



Oct 17 Newsletter for Gentry Martial Arts

DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try to the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

Congrats to our newest black belt promotions:

Hapkido Congrats to Adam Luhman and Jordan Mascoc on passing their 2nd dan test in Hapkido

Taekwondo Congrats Miss Launa Perryman, Miss Katheryn Clephane (2nd dan), and our first Martinsville student to reach 4th dan in TKD—Mr. Noah Wilson.

Congrats to our newest Lil Dragon graduates: A big accomplishment for the lil guys: Mason Thrasher and Lucas Holloway

Upcoming events:

***** RAK's are due at beginning of the month******

Oct 7 th	Demo Team 9:00-11:00
Oct 12 th	Mandatory Demo Team practice 7:45. No BBC this night.
Oct 14 th	Fall foliage demo 4:15-5:00 on the square. Practice here at 2:30
Oct 15 th	Fall Foliage Parade (see below for details)
Oct 15 th	Master Chen Tai Chi seminar—Indy
Oct 21 st	Tentative stickfighting class
Oct 21 st	TKD black belt open breaking practice. Time TBA.
Oct 27 th	TKD black belt stripe testing, 5:00-7:00 (no regular TKD class)
Oct 28 th	GMA Hosts World Champ Andre Galvao at noon
Oct 29 th	Halloween party 5:30-7:30 pm
Nov 4 th	Dragon Testing (beg 9:00-10:30, int/adv 10:30-12:00)
Nov 11 th	USHF falls seminar-Bton

GMA Excited to Host Andre Galvao Again

Coming off his recent, record breaking 5th ADCC superfight win, one of the most decorated grapplers in history, Andre Galvao will be returning to do a seminar here on Oct 28th. We will be hosting grapplers from across the Midwest for this event.

Parent committee news/notes

The school Halloween party will be Oct 29th from 5:30-7:30. As always, we will need help with set up and take down. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared.

While we know for a fact that our students can be scary, we encourage our students to dress as heroes, role models, or something fun.

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 15th. We will be *in place* at the Martinsville High School parking lot by **12:00**. We are division 3, unit 6 (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.



Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.

GMA Wishes Happy Birthday to:

Tim Meier	10-9	Nate Wilson	10-10	Uriah Barton	10-11
Mr. Sieg	10-12	Holly Ann Brown	10-14	Caydin Wasden	10-14
Deborah Kreuzman	10-15	Dylan Hall	10-20	Molly Hixson	10-25
Garrett Patterson	10-30	Severus Harrell	10-31		

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Keegan Spires (TKD 8 yrs)	Nico Inman (TKD 6 yrs)	Martina Ruba (TKD 4 yrs)
Aiden Dodds (TKD 3 yrs)	Hunter Szekley (TKD 3 yrs)	Richie Long (HKD 3 yrs)
Jack Higgins (TKD, LD 2 yrs)	Eli Thompson (LD 1 yr)	Gunnar Bryant (TKD, LD 1yr)
John Hirt (TCC 1yr)		

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

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

Oct 1 1913 (-Jan 29 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932	Birthday Judo Gene Lebell
Oct 18, 1961	Birthday Jean Claude Van Damme
Oct 27, 1936	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957	Arguably the first modern Karate tournament- the All Japan Karate Champ. Is held.
Oct 14, 1972	Kung fu the TV series debuts
Oct 11, 1997	Pride Fighting Championships debuts.

Other martial arts films include *The Transporter* and *Kill Bill*.

Empowerment Can Happen Quickly, But Probably Not in a Living Room over Refreshments

Recently, as happens each semester, one day of my self-defense course is dedicated to weapons, devices, and downright gimmicks that are sold as personal protection devices. Many are impractical for a variety of reasons, and the false sense of security they provide can prove more dangerous than any potential help they could offer. I assume most were designed with good intentions, but the cynic could easily say they were made simply to prey on (mostly) women’s collective fears.

It appears there is now a company that couples those collective fears with many women’s compulsion to meet in people’s houses and buy stuff over refreshments (and make someone money). In the tradition of meeting to buy containers, cosmetics, smelly stuff, cooking gadgets, and...well, we’ll just stop there, you can now throw your own party with a line of self-defense gadgets or accessories from a company called *Damsel in Defense*. Oh sorry—you don’t host a party; you host an empower hour.

Don’t get me wrong, I am sure the company is well meaning. And I am all for empowerment in people’s lives. One of the reasons we are so passionate about the FAST program is how much empowerment people gain in just 3 short



hours. But those three hours are a pretty wild ride. Despite the name, I remain skeptical that much empowering goes on in 60 minutes in living room over punch and cookies. And while I have to scoff at the thought of rhinestones for your stun gun, I don't want to spend the rest of this rant expressing just my reservations for an empower hour, but more broadly discuss some caveats that are relevant to party goers and those uninvited alike. When thinking about any device or tool to assist with your personal protection, there are some key questions you have to ask yourself.

First, Competency--especially with deployment. Unless you practice with your device and get real training, it may be more of a detriment than a deterrent. Most all the girls in my self defense class carry pepper spray; only a handful have ever actually taken the cap off and sprayed it. Most have no idea of range, etc. Asking the attacker to wait while you read the instructions is probably unrealistic. You can buy videos, books, and take seminars with that little kubotan keychain thing, but unless you are going to spend the time practicing, most people who buy them would probably be better served throwing the thing on the ground and using their hands more instinctively.

Being able to deploy your weapon is a conversation unto itself. Having pepper spray at the bottom of your purse where it will take you five minutes to dig it out isn't helpful, and yet many people have a false sense of security from it. Most people have no idea how quickly things can escalate and how difficult it is to actually get your weapon/device into the fight. Anybody who has taken our FAST stress shooting course can appreciate how quickly the distance can close, especially when the threat isn't clear cut to begin with. I seriously question the practicality or effectiveness of many of the conceal carry purses with hidden compartments in terms of deployment. Maybe I am wrong about some of those purses. I have never practiced drawing from one. But I doubt very seriously any empower hour party goers have either, and therein lies the problem and my point. Admittedly, I sometimes carry my EDCW in my, ah-hem... "messenger bag," but when I do I realize it is for an active shooter scenario that starts down the hall, and not in front of me. Sadly, there are many people who haven't thought about those distinctions.

Also sadly, there are plenty of gadgets that prey on women's concerns but are likely useless because of limitations in terms of access. One of the best examples is the lip stick knife—a knife concealed to look like a tube of lipstick, where you twist the blade up and out. I am not sure how you get to that—do you ask the attacker if you can freshen up first? BTW, a random fact I know is that those lipsticks knives are specifically outlawed in CA.

Which brings me to major point #2. Legalities. You better fully understand the legalities of anything you use. Use that lipstick knife or any "ninja weapon" that is illegal to carry, and you are in big trouble. Draw a knife to "scare off" an attacker? You just threatened him with lethal force, now they can draw their gun and shoot you. Once we did a FAST course for a company to train their employees. One lady was resentful for having to take a day for this training and declared as she walked into the room—and trust me, it is much better when I get to use my Kentucky accent while imitating her—"I don't know why I gotta be here. My husband got me a brand new gun with a laser built in for Mothers' Day. Anybody gives me any lip, I just take that there laser and point it on 'em, and they won't be giving me anymore problems."

So your answer to a verbal altercation—even if it has the potential to go violent but is still only verbal-- is to commit a felony by pointing a loaded weapon at someone? Thereby losing this job, possibly going to jail, and losing the right to carry your firearm for the rest of your life. Maybe you need this class more than you think you do! A major theme of our stress shooting classes is understanding the legalities and responsibilities that come with a firearm, and the very fine line between not committing a felony by drawing your gun too early, but not being too late either. The device we choose to help us survive and does the job in the fight can still end up backfiring on us and ruining our lives if we didn't use it justly.

Which brings us to consideration 3, the risk of it backfiring on us more literally. Can it be turned and used against you? If you spray your pepper spray as they are charging you, even if you get the shot off, they are likely already pretty much on top of you. Now you are both rolling around on the ground, the spray is on both of you, and it becomes who can fight on the ground with the necessary added pain tolerance from the spray. One of the other product lines in the aforementioned catalog was a line of stun guns. I don't really want to play out this wager, but I am willing to bet you that if you put a stun gun in most people's hands, I have a better than 50% chance of actually taking it from them and using it to incapacitate them. Naturally, this is dependent on point #1, proficiency and training. But I wonder if that caveat ever comes up at the party?

Some devices may be just as effective as a deterrent, than for actual usage. They always make pepper spray black or forest green and fits in the palm of your hand almost exactly. I always joke that they should be a foot long and orange.



More recently the trend is to make everything hot pink, including OC canisters. This used to annoy me and I would get offended on behalf of women, who apparently need their OC spray to be cute to buy it. And while it still was a cheap marketing ploy, at least the canisters are much more visible, so the bad guy can see you have it and decide they don't want to get sprayed today. Of course, it doesn't matter what color it is if it is in your purse. And there are other gimmicky sprays disguised as cell phones, jogging weights, etc. Even if you have them out, they have no value for deterrence if you can't tell what it is. Some of the stun guns in the damsel catalog had so much bling on them, I could barely recognize what they were.

Having said all that, even the most unconventional implements can be valuable. I know one girl who was raised on a farm, and so she was comfortable with carrying a cattle prod in the glove box of her car. Another young med student decided to carry a scalpel from anatomy lab. She was actually approached, pulled it out, and clearly meant to make a large incision. The assailant decided he wanted no part of that, and ran away. While such devices can't make my recommended list, the fact remains that these women had mindset and mentally rehearsed. They had a plan to deploy their device in a given situation, and they felt comfortable and confident with what they chose to use, and that enabled them to use it effectively. A cattle prod or scalpel can apparently be very empowering, but not sure they are in the catalog.

Empowerment can certainly come in many ways, and I wish it for everyone. But I have my reservations about some of these empower hour parties over punch and cookies. Not asking the right questions and getting good training and sound legal advice can make for a false sense of security or worse. The fact that I keep referencing that they serve punch at these events probably indicates I really don't know what goes on at one. I hope my misgivings are wrong, and that the hard questions and considerations are tackled. And I hope this article has given many of others not on the guest list some food for thought as well.