



# GMA news Aug 16

***Congrats to our new Hapkido Black belts-- Noah Lambert Adams and Lise Roberson (2<sup>nd</sup>)***

## ***UPCOMING EVENTS and CALENDAR***

Aug 6 <sup>th</sup>	FAST stress shooting 9:00
Aug 7 <sup>th</sup>	FAST Adult Basics 1:00
Aug 13 <sup>th</sup>	FAST in Louisville, KY
Aug 13 <sup>th</sup>	Demo Team 9:00-10:30
Aug 19 <sup>th</sup>	TKD testing 5:30
Aug 20 <sup>th</sup>	Demo Team 9:00-10:30
Aug 20 <sup>th</sup>	KIDS FAST 12:00-2:30
Aug 20	GMA Summer attendance party—at YMCA 6:00-9:00
Aug 27 <sup>th</sup>	Demo Team 9:00-10:30
	BB prep 10:30-12:30
	Stickfighting 1:00-3:30
Sept 5 <sup>th</sup>	Paragon Homecoming/Labor Day parade. 10:30 in Paragon (not confirmed)
Sept 10 <sup>th</sup>	Lil Dragons Testing 9:00-11:00
Sept 10 <sup>th</sup>	GMA Fun Day 11:00-2:00
Sept 17 <sup>th</sup>	Demo Team 9:00-11:00
Sept 17 <sup>th</sup>	Black belt prep 11:00-12:30
Sept 24 <sup>th</sup>	FAST classes in Columbus
Oct 1 <sup>st</sup>	Black belt prep 9:00-10:30
Oct 1 <sup>st</sup>	Demo Team 10:30-12:30
Oct 1 <sup>st</sup>	Stickfighting or leadership team (TBD)
Oct 7-9 <sup>th</sup>	Fall foliage demo and parade
Oct 15	USHF seminar, IU
Oct 22	J.R. West HKD seminar, Fort Wayne
Oct 29	TKD black belt testing
Nov 6 <sup>th</sup>	Master Chen Tai Chi workshop, Wisconsin

## ***BACK TO SCHOOL LETTERS***

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Look for these to be sent out this month.

## ***Training Anniversaries:***

We want to recognize those students who have trained for a year (or multiple years) this month:

Corey Christman (TKD 7 yrs)	Katherine Satter (TKD 5 yrs)	Fisher Dunscombe (TKD 4 yrs)
Kody Gist (TKD 5 yrs)	Blake Prather (TKD 4 yrs)	Dylan Hall (TKD 3 yrs)
Mary Fritch (TKD 1 yr)	Anna Fritch (TKD 1 yr)	Joe Fritch (TKD 1 yr)
John Fritch (TKD 1 yr)	Holly Brown (TKD 1 yr)	Garrett Patterson (BJJ 1 yr)
Jackson Harper (TKD 1 yr)	Andrew Nenedjian (LD 1 yr)	Parker Bentley (LD 1 yr)
Colten Clephane (TKD 1 yr)	Steve Estrada (BJJ 1 yr, sort of)	

## ***Happy B-day to these students in Aug***

Rob Snyder	8-2	Soliel Patterson	8-2	Karissa Cozee	8-10
Monica Thompson	8-15	Jeremiah Deckard	8-16	Mark Brook	8-17
Taytum Lovett	8-18	Karen Baum	8-19	Andrew Nenedjian	8-21
Blake Prather	8-22	Thomas Neidigh	8-24		



## ***Quotes of the Week, Character Development***

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

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

Aug 11<sup>th</sup>, 1946            Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming’s birthday  
Aug 13, 1932 (-Feb 1 2006)    BJJ Pioneer Carlson Gracie’s birthday  
Aug 16, 1940 (-Aug 20, 2007)    JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day  
Aug 25, 1931 (-Jan 8 2007)    HKD GM Bong Soo Han’s birthday  
Aug 2, 1964            Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.  
Aug 1998            Tae Bo is released.

Movie premieres this month include: Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

## **Why Combat Sports are the Ultimate**

Perhaps the Ultimate Fighting Championship (UFC) actually got the name right. At first glance, the name always seemed to be blatant sensationalism, and it probably was. But at the same time, martial arts and combat sports seem to be different and unique compared to other sports in some key areas. In ways that make an argument that “fighting” really is the ultimate contest in terms of challenge and complexity.

I very much enjoy the writings of Shotokan master Kousaku Yokota. I am going to summarize and comment upon his version of this discussion in *Shotokan Transcendence*. Some sports require skill but are individual efforts. Sports like track and field, swimming, and golf are a competition against yourself—your best performance-- focusing on your technique without fear of interruption from those beside you or follow you in turn. In fact, golf doesn’t even allow the fans to make noise during key times. Some sports, such as tennis, baseball, and volleyball have a direct opponent but are separated from their competition and basically take turns. The action doesn’t even start until someone readies himself to serve or throw a pitch. Some sports like football, soccer, and basketball may be more directly and physically in competition, but all still have clearly defined roles as offensive player or defender. Whoever has the ball is trying to do certain things, the other side tries to stop it. You might switch roles quickly when one person steals the ball, but still you are one or the other. It is interesting to note that football, the sport most commonly (although misguidedly) compared to warriors or gladiators, has the most specialized and distinctly different offensive and defensive roles. Certainly each sport requires great skill and athleticism in its own way, and sometimes much more than martial arts may. But in terms of unpredictability, difficulty, and complexity, combat sports are a different animal.

Martial arts and combat sports have no such roles. You are simultaneously concerned about offense and defense. About feints and traps and counterattacks. This is a much more complex challenge. While there is a risk of injury in all contact sports, and some sports can be extremely physical, the combat sports actually simulate a kill or be killed situation. The threat and fear of being hurt can be very real or simply symbolic depending on the game, but it certainly is requires a psychological element that is absent in most sports.

And that is just the sport element, if you are talking about martial arts/self-defense as a mindset and way of life, then the complexity grows. There are no set rules of engagement. There is no set match time or duration—you must be ready for anything at any time. . Even the number of players can vary. This requires a lot more strategy than your typical sport playbook.

Obviously I am biased, but with that disclaimer you have often heard me say that martial arts is a way of life and teaches life skills and qualities like respect and discipline better than any other activity. You probably thought that this article was going to be a permutation on that theme. Even though it wasn’t, I would be remiss



to not point out how that is icing on the cake for the sake of this argument.

\*As a sidebar, I seem to be very much in the minority as an avid sports fan and dedicated martial artists. I love the Hoosier and the Colts. I listen to sports radio a great deal. I always assumed that martial artists, who were geared towards fitness, athletics, and training the body, would share a more general interest in sports. But it has been my overwhelming experience that most professional martial artists or those serious about training have very little interest in other sports. Perhaps it is their single minded obsession in their own discipline. But as I write this article, perhaps they too realize just how unique the combat sports are, and that makes the other sports lose some of their allure in comparison—like going from a fighter jet back to a cropduster. I certainly enjoy consuming other sports, and if those other sports changed lives like martial arts did, I might be coaching them instead. But here I am.