



May 2017 GMA Newsletter

Congrats to our newest BJJ purple belt—Clay Thacker

Upcoming events:

May 5 th	TKD testing 5:30
May 6 th	Demo Team 9:00-10:30
May 6 th	Leadership Team 10:30-12:00
May 6 th	Stickfighting 12:30-3:00
May 13 th	Black belt class am class (at park) and leadership team 8:00-9:30 (at park)
May 13 th	Annual Break a thon and school picnic, Pritchard Park (details below)
May 15-19	Happy Mother's day--Mothers please join us for class this week.
May 17 th	Home school interest meeting/discussion 2:00 pm
May 18 th	TKD black belt stripe testing --no black belt club
May 20 th	Lil dragon testing (Beg 9:00-10:30, Int/Adv 10:30-12:00)
May 20 th	Lil dragon sleepover 7:30 pm to 9:00 am
May 21 st	TKD Referee training, Bedford
May 25 th	Schools out late night—after BBC till 11:30
May 27 th	Tentative date for spring cleaning at the school. TBA
May 29 th	Have a Happy Memorial Day—classes cancelled
May 31 st	BJJ open mat/tournament prep 1:00-2:00
June 3rd	Bedford TKD tournament and HOOSIER OPEN BJJ tournament
June 6-7	Kids BJJ camp
June 12-16	TKD Day camp
June 23-25	GM William CC Chen Tai chi seminar- Bloomington
June 27-29	Hapkido Day camp

Congrats to our Seniors

As the school year wraps up, we want to take a moment to congratulate our seniors in both high school and college. (We assume they will finish the job!)

From DePauw: Mallory Howard

From Martinsville: Noah Wilson, Caleb Waltz, Dakota Kanipe

Break-a-thon and annual school picnic

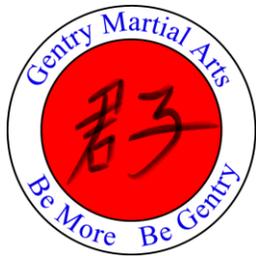
It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! The break-a-thon will begin at 11:00 (arrive at 10:30) with a picnic and fun and games to follow. This year we will be having it at Pritchard Park (4040 Blue Bluff Rd). Parents committee will provide the main dish. Please sign up according to belt rank to bring side dishes, desserts, etc. Students DO NOT need to wear doboks to the break-a-thon (egg toss appropriate clothing strongly encouraged).

Mother's day invitation

As usual, our students are welcome to invite their mom, grandma's, etc to class the week following Mothers day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

Sign up now for Day Camps/Summer camps

We are now taking sign ups for our GMA day camps. These are week long intensive training sessions from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank's material in one very serious week. History and philosophy, how to write the black belt papers, and other



knowledge not normally covered in class is also taught. And there is still time for some fun and games like martial arts dodgepad. Discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register the month of May.

HKD day-camp: June 27-29. Lil dragon camp July 25-27. BJJ camp June 6-7.

TKD day-camp: June 12-16; July 10-14.

*****We are also working to have another special camp in July, but details are still being ironed out. It will involve movie stuntwork and choreography but also weapons.**

Tournament Results

Despite a much smaller than normal contingency, GMA showed well in the recent tournament, our 14 students took home 7 forms medals, 8 olympic style sparring medals, and went 3 for 3 in point sparring medals. And Noah Wilson won the grand champion in forms! Congrats to the following podium finishes:

Ethan Dickerson	1 st forms	Holly Brown	1 st sparring
Launa Perryman	2 nd sparring	Aleah Spires	2 nd sparring
Katheryn Clephane	2 nd forms, 1 st pt sparring	Nate Wilson	2 nd forms
Kyler Chylaszek	3 pt sparring, 3 sparring	Megan Gens	3 rd forms, 1 st sparring
Ryan Spires	3 rd forms, 3 rd sparring	Luke Wilson	2 nd forms, 2 nd sparring.
Noah Wilson	1 st forms (Grand Champion) 1 st sparring, 1 st point sparring		

Home school meeting

Master Sieg is exploring teaching a martial arts safari—an interdisciplinary course that uses martial arts to teach about the world. The classes will be modelled after his college course that discusses the history, culture, and technique of various martial arts from around the world. The class will use martial arts as a way to introduce students to history, culture, and social issues of the world. This is in the planning stages, so this meeting is partly an interest meeting, part planning and feedback to make sure it will be meet the goals intended for our home school students and beyond. The meeting is set for May 17th at 2:00 pm. We are hoping several of our home school students are interested and can attend.

Social events: School picnic, dragons sleepover, and schools out movie night

Firstly-- don't forget that the break a thon and school picnic is a great social event for the whole school.

Second—Lil dragons sleepover. We will be having a sleepover for our lil dragons. They can also bring a friend who is interested in classes. There will be martial arts drills, dodgepad and over fun and games, and a movie. The event is free, but you must sign up at the desk (friends too), as we may have to cap it. Please make sure you pick up by 9:00 am.

Third—The day school lets out, we will have a bigger kid event that night after our last class. We will play dodgepad and watch Beverly Hills Ninja (please note, this is a PG-13 movie).

GMA Wishes a Happy Birthday to:

Dominic Tejera	5-3	Kaitlyn Walls	5-3	Don Niese	5-20
Reagan Foster	5-21	Ryan Spires	5-25		

Training Anniversaries

Luke Wilson (TKD 9 yrs)	Nate Wilson (TKD 9 yrs)	Karissa Cozee (TKD 8 yrs)
Lise Roberson (HKD 8 yrs)	Donovan Sieg (LD, TKD 7 yrs)	Thomas Neidigh (TKD 5 yrs)
Caleb Waltz (TKD 3 yrs)	Heaven Rash (TKD 3 yrs)	Dana Elliot (TKD 9 yrs)
Corey Trudeau (BJJ 1yr)		

Quotes of the Week

This May, as Heroes in Training, we will be looking at the stories and learning from some real life heroes (medal of honor recipients) in honor of Memorial Day.

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



1984—Ninja Turtles debuts (in comic form)

May 1st 1971—Billy Jack, featuring HKD master Bong Soo Han, premieres (it is released in 73 and helps fuel the Martial arts boom)

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973 First world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27, 1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide



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Does Any of This Technique Matter? Not Really. And It Means Everything.

I was recently admonishing my collegiate beginning Taekwondo class about their lack of attention to detail in technique: your chamber for this block is over your arm, not under; you aren’t looking to the side soon enough, etc. I could see the smirks, and I am pretty sure I heard the eye roll of one kid in particular. It is pretty clear he disagrees with a lot of aspects of the class, including the concept that physical exertion and effort are also necessary. Technically, he seems to think the finer points of most all techniques are really just guidelines. But hey, he should know, because he has done martial arts before. I mean, he has been a below average white belt in at least two other courses.

Does it matter whether the chamber for your block comes from under your arm or over? Well, Yes. And no. In the grand scheme of things, as long as you block the punch, do such aesthetics really matter? Occasionally there are some higher level applications (karate would call bunkai) where those nuances matter, but otherwise, probably not. I often finish our FAST classes and my college courses with the discussion on how spirit and mindset often trump technique. So why do we freak out over bent back legs in long stances or bad hand positions on joint locks?

Because those details have a purpose. Now, there are many ways to do things, but in each case, rarely is any of the variation arbitrary. In BJJ just about every hand position or movement has a purpose, either to assist with the move or to serve a defensive purpose. But there are many different moves to achieve the same purpose, or even variations of the same move. Likewise in Hapkido, there are many different ways to defend against certain attacks, and there are many different ways the same technique is taught. There are usually pros and cons to each, and the instructor has to settle on the best one for him and for his students (which may not be the same). But there is still a right way—and more importantly, many wrong ways-- to do each variation. Sometimes it is enough to make even advanced practitioners despair, let alone beginners. I have asked Tai Chi instructors when to inhale and exhale on certain movements to be told this way, but by the way you can do it the opposite way too. It doesn’t matter.



But it does matter. For the sake of practice, on the quest of mastery, it absolutely matters to get it right. As I told that Taekwondo class...there is a lot of nuance in technique that I can't really teach you but you have to feel for yourself. Subtle matters of timing and structure in your own body that you have to pay attention to. If you can't remember to do these very obvious and overt external things correctly, even as I constantly remind you to, then you have no chance of being self-aware enough to learn those other things for yourself and truly be good. The particular version may not matter, what matters is you commit to doing it with excellence.

Once you have mastered the principles, then it may be the case that it can be "right" all the time, regardless of how you do it. As Bruce Lee said, "Before I learned the art, a punch was just a punch, and a kick, just a kick. After I learned the art, a punch was no longer a punch, a kick, no longer a kick. Now that I understand the art, a punch is just a punch and a kick is just a kick." The part that most people miss in that is *understand*. Or more bluntly, lazy people confuse basic familiarity with mastery and then use this quote to justify their lack of excellence. As we like to say, the enemy of great is good. And if you settle for good enough, you become your own worst enemy.

And this, as with many aspects of martial arts, extends beyond the mats. What matters most in your training is that you commit to a standard of excellence in what you do in life. Judging from his effort level and attitude in class, my guess is that my aforementioned TKD student isn't concerned about excellence in any endeavor or aspect of his life. If we had a conversation about his life, I very well might sound like his dad. I bet they are estranged. Whatever you do—work, school, etc—there is a right way to do it. It may not be the only way to live, but the way you live will be done right. The willingness to do that chamber, joint lock, or guard pass correctly matters a lot more than its actual application. It says a lot about you as a person. We hope we inspire our students to have an attitude of black belt excellence in many aspects of life. --BLS