



Gentry News Jan 2016

****2016—Year of the Monkey****

Upcoming events:

Jan 9 th	Catch up camp 9:00-11:30
Jan 9 th	Demo Team 12:00-1:30
Jan 9 th	Transition 1:30-3:00
Jan 15	Winkle seminar, b-ton
Jan 16 th	BB prep class 9:00-10:30
Jan 23 rd	Active Shooter 9:00-10:15
Jan 23 rd	Demo team 10:30-12:00
Jan 30 th	BB prep class 9:00-11:00
Jan 30 th	Transition camp 12:00-1:30
Jan 30 th	SPAR WARS Parents Night Out 5:00-9:00 pm
Jan 31 st	Kung Fu Panda 3 Movie outing 1:00 pm showtime
Feb 6 th	FAST Basics 9:00-12:30
Feb 6 th	Stickfighting 1:30-4:00
March 18/19	TTCA black belt testing and tournament
April 2-3	Dr. Yang Jwing Ming seminar—Indy.

And the winners are....congrats to our award recipients and other promotions!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our annual awards:

Most Improved Student—Kenyan Tackett
Competitor of the Year (TKD)—Morgan Williams
Competitor of the Year (BJJ)—Nate Wilson
Black belt of the Year—Christian Marion
Student of the Year—Debbie Rahman

Congrats to BJJ competitors

We went for 5/8 on the medal podium at this year's Bloomington open, which isn't bad considering how many first time competitors we had. Congrats to all of them, but those that medaled include:

Jeremy Johnson 3rd, Kyler Chylaszek 1st, Nate Wilson 2nd, Noah Wilson 3rd, Luke Wilson 2nd, Dominic Tejera 3rd.

Catch up and Transition Camps

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our catch up camp. All rank material will be covered in this 2.5 hour intensive which also counts for 3 classes—we keep it very affordable to let everyone be able to catch up. Additionally, as we add more to our curriculum, we are adding free transition camps to get jump started on the new stuff.

GMA Wishes a Happy Birthday to:

Sophie Gillick	1-10	Anthony Tejera	1-13	Todd Phelps	1-13
Steven Estrada	1-14	Debbie Rahman	1-21	Noah Lambert Adams	1-23
Adriana Dodds	1-26	Aiden Dodds	1-26		

Training Anniversaries

Ryan Spires (TKD 6 yrs)	Kylie Yoshida (TKD 7 yrs)	
Logan Whaley (LD 1 yr)	Corbin Hamblin (BJJ 1 yr)	Evan Hamblin (BJJ 1 yr)



Join us for Kung Fu Panda and a Star Wars themed parents night out

We will be having our own private showing of Kung Fu Panda 3 on Jan 31st at Showplace Cinema of Martinsville. GMAM students will get movie admission, popcorn, and drink for only 5.00! GMA family and friends will get the same for only 8.00 On top of that, our parents committee will be receive a portion of the sales. We hope everyone can make this family friendly movie on opening weekend and help support further fun events!

We will also be having a SPAR WARS parents night out the night before on Sat the Jan 30th from 5:00-9:00. Obviously we are getting into the spirit of the Force Awakens, but it also provides us a chance to educate in the disguise of fun. As some of you might have learned from the ESPN documentary, Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include the pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which we will film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of sign ups, which must be done in advance to get the light sabers. Additionally, anyone attending this weapons based event will get to attend our next stickfighting workshop for free!

Quotes of the Week

Since Jan is the time for new years resolution, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

This Month in Martial Arts History

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

Jan 7th 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member

Jan 17th 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian

Jan 17th 1970—Chuck Norris’s last fight before retiring.



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Celebrating Another Not So New Year

Recently a black belt who is currently serving our country stopped in to say hi. A very nice surprise, indeed. He asked how things were going...and I gave one of my standard replies...nothing really new, same but different. And that is the case. But as it is time to give my typical year in review for the school, I realized that while that doesn’t sound very impressive, sometimes we should be content with such a statement, if not even proud.

It was a very typical year for GMA, but that doesn’t mean it wasn’t a good one. We had yet another BJJ world champion in Kristian Woodmansee visit us from ATOS HQ. We took home 85 TKD medals in yet again near perfect balance between forms and sparring (42/43 respectively). Our BJJ competitors were fewer and had a smaller tally, but medaled at about a 3/4 ratio. We promoted 7 new black belts (same as 2014) but also added 5 new 2nd dans and 2 new third dans—including Morgan Williams, who became our first young lady to reach that rank (not counting Mrs. Yoshida). While having not gone through ceremony, Jeremiah Deckard is in the process of being promoted to 4th dan in HKD, our first ever Martinsville student to reach that rank. We also had another one of our BJJ instructors, Josh Britt, get their



brown belt in BJJ. Other noteworthy happenings include having the pleasure to teach and train SWAT officers and the Indiana Guard Reserve....we are hopeful to work closer with these and similar agencies in the future. So looking back, it was a good year.

But again, pretty typical. We try to bring in world class instructors, and have already had discussions to bring in famous masters in 2016/17. We are proud of our tournament performances and continual rank milestones as our school and students continue to grow. And while it is easy to write about the highlights, the GMA's real success is in the everyday growth and improvement of our students in the life skills and benefits of martial arts training--learning how to set goals and persevere, improved work ethic, better focus or respect, or self discipline.

But I too tend to fall into the trap of thinking that in order to "successful" we have to outdo the previous year. But sometimes we should have pride in staying the course, assuming we are doing things right in the first place. By definition, the vacation of a lifetime can't happen every year, and you don't have to keep up with all 500 of your facebook friends and their photos all at the same time. Often those milestones are the culmination of years of work. No one sees, let alone celebrates, those steps along the way. But we should be happy that we are making those steps. Martial arts teaches us to stay the course and trust the process.

Of course, if we are not where we want to be in life, we need to make the changes necessary to get there. But for many of us who or more or less on the right track, we should be content in calling that a good year. Another standard answer when someone asks me "how's business" is "happy but not satisfied." I know we are blessed to be where we are, but we can always do better. I hope our students have this attitude in their martial arts and life as well. Stay dedicated to the path of improvement. I hope this next year brings you some epic milestones, but if not, keep laying the foundation to have them in the future. If you are doing things right—nothing new is still not so bad. --BLS