



May 2016 GMA Newsletter

Congrats to our Newest Black Belts, 2nd dans, and Lil Dragon Graduates

In TKD, Mr. Nate Wilson (2nd), Mr. Luke Wilson (2nd), Miss Megan Gens (2nd), Mr. Eric Kachelmeyer (1st)
In lil dragons: Piper Phelps and Gauge Curtis.

Upcoming events:

May 7th FAST stress shooting 9:00-1:00
May 7th TKD stripe testing 1:00-3:30
May 10-14 Happy Mothers day--Mothers please join us for class this week.
May 14th Black belt class am class at the park and leadership team 8:00-9:30 (at park)
May 14th Annual Break a thon and school picnic, Pritchard Park (details below)
May 20th TKD testing 5:30
May 21st Demo Team 10:00-11:30
May 28th Tentative date for spring cleaning at the school
May 30th Have a Happy Memorial Day—classes cancelled
June 4th Bedford TKD tournament and HOOSIER OPEN BJJ tour
June 20-22 Lil Dragon daycamp
June 23-24 Kids BJJ camp
June 24-26 GM William CC Chen Tai chi seminar- bloomington
June 27-July 1 TKD daycamp

Congrats to our Seniors

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (we assume they will finish the job!)

From DePauw: Yusu Liu, Zach Baker, Thomas Miller, Omar Adbel-Rahim

From Martinsville: Noah Lambert Adams, Christian Marion, Morgan Williams, Dominick Spires (sort of)

Break-a-thon and annual school picnic

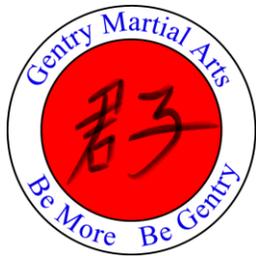
It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 11:00 (arrive at 10:30) with a picnic and fun and games to follow. This year we will be having it at Pritchard Park (off Blue Bluff Rd). Parents committee will provide the main dish. Please sign up according to belt rank to bring side dishes, desserts, etc. Students DO NOT need to wear doboks to the breakathon (egg toss appropriate clothing strongly encouraged).

Mothers day invitation

As usual, our students are welcome to invite their mom, grandma's, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

Sign up now for Day Camps/Summer camps

We are now taking sign ups for our GMA daycamps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other knowledge not normally covered in class is also taught. While eating lunch, the education continues with video footage of Korean martial arts or related fields. And there is still time for some fun and games like martial arts



dodgepad. Large discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

BJJ (Kids): June 23-24. HKD day-camp: July 18-22. Lil dragon camp June 20-22

TKD day-camp: June 27-July 1; July 25-29

*****Announcing a new camp: Martial Movement: Parkour and More. Guest instructor and friend of the school Adam Rector will be running a camp that not only covers parkour but also other movement patterns from Capoeira, Silat, etc. that will help anyone with fitness and make better martial athletes. July 12-14.**

GMA Wishes a Happy Birthday to:

Dominic Tejera	5-3	Nikki Clephane	5-5	Jeremy Johnson	5-6
Eric Kachelmeyer	5-17	Reagan Foster	5-21	Ryan Spires	5-25
Miki White	5-30				

Training Anniversaries

Luke Wilson (TKD 8 yrs)	Nate Wilson (TKD 8 yrs)	Karissa Cozee (TKD 7 yrs)
Lise Roberson (HKD 7 yrs)	Donovan Sieg (LD, TKD 6 yrs)	Thomas Neidigh (TKD 4 yrs)
Caleb Waltz (TKD 2 yrs)	Heaven Rash (TKD 2 yrs)	Dana Elliot (TKD 8 yrs)

Quotes of the Week

This May, as Heroes in Training, we will be looking at the stories and learning from some real life heroes (medal of honor recipients) in honor of Memorial Day.

This Month in Martial Arts History (selected from “Dates with Destiny” in *Martial Arts Success* by John Corcoran. 1984—Ninja Turtles debuts (in comic form)

May 1st 1971—Billy Jack, featuring HKD master Bong Soo Han, premieres (it is released in 73 and helps fuel the Martial arts boom

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973 First world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27,1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide



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How Much Self Defense are You Practicing?

What is self-defense? I make my college students write an essay on this for part of their final, the point being that most people don’t think of self-defense as much more than kicking and punching. Throughout the course, hopefully they come to realize that self-defense includes many more skills and considerations: awareness and avoidance, boundary setting and deterrence, the legal, social, and psychological consequences of your actions. These considerations need to guide our strategies and techniques. If you work with your hands



and get into a fight, it is hard to feed your family after a surgery to put pins in your broken hands. Or another example, paying tens of thousands of dollars in court costs to prove you were justified all along would still be an inconvenience in your life. But this review process should go much further.

In our martial arts classes we frequently refer to the DO—or way of life—aspect. We take the respect, discipline, fighting spirit, and other important qualities that martial arts gives us on the mat and apply them in other areas of our lives. This same process should be applied to self-defense as well!

We recently had one of our black belts, Christian Marion, give the Heimlich to one of his friends. I found out via his mom, Lita, when she sent me this message, “I didn’t know that he even knew how. He said that he learned at Gentry. So thank you for offering first aid and cpr classes.” Now, I am really glad things worked out, but I am not trying to take credit for anything. That wasn’t what we were thinking about when we trained out staff and others. But it does illustrate a much larger point: protecting yourself and your loved ones goes way beyond learning how to kick butt and/or shoot well.

In our lil dragons program, we teach life skills like basic hygiene and first aid (wash your hands, don’t share combs, etc.), what to do in a fire, how to cross the street, and basic stranger danger concepts. We make them learn their address, phone number, and parents name (besides mom and dad). At that age, self-defense is not about surviving a street brawl, but rather navigating the world around them safely. Things really don’t change that much.

People should know basic first aid and what to do in emergencies. As my daughter nears driving age, I can assure you she will know how to change a flat tire before she gets her license. Someone whose blood pressure is out of control is more of a danger to himself than a theoretical bad guy hiding in the bushes.

And we should extrapolate this process well beyond impacting our physical bodies. Personally, I think anybody who doesn’t have some form of identity theft protection is crazy. Is your family protected with adequate life insurance? Being willing to take a bullet for them isn’t so helpful or noble if not. Do you have basic emergency preparedness in the event of a storm or disaster?

Unless you are a pretty horrible person involved in some pretty shady stuff, chances are we are more of a danger to ourselves than some potential bad guy. We are more likely to get into a car wreck from texting than being carjacked. We need to spend more time preparing for when life happens than when an assault happens.

Now, I don’t mean to come across too judgmental or suggest I have it all together. In martial arts training, we would all like to dedicate more time and resources into training if we could, to make sure we had even more of our basis covered. Similarly, not everyone has the time or resources to cover everything. But I encourage you to take a look at the holes in your game—where you and your family are exposed, and do what you can to correct it. Even if you don’t step on the mats, I hope you get some self-defense practice in today. Now if you’ll excuse me, I need to go work on my will 😊 ---BLS