



GMA NEWS July 16

Congrats to our BJJ tournament competitors

Noah Wilson 1st, Nate Wilson 2nd, Luke Wilson, 1st and 2nd, and a strong showing by Anthony Tejera and Jason Prock.

Upcoming events/Class adjustments

July 2 nd	Stickfighting 9:00-11:30
July 2 nd	BB prep class 11:30-1:00
July 4th	NO CLASS—Happy Independence Day
July 6 th	HKD black belt testing—No regular HKD class
July 9 th	Lil Dragons testing –all belts 1:30-3:30
July 12-14	Parkour and More camp 9:00-3:30
July 16 th	Leadership Team 9:00-10:30
July 16 th	Demo Team 10:30-12:00
July 16 th	“Spring clean” 1:00-4:30
July 20-22	HKD day camp 9:00-3:30
July 22	TKD testing 5:30. No TKD class.
July 23	In school hanmadang 9:00-?
July 25-29	TKD day camp 9:00-3:30
July 30 th	Demo Team 9:00 – 10:30
July 30 th	BB prep 10:30 -12:30
Aug 6 th	Stress Shooting 9:00-1:00
Aug 7 th	FAST Adult Basics 1:00

*** July TKD day camp is nearly full****

Earn points, get lots of attention, intensive training, and lots of classes towards your next rank!

GMA Wishes a Happy Birthday to:

John Fritch 7-1	Gauge Clephane 7-8	Andy Farmer 7-20
Jackson Gadberry 7-3	Corbin Hamblin 7-8	Josh Britt 7-22
Dana Elliot 7-5	Kegan Fraker 7-11	Mike Dodge 7-24
Evan Hamblin 7-6	Shane Thompson 7-16	Parker Bentley 7-27
Mr. David Yoshida 7-8	Michael Hargis 7-19	

Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for sign ups at the end of the month.

Training Anniversaries

Congrats to those who are celebrating a year, or multiple years, of training. We appreciate their hard work, dedication, and friendship.

Richie Long (TKD 11 yrs)	Kyler Chylaszek (TKD 7 yrs, BJJ 2yrs)	Luke Wilson (BJJ 3yrs)
Nate Wilson (BJJ 3 yrs)	Debbie Rahman (TKD 2 yrs)	Launa Perryman (TKD 1 yr)
Phil Salamander (TCC 1 yr)	Emalynn Stetcher (TKD 1 yr)	Anthony Tejera (BJJ 3 yrs)
Mason Blackman (LD 1 yr)	Kegan Fraker (LD 1 yr)	Kaden Fisher (BJJ 1 yr)
Jazmin Fisher (BJJ 1 yr)		

Quotes of the Week

As the year is halfway over, it is time to assess our yearly goals and talk about sacrificing in order to “win”.



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

July 1935. Mikonosuke Kawaiishi introduced the concept of various colored belts to his judo school in France.

Subsequently adopted by all martial arts around the world.

July 20 1973 Bruce Lee’s death

July 21 1899(-Oct 27 1986) Birthday of arguably the founder of Hapkido, Yong Sul Choi

July 24 1936 Birthday of Dan Inosanto (kali, jkd)

July 27 1923 (-April 25 1994) Birthday of Karate legend, founder of Kyokushinkai karate, May Oyama (Korean)

The Difference Between Being “Great, And” Versus Being “Great, But”

The namesake of our school—Gentry—is a reference to Chun-tzu or Kunja, the Asian concept of the virtuous or model man. It stands to reason that we would place emphasis on getting closer to that ideal. The martial arts version could be the warrior sage archetype. However people are also human and flawed—we all have our own weaknesses and warts. Only one person who ever lived didn’t. But some certainly come closer to the archetype than others.

Over the years we have been blessed with some hard working students who have become great martial artists, and some of them have also become great instructors. You don’t get to that level of excellence without doing a lot of things very right. Hard work and self-discipline, perseverance, passion, etc.; all are needed to reach any level of excellence. However most also had their minor shortcomings (don’t get me wrong—I love them all dearly, but please let me make my point). One black belt was an incredible physical talent and great instructor. But he also knew it and was arrogant, sometimes to the point of being disrespectful. Another was a great black belt and incredibly coachable student, but never would accept the mantle of leadership expected from her rank (that doesn’t mean become an instructor). I could go on with similar accolades for many come to mind; one was too immature and never grew up, another was kind of flaky when dealing with other aspects of their life, one ran with not the best crowd, etc. Indeed one of my biggest frustrations is seeing students—of all ranks but especially black belts— not consistently apply the same attitudes and effort that made them quality martial artists in other realms such as professional or personal life.

Often we hear cautionary tales of great talent that is wasted. And they are true— there are those that could have been great, BUT....

I am issuing a different warning than that and I hope our students will take heed. There are also those that become great, but there is still a BUT. Then there are the rarest of all-- those who become great, and there is also an AND. There is a big different between the hedged or reluctant praise of “great, but” versus the glowing praise of “great, and”. I was listening to sports radio talk about one NBA superstar who was getting ready to be drafted. His coach told the NBA scouts that there wasn’t anything this player couldn’t do on the court. The coach stopped and added, “And the best part is he’s an even better person.” *



We have been lucky to have a few of those, and we want more of our students to BE MORE than just great. I assure you there is a difference between the “Great, BUT”’s and the “Great, AND”’s....

He is getting up there in rankbut he is too concerned about it, calls attention to it, or abuses it.
.....and he still acts like he was a yellow belt and treats everyone well.

She’s a natural talent with great techniquebut she thinks she knows everything already.
.....and she still works hard and is hungry to learn.

He is a great competitorbut he doesn’t handle loss or setbacks very gracefully.
.....and he is a gracious winner and loser.

She is a star at demo teambut she is a bit of diva.
.....and is always happy when someone else has their moment to shine.

He is a great student in classbut acts like he is doing us a favor by being here.
.....and is always willing to help out or contribute.

I want us to be a school that focuses on the positive “ands” instead of the negative “buts”. BUT unfortunately, we have to do a better job of correcting our shortcomings, AND I hope this rant is part of the corrective measures needed to make the school a more positive place. Only working hard in class is not enough. Certainly none of us are perfect, but as Vince Lombardi supposedly said, in chasing perfection we might just catch excellence.**

*From various press clippings, it appears that to this day this particular star does several generous, humble and unassuming things that most celebrities would not do. Perhaps the coach was right.

**I say supposedly because I read it on the internet, and not everything there is reliably sourced. Regardless, it is a great quote.