



GMA News Feb 17

Congrats to our newest LD graduates: Andrew Nenedjian and Colten Clephane

Upcoming events:

Feb 4 th	FAST extrav 10:00-4:00
Feb 10 th	HKD testing 7:00 pm
Feb 18 th	Stickfighting 9:00-11:30
Feb 18 th	leadership team 11:30-1:00
Feb 18 th	GMA social—Lip sync contest 6:00-8:00 (announcement in class)
Feb 25 th	Kids FAST class 9:00-11:30
Feb 25 th	Active Shooter Trauma Management course 12:00-5:00
March 4 th	IU TKD tournament
March 4 th	Demo team 1:30
Mar. 25/26	Dr. Yang seminar
March 25 th	USHF seminar

GMA is proud to offer another life saving course to the community:

We are excited to announce we are having another special course with guest instructor Master Mark Wilson (you know him from the TTCA). He will be doing is rapidly growing Active Shooter Trauma Management course here on Feb 25th from 12:00-5:00. The course will cover FBI strategies for run/hide/fight in an active shooter scenario, strategies to make the shooter less accurate, leadership in a triage situation, treatable causes of death and tactical combat casualty care. Due to graphic content, it is limited to high school and up. It is open to the community and we encourage everyone to help spread the word. We also ask as many of our students to sign ASAP so Master Wilson can anticipate materials better. This will be a unique, one time class that is truly important.

Valentine Passes Coming Soon

Don't forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

GMA Wishes a Happy Birthday to:

Peyton Wiltermood (2-5)	Nico Inman (2-7)	Maddox Sparks (2-7)
Spencer Pierson (2-8)	Finnegan Vandewalle (2-10)	Keegan Spires (2-14)
Jackson Harper (2-14)	Liam Gadberry (2-15)	Joe Fritch (2-17)
Anna Fritch (2-18)	Katheryn Clephane (2-19)	Stan Waterman (2-22)
Minda Ruba (2-27)		

Quotes of the Week-- This month we will be revisiting our focus points.

Don't forget GMA website, Facebook, Instagram, and Twitter.

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and our Facebook group, and sign up for email announcements online. Like the GMA Martinsville Facebook page for other public announcements and promotions. Follow us on Instagram and Twitter @Gentry_MA for lighter notes.

Training Anniversaries

Cathy Petraits (TCC 7 yrs)	Josh Roberson (TKD 6 yrs)	Clay Thacker (BJJ 6 yrs)
Karissa Cozee (TKD 5 yrs)	Liam Rayes (LD 1 yr)	



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

Feb 1882 Jigoro Kano opens the Kodokan and becomes the founder of Judo.

Feb 2, 1965 Brandon Lee’s (son of Bruce Lee) birthday

Feb 12 1968 Jean Jacques Machado (BJJ pioneer) birthday

Feb 22 1972 Kung Fu debuts on TV and starts a craze.

Feb 26 1988 Bloodsport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.

We Don’t Deliver Like Amazon, But It Is Worth the Wait

It is very hard to dispute that we live in a world of instant gratification. You can now text your pizza or fast food order to get it faster. Instant downloads of music, books, and TV. Facebook rates your page on how responsive you are to messages—expecting immediate feedback. Worst case scenario, you can likely get something on Amazon Prime with two day shipping. There are certainly many of these matters of convenience that are helpful and make life easier. But some, like 20 minute abs, are more empty promises than anything else. Expecting this type of response time in the wrong place leaves you sorely disappointed and frustrated. I find the growing trend of people expecting immediate results disturbing. It certainly isn’t conducive to a real martial arts experience...either physically or mentally.

From time to time we have a parent discontinue their child’s classes because his or her grades take a dip. This is a tough call sometimes, but more often than not, that same parent had previously raved about how our classes were helping their child in school. I typically remind them of this fact by asking what the kids grades we like before starting martial arts. So why would you take away the one variable that got their grades higher in the first place?

One time I had a well-intentioned school teacher call about getting one of her students enrolled here because he was such a handful in school. She balked when I told her the price (and like now, we are still well below the national average). So let me get this straight...the kid hasn’t gotten any direction or guidance at home; you have 6 hours a day with him for 180 days and you can’t get anywhere; but in 2 hours a week we are supposed to fix him, and yet that isn’t worth 80 bucks a month?

Contrary to what some people who walk in our doors expect, modifying a child’s behavior or habits is a process that rarely is accomplished during your free two week trial. (Often we get off to a good start, but still). But it does happen with time.

The same is true for the physical aspect as well. As I tell my college students on syllabus day—we will get a lot done this semester, but it still doesn’t mean you are going to be Bruce Lee when you leave here. If this were beginning basketball, and none of you have had dribbled before, I doubt very much you would have ambitions of walking onto the team after one semester. And yet somehow, in my field, everyone thinks they can take a semester class and be invincible and not have to worry about it anymore.

Yet those that trust the process and stay with their training are usually surprised at what can be accomplished with continued, dedicated practice. Ask many of our middle aged students if they ever thought they would be doing jump kicks when they started and they would probably laugh. While they may not be Hollywood movie quality, it is amazing what can be achieved in a couple of years. How do some of our smaller teenagers break 3-4 boards? Many started breaking peewee boards at a much younger age and simply didn’t quit trying when they hit a wall later (almost literally.) Sometimes the progress is hard to see. Sometimes it is sporadic. But we remind our students to have faith and trust the process. All the people who you look up to in the arts did just that. And along the way, you begin to learn and appreciate the value in the process itself. You realize it does deliver...just not overnight.

It seems like we have a disproportionate share of young adults who think that they should get the same job straight out of school that it took other people years to obtain. Or that they should move into a house nicer than their parents’ home right away, or they might as well not move out of the basement at all. Or they deserve a luxury car while they are still young enough to enjoy it.

This is a dangerous mentality that I hope our students learn to avoid through seeing the benefits of staying the course in martial arts. I am not suggesting that people accept or settle for underperformance or mediocrity in order to not be impatient. But it is hard to climb the ladder of success if you never decide to step on it. It is hard to start saving for retirement when you want more instant gratification (not worrying about the future). And when the needle doesn’t move much overnight, then some people get discouraged quickly and give up too soon.

Hopefully our students have learned that discipline and perseverance has real benefits that more short sighted individuals will never experience. Our upper ranks have learned to stay the course, keep your eye on the prize or whatever other cliché you want to use to describe the process, but they have learned how to earn. And perhaps that is one of the greatest benefits of a martial arts education. Martial arts certainly delivers, but unlike Amazon it isn’t free (it will cost you a lot in terms of dedication, sacrifice, effort, etc.) and it doesn’t show up in just two days. But if you ask me, it is well worth the wait when it shows up in other aspects of your life. --BLS