



Sept 17 NEWS

Congrats to our latest lil dragon graduates: Mya Presley, Adrian Roehling, Maddox Nikou and Liam Rayes

Upcoming events: ** No, We do NOT have class on Labor Day ******

- Sept 4th Paragon Homecoming/Labor Day parade. 10:30 in Paragon
- Sept 9th Demo Team 9:00-11:00
- Sept 16 Charity Dodgeball tournament: 9:00-12:30 (see below)
- Sept 23rd Lil Dragons Testing 9:00-10:30 (all ranks)
- Sept 23rd Black belt prep class 10:30-12:30
- Sept 23rd Kids Stop Bullies FAST Course 1:00-3:30
- Sept 29th TKD testing 5:30
- Sept 30th FAST Stress shooting class 9:00-12:30
- Sept 30th TKD black belt testing 2:00
- Oct 1st GMA outing to watch Ninjago
- Oct 7th Demo team 9:00-11:00
- Oct 14th Fall foliage demo 4:15 on square
- Oct 15th Fall foliage parade
- Oct 28th GMA Hosts World Champion Andre Galvao
- Nov 11th USHF Seminar Bloomington

Paragon Parade

We appreciate everyone's support by marching in the Paragon Homecoming Parade on Labor Day. Meet at Paragon elementary at 10:30, parade starts at 11:00, and we should be finished approx 11:30-11:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

Charity Dodgepad Tournament

We will be holding a dodgepad tournament to benefit the Indiana Dream Team. Entry fee will be a drop off of kitchen/cleaning/paper supplies such as Papertowels, TP, paper plates, trash bags, cleaning products, etc. We will be running various divisions. Ages 9 and under will register at 9:00 and play 9:00-10:15. Ages 10 to 13 will register at 10:00 and play 10:15-11:15, and 14 and up will play 11:15-12:15. Please be on time to register so we can divide teams.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9-1	Luke Wilson	9-2	Launa Perryman	9-8
Clay Thacker	9-8	Drew Willis	9-9	Corey Christman	9-11
Ethan Dickerson	9-14	Ashton Allen	9-27	Donovan Sieg	9-30
Lucas Holloway	9-30	Kaitlyn Cook	9-30		

Training Anniversaries — Special congrats for everyone who is celebrating a year or multiple years of training.

Rob Snyder (TKD, HKD 12 yrs)	Megan Gens (TKD 9 yrs)	Nathan Hall (TKD 3 yrs)
Cathy Petraits (HKD 3 yrs)	Reagan Foster (LD, TKD 2 yrs)	Ethan Dickerson (TKD 1yr)
Eithan Ziegelbauer (TKD 1yr)	Brendyn Ziegelbauer (BJJ 1yr)	Ricky Lam (TKD 1yr)
Samantha Cushing (TKD 1yr)		



Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938	Fumio Demura –Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained
Sept 14 1961	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th 1966, Sept 1 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th 1988	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	

I Hope You Don't Like What We Teach Sometimes

During a recent Hapkido seminar being led by a friend and colleague, I remember really not liking the warmups. They weren't bad, they were just not what I was accustomed to and not how I normally would warm up. And while the actual presentation was great, in some ways those warmups were just important for me. It is important that you don't always like what your teacher teaches you, because if that isn't the case, that means you are getting too comfortable and not getting pushed. This is a natural human tendency.

If I told everyone to warm up on their own, most would go to exactly the one or two stretches or exercises they like the most. But why do we like those particular ones the most? While maybe at some point those were the stretches that had the most effect and gain, it is more likely that now they are the ones that feel the best because we do them all the time and are good at them. We will do our best to avoid those that we aren't as good at. The same is true at the gym: we tend to go back to our favorite exercises that in the past probably got us great gains and still feel familiar, and we tend to avoid those that we are weaker at, hurt more, etc. And this is even when we know the importance of varying our routine. We know there is a trend of diminishing returns in exercises that we do the same way over and over again, and yet we still get stuck in routines.

And the same is true in our martial arts as well. Routines can get stale. One drill we used to do in BJJ was an absolute killer. But as we have gotten more familiar with it, we have become more efficient at it. Sometimes that is exactly the training effect we want. But in this case efficient means that we have found ways to subconsciously cheat and make the drill less taxing. While repetition is the mother of all skill, and is certainly important in developing martial ability, it is important that we are continually challenged in different ways.

And that is why we all need a teacher...or several. Because one of the things they should be doing is making sure to keep us honest and not letting us get set in our ways too much. This holds true for technique, as well as simply performance or training effect. We all need someone to challenge us in a different way. Our arsenal of technique and our ability to adapt in situations are improved by having someone else push us out of our comfort zones and personal tendencies.

Often in martial arts, techniques come back around. Maybe the first couple of times you tried a particular technique, it didn't really work for you. Either you couldn't do it or it just didn't feel right. So you scrapped it and forgot about it. But you keep training and aging. Your body has changed, your skills have changed, and your understanding has changed. When your teacher makes you revisit the same technique down the road, suddenly it makes a lot more sense and feels more natural. Chances are, we never would have revisited that technique again on our own. We need someone else to keep us honest.

Instructors are also guilty of this on behalf of our students. It can be quite the balancing act between providing familiarity in routine but not letting the class regimen become stale. Between providing the necessary repetition required to master technique, but not pigeonholing students into a limited skill set. That is one reason I seek out many instructors and seminars...to make sure I don't get stuck into a rut myself. Even things that I am familiar with often get a fresh take from someone else.

As always, martial arts lessons are also life lessons. Maybe stretch yourself with friends or activities. Maybe embrace the new job responsibilities at work, because perhaps those new skill sets will open better opportunities down the road. I would like to think that martial artists should be some of the best at handling new or changing directors, setting a new course, and getting the job done, because I would like to think that in class you have been challenged and told, 'now we are doing it this way.' You might not like it at the time, but hopefully you will appreciate the challenge to routine.