



# GMA NEWS

## November

### Upcoming events:

Nov 4 <sup>th</sup>	Lil dragon testing (beginning 9:00, int/adv 10:30)
Nov 11 <sup>th</sup>	USHF Seminar, B-ton 9:00-5:00
Nov 17 <sup>th</sup>	TKD testing 5:30
Nov 18 <sup>th</sup>	Holiday Sale 8:00 am-10:00 am
Nov 18 <sup>th</sup>	FAST Stress Shooting 9:00-12:30
Nov 18 <sup>th</sup>	FAST Adult Basics 1:00-4:30
Nov 22 <sup>nd</sup> -24 <sup>th</sup>	NO CLASSES—Happy Thanksgiving
Dec 2 <sup>nd</sup>	Bloomington Open BJJ tournament
Dec 2 <sup>nd</sup>	Tentative date for Leadership Xmas outing. TBA
Dec 2 <sup>nd</sup>	Demo Team performance at MHS Halftime. Meet at 5:00 Also practice on Dec 1 <sup>st</sup> at 6:30
Dec 9 <sup>th</sup>	GMA 20 <sup>th</sup> anniversary celebration—details next month
Dec 16 <sup>th</sup>	FAST stress shooting extravaganza

**Congrats to our New Black belts: Mr. Ryan Spires (3<sup>rd</sup>), Mr. Finn Vandewalle (2<sup>nd</sup>), and Mr. Caleb Waltz (1<sup>st</sup>)**

**Congrats to our newest Lil dragon graduates: Eli Thompson**

**Holiday Sale set for Nov 18<sup>th</sup>.** Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. Our annual holiday sale will be Nov 18<sup>th</sup> from 8:00 am to 10:00 am. This gives you a chance to come to school and shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can maybe research what your kids like and want.

### Winter Camps set

This year we will be doing another winter weapons camp during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch. Sign up at the front desk.

**Winter Weapons camp, Dec 27<sup>th</sup>.** This year we will return to one of Master Sieg's favorite weapons—the cane. It has been 4 years since we have taught one of the staple weapons of HKD this comprehensively. Not just important to our HKD students, but a great intro to weapon work with one of the most versatile (and legal) weapons there is.

**Our next movie/stunt camp.** The next major release by Yoshi-tech productions is set to start filming Dec 29-30<sup>th</sup>. As before, we will have a movie premier night in 2018 to showcase our stars. Movie martial arts and stage combat is quite different. Learn how they make it look real. Also great for the demo team.

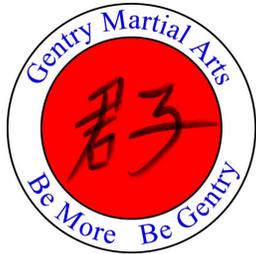
**A catch up camp is also scheduled for Jan 2<sup>nd</sup>.**

**We are in the process of scheduling a Capoeira camp on Jan 4<sup>th</sup>.**

**Our next SPAR WARS event will be Jan 6<sup>th</sup>**

### Holiday Class Cancellations:

No classes on Wed, Nov 22<sup>th</sup>, Thanksgiving (23<sup>rd</sup>) or Friday Nov 24<sup>th</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day!



## **GMA Wishes a Happy Birthday to:**

Caleb Waltz	11-03	Lilly Workman	11-04	Clayton Wood	11-04
Andrew Skopecek	11-06	Wyatt Niese	11-06	Gage Prose	11-08
Ben Lawson	11-10	Makenley Clayton	11-19	Wesley Yoshida	11-24
Carter Wasden	11-25	Philip Salamander	11-26		

## **Training Anniversaries**

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

Morgan Williams (TKD 10 yrs)	Aleah Spires (TKD 8 yrs)
Luke Gamble (TKD 8 yrs)	Monica Clephane (TKD 4 yrs)
Gage Prose (LD, TKD 2 yrs)	Alex Skirvin (LD 1 yr)
Michael Hargis (BJJ 1 yr)	

## **Quotes of the Week**

This month we will be discussing having the mindset and goal of constant learning and improvement.

## **Special recognition to our families:**

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that actually need our family discount or those families with more than one generation involved....Perhaps someone else in your family is ready to try it out?

Mike Dodge (HKD, BJJ), Collyn Dodge (TKD, BJJ)  
Noah & (TKD, BJJ), Nate & Luke Wilson (TKD)  
Aleah, Dominic, Keegan, Amanda & Ryan Spires (TKD, kali)  
Mr. Yoshida (TKD, BJJ) & Mrs. Yoshida (TKD), Kylie and Wesley (TKD, BJJ)  
Mr. Sieg, Haley & Donovan (TKD)  
Monica Thompson (TKD) and Katherine Clephane (TKD, BJJ)  
Nathan and Dylan Hall (TKD)  
Mark Brook (TKD) and Megan Brook (TCC)  
Tim and Caelyn Meier (HKD)  
Crystal, Don, Grace, and Wyatt Niese (TKD)  
Cheryll Russell, Isaac and Lilly Workman (TKD)  
Ben and Makenna Hall, Kaitlyn Cook (TKD)  
Keaton Atchison, Kamden, Makenley, and Hunter Clayton  
Kayla, Ayla, and Kole Stephens (LD)  
Dane Elliot (TKD) and Walter Elliot (BJJ)  
Brendyn and Eithan Ziegelbauer (BJJ) and Alaina England (LD)

## **Special Thanks for Fall Foliage and beyond.**

Thanks to all the demo team and parade marchers, parents on the float, and float driver for making a great fall foliage.

Special thanks to the parents committee and everyone who helped decorate or worked the Halloween party!

Our school wouldn't be able to be the place that it is without the support of our students and parents. These recent events really demonstrate just how caring of a group we have, and we appreciate everyone's willingness to contribute in order to make GMA a family.



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

Birthdays:

Nov 9 1978 Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10 1868-April 26 1957 Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20 1973 Bruce Lee

Movie releases include: *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

## **On Practice, Discipline, and How Martial Arts Can Help You Be Less American (in the bad way)**

We are familiar with the cliché of the student needing to pass some type of test to gain admittance or instruction in a school. From fight club to wax on/wax off, the student must prove his seriousness and potential. While dramatic in movies, such clichés are usually grounded in truth. Master Chen talks about having to do each posture thousands of times before being able to move on to the next one. Dr. Yang shared how in Taiwan he put his huge class into a horse stance and left. An hour later he returned and said to come back tomorrow. Only a handful did, so that became his group of students. Guro Dan Inosanto relates a story about wanting to learn from a particular Filipino master when he was much younger. Inosanto’s father had to arrange an introduction. He relates that his dad prepped him many times on the trip over that there was going to be a test, and the master was going to “stroke” him. That meant that while his father and the master went inside to visit and discuss things, Guro Dan was left outside to do the most very basic strikes over and over again. While making it feel as though he was forgotten about by the adults for the afternoon, he was actually being watched intently to determine if he had the discipline and temperament to learn. The master’s reservation about taken Guro Dan on as a student was that he might be too “American.” If the implication is missed, the translation was undisciplined and not a hard worker. My guess it also meant too much asking why and not enough doing.

I recently had the pleasure of working with the polarizing but passionate firearms/combatives instructor Sonny Puzikas. Sonny is former special forces from Russia, and he too had a unique take on the American tendencies. To paraphrase, he talks about everyone over here cites how knowledge is power, but that is poppycock. Knowledge is not power. True skill to apply that knowledge is power. But Americans are prone to confuse the two. As the great theologian Charles Spurgeon but it, “*There is no fool a great a fool as the knowing fool.*” We tend to think that hearing/learning the concept it is the same as being able to do it if we had to, and we stop there, never drilling it properly, never developing true skill.

As much as I would like to say people are people and that tendency is universal, I can see his point. And as much as I would like to simply say it is “kids these days,” the fact of the matter is this has been an issue for a while. Keep in mind, if Dan Inosanto is relating a story from his childhood, we are still talking 60-70 years ago. Sonny is typically dealing with mostly older adult students, not millennials.

Even belt ranks as we know them today, or on account of being “Western” if not uniquely American. Despite many legends to explain belts, Jigoro Kano, the founder of Judo, developed the belt system in the 1880’s. Originally there were two belt colors—white belt for the kyu (keup) rank holders, and black for the dan ranks. Sometime later, some people added either a brown or red belt (depending on who you ask) to differentiate the upper kyu (keup) ranks and the lower. (note: this was the case in the Chung Do Kwan as well). But it wasn’t until judo was taught in the West that the rainbow of belt colors we are now accustomed to was



actually developed. Mikinosuke Kawaishi is credited to developing colored belts in Paris around 1935, as Western students needed more incentives to keep training.

I know I have had a few students that would have stuck around even if told, “If you work hard for 3 or more years, then you might get a different color belt.” But not that many. And they are getting fewer. In the first half of my 20 years of teaching at DePauw, the core students were dedicated enough that if they missed a single day of practice, especially without apologizing in advance, I would be seriously concerned something was wrong. Nowadays, I am forced to define my core students as the ones who show up to more than half the practices.

Nowadays, lots of people like to walk around with T-shirts of a “Spartan Race.” There was something that could be called a Spartan race--we make passing reference to it in our Eye of the Tiger black belt prep class—it wasn’t much like the race these guys run. Here is another fun fact about Spartans: the young boys of Sparta would endure savage beatings, and to utter even a sound let alone a cry of anguish was considered weakness. Pressfield suggests that people from other city-states would travel on vacation to view the eerie spectacle. I share this fact because I find it ironic that nowadays many of the same people who proudly wear their Spartan swag can’t last five minutes in class without asking “why”, complaining, or making some type of excuse.

I consider myself lucky that I was raised in the martial arts very differently. While I was never “stroked” or had to endure a similar admissions test, I quickly realized the discipline and focus expected of me. If we were told to do something, the answer was “yes, sir” and we did it until we were told to stop. If you stopped early without good cause, this was seen as extremely insulting. You were basically telling the instructor that you already knew this and you were good enough that you didn’t need to practice anymore (remember Sonny’s whole thing about confusing knowledge versus skill). Your instructor could even infer that you were suggesting they were wasting your time. In contrast, I can think of at least two recent seminars I attended, where half the attendees stopped practicing and literally started sitting around, waiting to be shown the next technique. And while I get cultures of various martial arts and even schools within an art are very different, I looked around (while still drilling) mortified. Upon returning to GMA I reminded our students that I never wanted to see them be that lazy and rude.

I am not one to typically bash America and lose sight of how incredibly lucky I am to enjoy my life here. But there are a couple of “trends” in society that I do find troubling that I witness regularly in the martial arts. Obviously I am biased, but I also think martial arts can be the solution. If it is taught properly: if discipline and work ethic is expected in class and laziness or whining is not tolerated. If standards on technique are upheld and people are forced to realize there is a difference between knowing and having skill. If martial arts can spot the “ugly American” in you, then hopefully it can also help take it out.