



GMA NEWS

November

Upcoming events:

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| Nov 5 th | Demo Team 9:00-10:30 |
| Nov 5 th | Leadership team 10:30-12:00 |
| Nov 5 th | Lil dragon testing (beginning 2:00, int/adv 3:15) |
| Nov 6 th | FORCE on FORCE—in the grasp 1:00-5:00 |
| Nov 11 th | Hapkido Testing 11am & 7pm |
| Nov 12 th | Mr Sieg's chin-na seminar 1:30-4:00 at IU |
| Nov 19 th | Holiday Sale 8:00 am-11:00 am |
| Nov 19 th | Sickfighting 12:00-2:30 |
| Nov 23 th -25 th | NO CLASSES—Happy Thanksgiving |
| Dec 3 rd | Bloomington Open BJJ tournament |
| Dec 9 th | TKD testing |
| Dec 10 th | Black belt stripe retest 9:00-10:30 |
| Dec 10 th | Demo team 10:30-12:00 |
| Dec 10 th | Leadership team outing 12:30 |
| Dec 17 th | Demo Team performs at MHS halftime |

Congrats to our New Black belts

Congrats to our latest round of promotions: Miss Aleah Spires (2nd), Mrs. Cathy Petraits (2nd). Mr. Donovan Sieg, Ms. Karen Baum, and Mr. Thomas Neidigh.

Holiday Sale set for Nov 19st

Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 19th from 8:00 am to 11:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch. Sign up at the front desk.

Winter Weapons camp, Dec 29th. This year we will be exploring the Japanese Way of the Sword – Kendo. It will complement/expand on the limited kendo we recently taught for our Star Wars night. (We plan to have another one of those coming up as well.) Cost of the camp includes the weapon, but those who have done a Star Wars night will be able to save money (one the camp and the next night). Kendo also teaches some great lessons on timing, distancing, and gives historical context to other areas of the martial arts, such as the cane techniques in Hapkido.

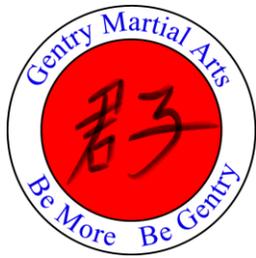
Our next movie/stunt camp. The next major release by Yoshi-tech productions is set to start filming Dec 27-28th. As before, we will have a movie premier night in 2017 to showcase our stars. Movie martial arts and stage combat is quite different. Learn how they make it look real. Also great for the demo team.

A catch up camp is also scheduled for Jan 2nd.

A silat workshop (half day) may also be planned if there is interest. Watch Facebook for details.

Holiday Class Cancellations:

No classes on Wed, Nov 23th, Thanksgiving (24th) or Friday Nov 25th. Classes will resume as normal the following Monday. Have a happy Bird-day!



GMA Wishes a Happy Birthday to:

| | | | | | |
|-------------------|-------|-------------|------|----------------|-------|
| Caleb Walts | 11-3 | Jason Prock | 11-4 | Zoey Kivett | 11-5 |
| Andrew Skopecek | 11-6 | Gage Prose | 11-8 | Wesley Yoshida | 11-24 |
| Philip Salamander | 11-26 | | | | |

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

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|-----------------|-------------|-------------------|-------------|
| Morgan Williams | (TKD 9 yrs) | Aleah Spires | (TKD 7 yrs) |
| Luke Gamble | (TKD 7 yrs) | Monica Clephane | (TKD 3yrs) |
| Kenyan Tackett | (TKD 2 yrs) | Paige Kachelmeyer | (LD 1 yr) |
| Gage Prose | (LD 1 yr) | | |

Quotes of the Week

This month we will be discussing having the mindset and goal of constant learning and improvement.

Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved...Perhaps someone else in your family is ready to try it out?

Mike Dodge (HKD, BJJ), Collyn Dodge (TKD, BJJ)
Noah & (TKD, BJJ), Nate & Luke Wilson (TKD)
Josh (TKD), Elijah (HKD) and Lise Roberson (HKD, TCC),
Aleah, Dominic, Keegan, Amanda & Ryan Spires (TKD, kali)
Katherine, Reece, & Adam Satter (TKD)
Mr. Yoshida (TKD, BJJ) & Mrs. Yoshida (TKD), Kylie and Wesley (TKD, BJJ)
Mr. Sieg, Haley & Donovan (TKD)
Master Miller and Macie (LD)
Eric and Luke Kachelmeyer (TKD), Paige Kachelmeyer (LD)
Karen Baum and Paige Kachelmeyer (TKD and LD)
Monica Thompson (TKD) and Katherine Clephane (TKD, BJJ)
Nathan and Dylan Hall (TKD)
Elizabeth (TCC), Aiden & Adriana (TKD) Dodds
Anna, Mary, John, & Joe Fritch (TKD)
Todd (HKD) & Piper (LD) Phelps
Jason (BJJ) and Nikki (TKD, BJJ), Gauge (TKD, BJJ), and Colten (LD) Clephane
Jessie, Ashley Blair (TKD), Jase Irwin (TKD), and Alexis Irwin (LD)
Mark Brook (TKD) and Megan Brook (TCC)
Tim, Caelyn, and Collin Meijer (HKD)

Special Thanks for Fall Foliage and beyond.

Thanks to all the demo team and parade marchers, parents on the float, and float driver for making a great fall foliage.

Special thanks to the parents committee and everyone who helped decorate or worked the Halloween party!



Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.

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

Birthdays:

Nov 9 1978 Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10 1868-April 26 1957 Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20 1973 Bruce Lee

Movie releases include: *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

Maybe FOMO Is Healthy (In Martial Arts and Learning)

I am admittedly not up on many of the acronyms, abbreviations, and short hand used in texts and social media these days. I sometimes have to ask the teenage black belts—often repeatedly. (And don't get me started about emojis—it is like we are regressing as a civilization back to hieroglyphics). One that apparently psychology is saying is a real thing is FOMO—Fear of Missing Out. As people become more aware of what everyone else is doing via social media, they are becoming more paranoid of missing out on things that they probably would have otherwise been blissfully unaware of. I just read that spending time on Facebook makes people more depressed primarily for this reason. The phenomena is understandable, but a bit silly if you become unhealthy over it, especially over social stuff. But in other realms, FOMO isn't such a bad thing. This summer I had an experience that was similar—FOMO martial arts style—which I think is a much healthier version.

I was at a seminar on a Sunday (the only day I am not normally teaching). I had signed up for the first session and was debating whether to stay for the second. While there was a big part of me that wanted to stay, it would have been at great cost from a stress and mental standpoint—missing more time with my kids, little recovery time for the week, and less chance of getting things done around the house that would then stress me out even more. In short, that whole balancing life thing. But my point is that I was agonizing over staying, because I knew it would be good and didn't want to miss something really important.

Having done martial arts for over 32 years, I have racked up my share (by many standards, more than my share) of credentials and certifications. And as my students will attest to, I have my share of "back in my day" stories. So, I have learned a trick or two already. And at the same time, I am not, nor am I aspiring to be a world champion, UFC belt holder, or Olympic gold medalist. So in my angst about staying for the seminar or not, I had to step back and laugh. What would I have really missed?

Some great secret that would unlock magical power for me? Probably not.

Am I or my students more likely to die in a streetfight because I missed that one additional trick? If only I hadn't stopped learning at technique number 1 million and had stayed for 1 million and one. ... Honestly, it is possible, and that is a small fear that should drive any instructor. But it is not likely.

Was it going to put me over the top in my competitive or professional career? Would GMA be teeming with new students because I learned a few more things? Well, as we like to say around here, the drop hollows the stone not by its force but by its frequency. And continual personal and professional advancement should be expected of our instructors as well as our students. So if I trust the process as I tell my students to do, then long



term it would incrementally add up. But in and of itself, it wasn't going to make me win a world title or launch me into martial arts celebrity status.

While on a rationale level, it didn't seem to have much potential impact, but on an emotional level, I was still conflicted. Which begs the question why? I think it is because that is exactly what the martial arts has taught me to be like—a person who values lifelong learning and improvement.

One thing the martial arts has taught me is that you are never done learning. There is always something more to learn, improve, and refine. I had the pleasure of working in Hapkido again recently with GM JR West, who has been doing HKD for over 50 years. One comment he made was how he enjoyed watching everyone in the room do the techniques in hopes of picking up something a little different, a little something new that he could take away. I honestly don't think it was a platitude. The man has over 20 "master" level black belts training at his school, and he genuinely was excited about learning another nuance.

But as with most all other lessons we learn on the mats, the real test is implementing those lessons in the world beyond. Can we take our black belt attitude of excellence and growth into other areas of our lives? Can we keep the habit of becoming a life-long learner? Can we remain driven to improve in our profession? Can we be committed to growing in our relationships or in the practice of our faith? I wouldn't want to miss out on any of that! As we say during one of our mat chats, if you aren't growing then you are dying. Martial arts teaches us how to grow, how to learn. Not all of our students will stay in the martial arts their entire lives, but I hope they take with them to ability to learn and grow in any endeavor. And if they do indeed do that, I wouldn't want to miss out on seeing what they accomplish. --BLS