



GMA news Aug 17

Congrats to our newest lil dragon graduate: Triton Brummett

UPCOMING EVENTS and CALENDAR

Aug 5	Demo Team 9:00-11:00
Aug 5	Black belt prep 11:00-12:30
Aug 11	TKD testing 5:30
Aug 12	CPR training 9:00 am (some people can join our staff training)
Aug 12	FAST Adult Basics 1:00-4:30
Aug 12	Attendance Reward Party 6:00-8:00 at the city pool
Aug 19	Demo Team 9:00-11:00
Aug 19	Black belt prep 11:00-12:00
Aug 19	Stickfighting 1:00-3:30
Aug 26 th	Lil dragons testing (beg/int 9:00-10:30; adv 10:30-12:00)
Aug 26 th	HKD black belt testing 1:00-5:00?
Aug 26 th	Karate Kid movie outing
Sept 4 th	Paragon Homecoming Parade (to be confirmed, details TBA)

Other dates:

Sept 16 th	Back to School Dodge pad tournament
Sept 23	Kids Stop Bullies FAST course
Sept 30 th	TKD black belt testing
Oct 28th	GMA Hosts World Champion Andre Galvao
Nov 5 th	Master Chen Tai Chi workshop, Wisconsin
Nov 11 th	USHF Seminar Bloomington

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:

Katherine Satter (TKD 6 yrs)	Fisher Dunscombe (TKD 5 yrs)	Blake Prather (TKD 5 yrs)
Dylan Hall (TKD 4 yrs)	Mary Fritch (TKD 2 yrs)	Anna Fritch (TKD 2 yrs)
Holly Brown (TKD 2 yrs)	Garrett Patterson (BJJ 2 yrs)	Jackson Harper (TKD 2yrs)
Steve Estrada (BJJ 2 yrs here)	Finley Waterman (LD, TKD 1yr)	Kaiden Cedeno (TKD 1yr)
Josh Bennett (LD 1yr)	Lucas Holloway (LD 1yr)	Dennis Brandenburg (HKD 1yr)
Quinton McIntyre (BJJ 1yr)	Drew Willis (TKD 1yr)	Tristan Andersen (TKD 1yr)
Mason Thrasher (LD 1yr)	Peyton Wiltermood (LD 1yr)	

Happy B-day to these students in Aug

Rob Snyder	8-2	Makenna Hall	8-7	Soliel Patterson	8-8
Grace Niese	8-9	Karissa Cozee	8-10	Monica Thompson	8-15
Preston Santiago	8-17	Mark Brook	8-17	Walter Elliott	8-20
Blake Prather	8-22	Ben Hall	8-22	Dennis Brandenburg	8-23
Thomas Neidigh	8-24	Alaina England	8-24	Lucas Holloway	8-24
Wesley Parsley	8-26	Kaiden Cedeno	8-27	Cheryl Russell	8-30



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 11th, 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 premiers 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

We See A Lot of Donkeys at the Fair—and Not in the Barns

As I am writing this, we are also preparing our booth for the Morgan Co Fair. While the fair is a lot of work, I do enjoy seeing the hard work of our students in another field, and the booth gives me a chance to catch up with a lot of former students and parents. Of course, we look forward to having many conversations with new people—hopefully potential students. Some people we meet come to us with previous martial arts experience, or supposed experience:

“I already have a black belt in BJJ from a long time ago” Skeptically I asked who he trained with. He couldn’t recall his name. That’s right. He trained with this guy for 12-15 years but couldn’t remember his name.

We recently fielded a call from a gentleman claiming he got a 5th dan from one of my instructors. Which is odd, because I was there when my instructor got his 5th dan, so I would think there would have to be some overlap. Turns out the only record of someone by that name took only 1 or 2 classes in 1997.

Aside from the fraudulent and comical, there are people with at least some form of training or experience (even if it is learning from books) that are more interested in telling us what they have done instead of finding out what we do or how we can help them.

I realize that having a conversation with another person who is less interested in listening and more interested in sharing what little they know on a subject is hardly a unique phenomenon. But it is one that needs to be addressed within the martial arts context, because it carries real judgments, or possibly even worse, real safety issues.

It has been my experience that the baddest dudes are typically the most humble and unassuming. They don’t need to spout accolades to justify their expertise. They often are not even very forthcoming about their own qualifications when pressed. They also realize that in the realm of self-protection, where Murphy can show up any minute, any feeling of being on top is an illusion that can be shattered by dumb luck. I just recently had the pleasure of training with one of my favorite instructors and authors, Rory Miller. Like so many people of his caliber, you would never know that this is one of the best at combatives (I am sure he would even protest such a claim).

There were also good martial artists from various backgrounds and law enforcement at the seminar. . . While there was some talking shop, I heard very little conversation about rank or titles. Everyone was there to learn. And then there was one teenage boy that I had to work with one round. He asked if I had done other martial arts before. I replied that I had played with a few. He then proceeded to tell me about his 1st degree black belt in karate at the school the next town over. I suppose I could rest easy...my new partner was going to guide me through it. I am not sure if he ever did realize how low on the food chain he was. Not because he was exceptionally good for his age/experience, but because everyone else took it easy on him or he was simply unaware.

Don’t be that person. But as I write this, I have a confession. I was probably that person. This might come as shock to some, and it is hard for me to say for sure, but there is a chance that I might have been a bit of a know-it-all when I was a 17-18 year old black belt. Quite honestly, it is a wonder I didn’t get my butt kicked. Yes, I was dumb.



Almost everyone has been guilty of it to some degree sometime in their training. I place bets it's at around green belt (just when you are starting to know enough to think yourself dangerous, and still super excited about your newfound abilities) and again at 1st degree black belt (when you should be proud of your accomplishment but some heads swell a little too much). I implore you to get through that phase as quickly as possible.

One of my teachers, Dr. Yang, who remains humble given his stature, shares a relevant parable from Chinese martial arts: Food becomes scarce in the jungle and a tiger is forced to encroach upon a village to find more food. Eventually he has to reluctantly enter the village, where he sees a donkey tied up. The tiger has never seen a donkey. He has no idea of where they fit on the food chain—above or below him. So he must size the donkey up. He stalks the donkey and comes menacingly out of the shadow. While perhaps the donkey has never seen a tiger, it has a pretty good idea of where it stands on the food chain comparatively. It starts to jerk at the rope and begins to bray loudly.

“Ah, this is the beast's first defense,” the tiger surmises. The tiger proceeds to slowly circle the donkey. The donkey becomes more panicked and starts to buck.

“This is the beast's second technique,” the tiger concludes. The tiger is careful not to get too close but close enough to see what comes next. The donkey starts kicking with his hind legs wildly.

“This is the beast's third technique.” Once the tiger has concluded the donkey is no threat and it even knows the donkey's futile defense, it moves in for its much needed dinner.

The obvious moral to the story is that one should remain calm and don't tip your hand. Remain unknown and keep the opponent cautious.

The guy who is quick to point out that he “does karate” has certainly tipped his hand greatly. And what he doesn't realize is that in actuality he has told the tiger across from him that he probably knows very little despite his boasts to the contrary. Very little knowledge applied in surprise is a whole lot better than warning your opponent to be prepared for what little you have.

There is an adage that there is a sucker in every room (or at every table), and if you can't spot him, then it is you. It is the same for martial arts/self defense. If you are in a room of potential sharks, one of the easiest ways to make yourself easily spotted as the sucker is to quickly tip your hand and/or blatantly bluff (often unimpressively). Best to remain quiet and make the other sharks wonder about the strength of your hand as long as possible.

To summarize—don't be *that* guy. Don't be a donkey braying all the time. It might play impressively with someone who is truly clueless about martial arts, but to anyone legit, you will lose more and more respect the more you keep talking. And in some cases, it could truly be dangerous.