



# Gentry News Jan 2017

**\*\*2017—Year of the Rooster\*\***

## Upcoming events:

Jan 2 <sup>nd</sup>	Catch up camp 1:00-4:00
Jan 7 <sup>th</sup>	SPAR WARS Parents Night Out 5:00-9:00 pm
Jan 14 <sup>th</sup>	Lil dragon testing beg 9:00-10:30; 10:30-12:00
Jan 14 <sup>th</sup>	Demo Team practice 1:00-2:30
Jan 21 <sup>st</sup>	Demo Team performance , MHS halftime (rescheduled from Dec). Meet here 6:00 pm
Jan 27 <sup>th</sup>	TKD testing 5:30
Jan 28 <sup>th</sup>	Stickfighting 9:00-11:30
Jan 28 <sup>th</sup>	FAST basisc 12:30-4:00
Match 25/26	Dr Yang workshop, Indianapolis

## And the winners are....congrats to our award recipients and other promotions!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our **annual awards**:

Most Improved Student—Mark Brook  
Competitor of the Year (TKD)—Nate Wilson, Debbie Rahman, Nathan Hall  
Competitor of the Year (BJJ)—Nate Wilson , Noah Wilson  
Black belt of the Year—Cathy Petraits, Lise Roberson  
Student of the Year— Jackson Gadberry

**Congrats to our newest black belts:** Jackson Gadberry and Kyler Chylaszek (2<sup>nd</sup>)

**Congrats to the newest recipient of GMA's highest honor-the title of Gentry-man—to Cathy Petraits.**

## Congrats to BJJ competitors

We went for 7/8 on the medal podium at this year's Bloomington open with a record of 20-8. Half of those losses were to each other, so we went 16-4 against others with 13 submissions. Congrats to all of our competitors, but those that medaled include:

Kyler Chylaszek 1<sup>st</sup>, Nate Wilson 1<sup>nd</sup>, Noah Wilson 2<sup>nd</sup>, Jason Prock 2<sup>nd</sup>, Corbin Hamblin 2<sup>nd</sup>, Evan Hamblin 3<sup>rd</sup>, Jackson Gadberry 3<sup>rd</sup>.

## Catch up Camp

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our catch up camp. All rank material will be covered in this 3 hour intensive which also counts for 3 classes-we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

## GMA Wishes a Happy Birthday to:

Sophie Gillick	1-10	Anthony Tejera	1-13
Steven Estrada	1-14	Adrian Roehling	1-18
Carter Waterman	1-19	Debbie Rahman	1-21
Aiden Dodds	1-26		

## Training Anniversaries

Ryan Spires (TKD 7 yrs)	Kylie Yoshida (TKD 8 yrs)
Corbin Hamblin (BJJ 2 yrs)	Evan Hamblin (BJJ 2 yr)
Maddox Nikou (LD 1 yr)	



## Star Wars themed parents night out

We will also be having a SPAR WARS parents night out the night before on Sat the Jan 7<sup>th</sup> from 5:00-9:00. Obviously we are getting into the spirit of Rogue One, but it also provides us a chance to educate in the disguise of fun. As some of you might have learned from the ESPN documentary, Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include the pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which we will film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want.

## Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

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

Jan 7<sup>th</sup> 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member

Jan 17<sup>th</sup> 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian

Jan 17<sup>th</sup> 1970—Chuck Norris's last fight before retiring.



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## Be Grateful That Those Little Scares Are Little, And Also Huge

I had just finished the Force on Force—In the Grasp training that we offered here at the facility with an awesome guest instructor, Mr. Isaac Birch. While there many new perspectives and fresh ideas, a lot of my training and what we do here carried over really well. My confidence and enthusiasm for training was definitely high. But it was a long weekend of training and in typical fashion, I was out as soon as my head hit the pillow.

About 4:00 am the house security alarm went off. I jumped out of bed and went straight for the gun and flashlight, wasting as little time as possible as I am processing what the alarm is telling me is wrong. There is a sensor on one of the basement doors that sometimes comes loose, giving the impression the door opened. It was likely that. Still, I proceed as if there is an intruder. I let the dog out of its crate (side bar—if you know my dog, you know it isn't going to be very helpful in home defense, except to at least possibly alert me to a presence...perhaps she could tell me which wall to shoot through.) I take my time going down my stairs as my wife stays on the phone with the alarm company, waiting to for me to give the all clear.

I clear the basement, confirm the sensor fault with no entry, and we go back to bed. Or at least I try. Now, it wasn't because I was so amped up I couldn't sleep. Even in times of high stress or activity, it doesn't take me long to doze off. Rather, my insomnia was self-induced out of frustration. As I continued to replay the situation in my head over and over again, I kept finding mistakes. I didn't clear a corner here; I should have hugged the other wall there. Maybe I should have button hooked coming in that one room. Apparently, I am not as sound tactically while groggy at 4:00 am.

I was quite tired the next day/evening while teaching. Most of the day, I thought about getting home early to catch up on sleep. But first, I had to do something. I had to run it again. I ran it a few more times actually. Trying to get better, smoother, trying to critique my options the best I know how. And therein lies the moral to the story.\* Some people



might tell that same story but finish it by saying that it “ended up being nothing.” It was far from nothing if you appreciate what it really was—an incredible learning opportunity that needed to be taken advantage of.

In my self-defense courses we talk a lot about mind setting and mental rehearsal: going over those “what if” situations in your head so they are not unique problems that require a lot of thought and indecision when they actually arise. We can practice evaluating options and decision making. Hopefully it eventually becomes more habitual and/or second nature.

Martial artists in particular are sometimes guilty of swinging the pendulum too far the other way. I have in the past admonished students for wasting too much time and mental energy on ridiculous hypotheticals. Not every truck that cuts you off on the road is full of clowns with machetes who have conspired to ambush you.\*\* Yet too many martial artists will be exhausted getting out of their car having fought that mental battle, even perhaps at the expense of living in the now and missing more real threats.

But when a legitimate, potential threat arises but comes to nothing, we would do very well to ask a lot of those what ifs. When you are getting into your apartment and hear a loud noise around the corner, be glad it was just a cat in the trash. But what if it wasn't? Maybe you had your back turned the wrong way or hands were too full. When someone seemingly comes out of nowhere and is upon you in the parking lot, be glad they are just trying to go to their car on the other side, but be critical of your reaction and if you could have not been startled in the first place.

We need to be grateful of those little moments that take our breath away for a second. First, be grateful that is all it is. But second, be grateful of the opportunity to point out flaws in your personal protection strategies and to be able to learn from them. Whereas most people (or sheeple) would be mostly annoyed or frustrated by such “little” false alarms, how we treat them can be huge. ---BLS

\*There are certainly others—like falling back on the level/quality of your training, the importance of asymmetrical training, etc. Perhaps you thought that is where I was going with this. But not the one I wanted to focus on for educational purposes.

\*\*But you never know about decepticons. They're deceptive. It's in their name.