



GMA News April 2016

Congrats to our New Black Belts:

Mr. Josh Roberson and Mr. Gauge Clephane

Upcoming events:

April 2-3	Dr. Yang seminar
April 2 nd	Leadership Team 11:00
April 10 th	GMA Movie Premier Matinee: Statutes and Sequences (details below)
April 13 th	Lil Dragon testing (beg 4:30, int/adv 5:15) NO TKD class
April 15 th	TKD testing 5:30
April 16 th	FAST stress shooting and Basics—Columbus, IN
April 22 nd	BJJ world champ Kristian Woodmansee leads BJJ class 8:00 pm
April 23 rd	Black belt open mat and breaking practice 9:00
April 23 rd	Stickfighting 9:00-11:30
April 23 rd	Demo Team performance and the park, 1:00 pm (meet and practice here at 11:30)
April 23 rd	Hapkido Black belt testing 2:00 pm
April 24	Kristian Woodmanssee BJJ seminar, Greenwood
April 28-30 th	FAST regional training/instructor certification NO lil dragons class on Thurs 28th
April 30 th	FAST Basics 2:00-4:30
May 1 st	Tim Sledd BJJ seminar in Greenwood
May 7 th	FAST stress shooting 9:00-1:00
May 7 th	TKD stripe testing 1:30-3:30
May 8 th	FAST Basics at DPU
May 14 th	Annual Break a thon and school picnic, Pritchard Park
June 4 th	Bedford TKD tournament
June 4 th	Hoosier Open BJJ tournament

Red Carpet Movie Premier Night

GMA movie stars come out for a matinee on April 10th at 3:00 (camp participants be there no later than 2:30). We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier!

Show up a bit early if you want to catch a glimpse of stars arriving. Watch the movie and enjoy popcorn. We will also be watching another full length feature—although it won’t be as entertaining as our blockbuster release. Families and friends are welcome. Students are encouraged to bring buddies. Please arrive early to help with the Hollywood atmosphere.

Parents committee will be decorating in the afternoon prior and would welcome help.

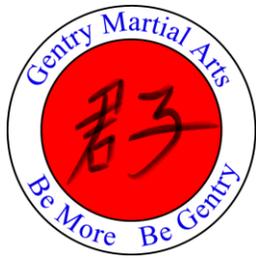
Kristian Woodmansee Returning for class

WE are excited to announce that BJJ World Champ and a pivotal ATOS instructor will be returning to GMA to lead our regularly scheduled class on April 22nd. While he is doing a seminar on Sun, we are lucky enough to have him come and give us some bonus training.

Summer day-camp dates are set

Some people have been asking about this year’s date of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply. Here is what we have:

HKD day-camp: July 18-22. Lil dragon camp June 20-23. BJJ camp June 23-24. TKD day-camp: June 27-July 1; July 25-29



Break-a-thon and annual school picnic May 14th

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a cookout and fun and games to follow. This year we will be having it back at Pritchard Park. Parents committee would welcome help with logistics.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4-1	Cat Biddle	4-8	Sabrina Chouinard	4-10
Todd Phelps	4-13	Gage Curtis	4-15	Kody Gist	4-17
Mr. Todd Miller	4-18	Mary Fritch	4-20	Xavier Siebert	4-20
Emalynn Stecher	4-21	Haley Sieg	4-23	Megan Gens	4-23
Cathy Petraits	4-27	Vincent Abbott	4-27	Caleb Shotts	4-27
Wyatt Wright	4-29	Jack Higgins	4-30		

Training Anniversaries

Sabrina Chouinard (TKD 10 yrs)	Finnegan Vandewalle (TKD 8 yrs)	Adam Satter (TKD 5 yrs)
Cathy Petraits (TKD 4 yrs)	Wesley Yoshida (TKD, LD 4 yrs)	Katheryn Clephane (TKD 3 yrs)
Piper Phelps (LD 1 yr)	Todd Phelps (HKD 1 yr)	Mark Brook (TKD 1 yr)
Gage Curtis (LD 1 yr)		

Quotes of the Week

This month we will be reviewing the importance etiquette and its connection to respect

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

April 7 1954. Jackie Chan’s Birthday

April 15 1922 (-Oct 20 1982). Donn F Draeger (martial arts historian) birthday

April 26, 1963 Jet Li Birthday

April 1922 Gichin Funakoshi demonstrates karate in Japan—setting the course for Karate and TKD worldwide

April 11, 1955 the name Tae Kwon Do is approved by President Syngman Rhee to describe Korean martial arts

April 21 1993 Walker Texas Ranger starring Chuck Norris debuts

Tournament Results

TKD: Congrats to everyone for another great tournament performance. We brought home 38 total trophies--19 in forms and 19 in sparring--once again great balance. We won 4 out of the 8 black belt sparring divisions (going 1st and 2nd in 3 of them) and placed 2nd in two others. Special thanks to our demo team, who rocked the place as always. (we apologize for any mistakes or omissions, please let us know if there are any so we can correct our records).

Zach Baker	2nd Forms		Megan Gens	1st Forms	2nd Sparring
Marian Christian		1st Sparring	Kody Gist	4th Sparring	
Kyler Chylaszeck		4th Sparring	Nathan Hall	1st Forms	1st Sparring
Gauge Clephane		3rd Sparring	Mallory Howard	2nd Forms	1st Sparring
Katheryn Clephane			Karen Kachelmeyer	1st Forms	
Charissa Cozee	1st Forms	3rd Sparring	Launa Perryman	3rd Forms	
Luke Gamble	3rd Forms	2nd Sparring	Cathy Petraits	2nd Forms	



Debbie Rahman	1st Forms	1st Sparring	Luke Wilson	3rd Sparring	
John Sherers	3rd Forms	4th Sparring	Nate Wilson	1st Forms	1st Sparring
Haley Sieg	4th Forms	1st Sparring	Noah Wilson	1st Forms	2nd Sparring
Donovan Sieg	4th Forms		Kylie Yoshida	2nd Forms	3rd Sparring
Dominic Spires	3rd Forms	2nd Sparring	Wesley Yoshida	4th Forms	
Ryan Spires	1st Forms	2nd Sparring			
Morgan Williams	1st Sparring				

Take Time to be a Black Belt Today.

Most of us have heard the Public Service Announcement with the tag line “Take time to be a dad/mom/parent today.” The PSA may include a kid remembering some event where the child recalls and values some peripheral or random detail that wasn’t the most important point to the father. The moral of the story being that sometimes it is the little things that make a big impression. It is a nice sentiment, but also very true. It is also true to when teaching as well.

Just recently I had correspondence with a black belt from DPU who has moved but continues to impact the world around him in positive ways. As we caught up a bit, he mentioned a conversation where I gave him some advice and commented that looking back that I “was so right... [and] thanks. They were tough words to hear back then but very honest and true words.” I am glad it helped, but honestly, I don’t remember the conversation. I mean, I am sure I was being sincere and honest at the time, but I don’t remember it. The important thing is that he did.

I had another one of our most accomplished black belts and his parents recall a “conference” that I had with him that supposedly changed the fate of his training. While still a lower colored belt, he was discouraged and questioning whether to continue his training or not. I apparently told him that he was actually doing well for his rank and had a bright future. That moment, in their eyes, was a turning point, and in the following decade he became one of the best students we have ever had. I don’t remember that conversation either. Likewise, I am sure I meant it, but I don’t remember saying to myself, it is important to sit him down and say this because it might make all the difference. I probably didn’t realize how close I was to losing him.

While reading the black belt reports, I sometimes across various references to things I have said in class. Sometimes it is amusing to see what “Master Sieg says in class.” Like the PSA example, sometimes what they remember and the main point I was trying to convey aren’t always the same. Sometimes it is completely out of context. But hey, at least they are listening.

Those are some examples that come to mind where it worked out. I am sure I am not even aware of most of the times where I failed in this regard. One incident I remember vividly though was with an Autistic student who while being a challenge at times, was really working hard and doing great as a brown belt. We had testing coming up and he asked why he wasn’t on the list. I replied succinctly, “You don’t have enough classes.”

I was busy in between classes with lots of other people to talk to. But there was no reason I couldn’t have taken a few more seconds to say, “You are really working hard and I think you will definitely be ready when it is your turn.” As it turns out, he quit shortly thereafter. Did that matter? I don’t know. There is a part of me that says a real black belt wouldn’t let something like that stop them, but at the same time, you sometimes never know what is a big deal to them.

We have a new group of students getting their black belts, and one of the instructions GM Choi gives the new black belts is to “be a bridge of encouragement to someone everyday.” A little nod of encouragement or a high five might not seem like a big deal, but to the new yellow belt it could make all the difference. In class, in school, at work, or even at home with the family, we could all take time to be more encouraging and try to make a difference. And that isn’t limited to just black belts (but it is expected of our leaders). To paraphrase the PSA, take time to act like a black belt today. --BLS