TKD)
Jeremy & Caleb Johnson (BJJ)
Eric, Karen, Luke Kachelmeyer (TKD)
Monica Thompson and Katherine Clephane (TKD)
Nathan and Dylan Hall (TKD)
Ben and Debbie Rahman (TKD)
Elizabeth (TCC), Aiden & Ariana (TKD) Dodds
Jazmin & Kaden Fisher (BJJ), Kegan Fraker (LD)
Anna, Mary, John, & Joe Fritch (TKD)
Jonah, Caleb, & Ben Klopfenstein (TKD)
Garrett & Soliel Patterson (BJJ), Izabella (LD) & Kye Pearson (BJJ)
Todd (HKD) & Piper (LD) Phelps

Special Thanks for Fall Foliage and beyond.

Thanks to all the demo team and parade marchers, parents on the float, float driver, for making a great fall foliage. Special thanks to the parents committee and everyone who helped decorate or worked the Halloween party!

Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.



Tournament notes

TKD: Altogether our team of 31 competitors brought home 38 trophies—18 forms and 20 sparring. Some divisions were quite full, some were light, but we are proud of everyone’s performance. Congrats to those who placed (we apologize for any mistakes or omissions, please let us know if there are any so we can correct our records).

Kylie Yoshida	4 th forms		Aleah Spires	4 th forms	4 th sparring
Wesley Yoshida	2 nd forms	2 nd sparring	Luke Wilson		1 st sparring
Britton Siebert	3 rd forms	4 th sparring	Nate Wilson	1 st forms	3 rd sparring
Olivia Siebert	1 st forms	1 st sparring	Morgan Williams	1 st forms	1 st sparring
Dakota Gist	2 nd forms	2 nd sparring	Katheryn Clephane	1 st forms	1 st sparring
Nathan Hall	3 rd forms	3 rd sparring	Monica Thompson	1 st forms	
Haley Sieg	1 st forms	1 st sparring	Kyler Chyalszek	3 rd forms	1 st sparring
Donovan Sieg	3 rd forms	3 rd sparring			
Jackson Gadberry		2 nd sparring			
Megan Gens		3 rd sparring			
Luke Gamble	4 th forms	2 nd sparring			
Karen Kachelmeyer	1 st forms	1 st sparring			
Katy Pickering		3 rd sparring			
Dominick Spires	2 nd forms	1 st sparring			
Ryan Spires	3 rd forms	1 st sparring			

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

Birthdays:

Nov 9 1978 Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10 1868-April 26 1957 Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20 1973 Bruce Lee

Movie releases include: *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

Martial Arts is a Smorgasbord of technique, but you don’t get to take it *ala carte*

Over the summer we had the pleasure of having a camp with a guest instructor and friend on Parkour—the art of moving efficient over and around things. While not necessarily martial arts—the two are related in efficient movement, grace and athleticism, and could even be related to the art of escaping. We saw it as a great way to round out our students overall physical training. It was demanding. While focused on bettering our students, it was open to anyone in the community who wanted to join. One such young man came in with parkour experience and didn’t miss many opportunities to remind us or share with us what he did.

One of the basic and least fun aspect of the camp is called quadrupedal movement or QM for short. It is moving on all fours—for the purpose of crawling along ledges and the like, but also just conditioning. Any martial artist should recognize it as kihon (kibon)—basic movements and a foundational exercise. As stated before, QM was hard, tedious, and boring compared to vaulting over things. Our young guest was NOT a fan. And pointed out repeatedly that he didn’t do any QM in his parkour.

While polite to a guest, my inner dialogue was screaming, “then you really don’t do Parkour! You are not a master, you don’t get to make up your own style, nor do you get to redefine what Parkour is and isn’t based on your own inadequacies! “

Sadly, this isn’t all that unique. I once had someone who claimed he was a 2nd degree in Hapkido...he got his 2nd dan black belt as part of going through the colored belt ranks of some other grand poohbah style. (Yeah, I don’t know how



that works either.) He took one class and I asked how it compared. “Well, it was pretty much the same, only we don’t do as much joint locking and we really don’t do any kicking.” Yeup. One of those non joint locking or kicking HKD black belts. To borrow *A Princess Bride* line, Hapkido...I don’t think that word means what you think it means. I guess he just blocks a lot.

On a related note, I walked into one of my HKD classes at IU when the previous martial arts class was finishing up and students from both intermingling. I overheard an enthusiastic and well-intentioned--but still very misguided-- student from the other class "helping" one of my white belts on his roundhouse kick.

"You know, with your body type I think I would do more of a muay thai kick."

I have no idea who this kid was or what he knew or thought he knew. But I am curious if he also tells his friends to go into French class and speak German because it better suits their tongue.

I advised the both of them that he was welcome to do it however he wanted, but when I graded him in HKD class I would be grading on how he did a HKD type roundhouse. You don't get to redefine how things are done in a completely different art simply because you don't want to or are too lazy to change what you are already doing. Hapkido is designed to be eclectic but that doesn't mean hodgepodge.

Now, all martial arts, to varying degrees, certainly allow for individualization. And I have had offensive lineman at 275lbs get their black belts in Hapkido at DPU. Lets’ just say their jump kicks and flying scissor takedowns weren’t the strongest part of their game. THEIR hapkido didn’t have a lot of kicks....but they would acknowledge their hapkido was limited. Similarly, even within our same school, our BJJ upper ranks have very different games/styles. Some things work for different people—either because of body style or temperament or whatever. As an instructor, however, I don’t get to ignore all the things that I don’t like to do. I still have to at least be knowledgeable and show those other tactics, because some people in class may really find them useful. How fragmented would the art become if people only showed what they liked to do and worked for them?

And quite often, people are quick to dismiss something as not useful or that it doesn’t work simply because they find it hard work and don’t want to put in the effort to master it. It is a whole lot easier to redefine your art and omit the things you are too lazy to do rather than put in the time. On a more positive slant, European Karate Pioneer Franz Bork put it this way:

One should be careful not to limit oneself too early. Many aspects of karate require time and ambition. If there is a technique that I cannot immediately do, I have the opportunity to master it....The techniques I have the most problems with today are often tomorrow's tokui-waza (favorite techniques).

As your game evolves, skill increases, and body changes (age, strength, etc), you might very well find that techniques that didn’t suit you before are much more tailored to you now. But it seems more and more common for beginners to feel entitled to immediately pass judgement on elements of the martial arts based on their likes and dislikes, which are really their own inadequacies, and then immediately redefine and cast out what they disagree with.

To reiterate, this is how we get watered down, fragmented, impartial teaching in the martial arts systems. Martial arts hold a buffet of techniques for the individual, but that doesn’t mean you get to order ala carte and ignore the rest.

--BLS