



# Gentry News Jan 2018

**\*\*2018—Year of the Dog\*\***

## Upcoming events:

Jan 1 <sup>st</sup>	No class—Happy New Year. BJJ open mat. Tentatively 12:00 noon.
Jan 2 <sup>nd</sup>	Catch up camp 1:00-4:00
Jan 4 <sup>th</sup>	Capoeira Camp 9:00-3:30
Jan 6 <sup>th</sup>	TKD black belt prep 10:00-11:30
Jan 6 <sup>th</sup>	SPAR WARS Parents Night Out 5:00-9:00 pm
Jan 11 <sup>th</sup>	Korea 2019 interest meeting—after BBC 8:30
Jan 12 <sup>th</sup>	HKD testing 6:30 pm
Jan 13 <sup>th</sup>	Lil dragon testing beg 9:00-10:30; 10:30-12:00
Jan 19 <sup>th</sup>	No BJJ classes—instructors going to train with Kirstian, you can come to.
Jan 21 <sup>st</sup>	World class competitor and ATOS black belt Kristian Woodmansee returns 1:00
Jan 26 <sup>th</sup>	TKD testing 5:30
Jan 27 <sup>th</sup>	Leadership team 9:00-10:30
Jan 27 <sup>th</sup>	Stickfighting/SSBD workshop 12:30-3:30

## And the winners are....congrats to our award recipients and other promotions!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our **annual awards**:

Most Improved Student—Drew Willis  
Competitor of the Year (TKD)—Noah Wilson  
Competitor of the Year (BJJ)—Kyler Chylaszek  
Black belt of the Year—Richie Long  
Student of the Year—Launa Perryman

**Congrats to the newest recipient of GMA's highest honor—the title of Gentry-man—to Noah Wilson**

## Congrats to BJJ competitors

We had a small contingent, but everyone ended up on the podium and the team combined for a 6-2 record. Kyler Chylaszek 1<sup>st</sup>, Nate Wilson 3<sup>rd</sup>, and Launa Perryman 3<sup>rd</sup>

## Catch up Camp

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our TKD catch up camp. All rank material will be covered in this 3 hour intensive which also counts for 3 classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

## Note on Delinquent Payments\*

We would much rather be communicating with our students about how to improve in class and at home, educating, motivating, or any number of things other than tracking down delinquent tuition. We also try to be understanding when special circumstances arise. But we are spending a disproportionate amount of time reminding people of late tuition. While we will continue to work with you in advance, starting in Jan any other late payments will be assessed the 10.00 late fee, as outlined in the membership agreement.

## GMA Wishes a Happy Birthday to:

Ryan Jerome	1-11	Anthony Tejera	1-13
Steven Estrada	1-14	Adrian Roehling	1-18
Debbie Rahman	1-21	Aiden Dodds	1-26



### Training Anniversaries

Ryan Spires (TKD 8 yrs)

Maddox Nikou (LD, TKD 2 yrs)

Kylie Yoshida (TKD 9 yrs)

Danny Key (HKD 1yr)

### Star Wars themed parents night out

We will also be having a SPAR WARS parents night out the night before on Sat the Jan 6<sup>th</sup> from 5:00-9:00. Obviously we are getting into the spirit of Rogue One, but it also provides us a chance to educate in the disguise of fun. As some of you might have learned from the ESPN documentary, Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include the pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which we will film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want.

### Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

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

Jan 7<sup>th</sup> 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member

Jan 17<sup>th</sup> 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian

Jan 17<sup>th</sup> 1970—Chuck Norris's last fight before retiring.



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### [gentryma.wordpress.com/2017/12/28/this-new-year-try-the-original-fitness-fad-martial-arts-for-fitness/](http://gentryma.wordpress.com/2017/12/28/this-new-year-try-the-original-fitness-fad-martial-arts-for-fitness/) **This New Year, Try the Original Fitness Fad---Martial Arts for Fitness**

Tis the season for New Year's resolutions to get back in shape, and gyms will be crammed with the seasonal rush. Not too long ago, the local paper ran a series of articles on the pros and cons of various exercise programs. Not surprisingly, group activities based on developing skill such as dance, sports, or martial arts seems to be omitted as an option. Admittedly, the fitness aspect of martial arts classes can vary significantly from school to school, and possibly from program to program, but we have had some pretty nice success stories when it comes to the typical benefits of an exercise routine: weight loss, more energy, improved mobility and function, stress relief, etc. But as usual I am biased and martial arts offers much more. So I thought I would make the case for some of the finer points as to why martial arts should be considered as part of anyone's fitness regimen.

The most obvious benefits in this conversation are physical. There are lots of ways to build endurance and strength, and martial arts can do that as well, although I would assert in some cases martial arts helps make sure these aspects are more functional than some other modalities. But martial arts can help develop attributes that are more commonly neglected as well.

Back in the day, I was also a personal trainer, and the most underappreciated component of fitness in my clients was flexibility—not just for its own sake, but how it also helps improve other areas of performance, including strength. I wish I could say things have gotten better, but they have not. When I was young in the martial arts, it was a given that half the other kids walking in the door could pretty much do the splits because, well, they were kids. No joke; it was not uncommon. In our classes today, I watch kids sitting on the ground, not even close to touching their toes, with slumped backs because they don't know how to sit up straight. Slouching over phones and videogames has become a scapegoat for a lot of things these days, but I certainly see the decline in flexibility.



Proprioception is a fancy term for knowing where your body is in space, a part of body control. The precision movement of martial arts and analyzing efficiency in technique, makes us much more self-aware of our body position and movement. I took this for granted until I started teaching other people and realized just how much of a disconnect exists between what people think they are doing and really are doing. A simple example is a high block over your head, versus being up and to the side of it. It certainly gets a lot more nuanced than that. Before I did tai chi I would get out of my car to find my knee hurt—which was weird because it didn't hurt when I got in the car. Now, I intuitively feel when my knee and foot are out of alignment and correct it before it gets to the pain stage. As I watch other group exercise classes, I see plenty of people enjoying the activity and working hard—perhaps too hard as their movement is jerky and inefficient, and they place their body and joints in awkward angles and positions unnecessarily. I wonder how many of them are sore not because of the workout but because of the unintended stress they put on their body for lack of self-awareness.

While many people like solo exercise, another neglected component of fitness or performance is reaction time, speed, and agility. Many bootcamp type classes focus on the physical ability of speed or agility, but a cone drill doesn't create an urgency to move like getting punched, kicked, or thrown does. There is physical reaction time, and there is also mental reaction time. Martial arts makes you get faster at both.

Indeed, the mental engagement of the martial arts is still one of the biggest draws for me. Whether doing solo work, and developing the attentive, meditative focus of a form, or working with a partner representing danger, requiring you to stay mentally engaged and alert, martial arts trains the mind, body, and spirit together. In sport psychology the distraction hypothesis simply states that one of the reasons we feel better after exercise is that it requires us to live in the now and forget about daily stressors for a while. Again, I might be biased, but from the minute you bow onto the mats in different attire—signifying you are leaving the outside world behind for a while and entering a different, special place—no other activity (when done properly) requires the constant engagement that martial arts does. As I walk to some of my college classes I pass by people on treadmills or ellipticals, reading textbooks while “working out”. I often joke that I would never choose an activity that is so boring that I have to bring homework to pass the time.

There are a few of the added benefits *from* doing martial arts, but that still doesn't include the benefit *OF* doing martial arts. Even if the self-defense component is a secondary motivation, I still consider it to be a pretty big perk. While I enjoy other sports, learning how to possibly defend yourself and your loved ones may someday have a much better return on investment of time and energy than getting good at putting a ball through a hoop, in a net, or in a small hole in the ground.

Those other sports have a teamwork element, but despite being an individual sport, martial arts still have a strong team building component as well. As I have mentioned before, it is hard to routinely trust your physical wellbeing to other people in mimicked fighting and not develop a pretty good sense of camaraderie. We push each other to get better and improve as we are all on the martial path together. Rather than most gyms where they hope to sign up more people than could possibly use the facility if they all showed up, we want our students to stay on track and progress. Some people would come closer to achieving their fitness goals if instead of joining an impersonal gym, they joined a team who cared.

The fitness industry is quick to create, or recreate, fitness trends. Some of these are martial arts inspired. Tai Chi permutations abound, especially for the aging population, including infomercials. MMA style fitness routines have become popular, just as cardio kickboxing did in the 90's. Martial arts should be used to it. Some credit NASA with developing isometric exercises for zero gravity, but you see isometric exercises in various *katas* or even some TKD forms. NFL teams are sometimes given credit for being the first to incorporate weight training as a means to improve sports performance, but this was not news to martial artists—from Karateka to Indian Wrestlers. Every major league and most college teams have massage therapists on staff to aid in recovery, again not a new concept to martial arts across the globe. All these practices martial arts have had for centuries. People were fascinated watching the last Olympics as all the swimmers with perfectly round hickeys from cupping—the newest sports performance rage—which is another ancient technique from Eastern medicine. I just read an article on the newest fitness class involving swinging a sword. Martial arts, Yoga, Tai Chi. I wish people would just try to the original version instead of the latest fad version—often a shell of the original.

In fact, one could argue that the original purpose of all fitness was in no small part martially inspired and still innate in us. Why do we hold the person who can run the fastest in high esteem? Probably because a long time ago it was important to be able to run away from or run something down. Why do we prize being the strongest? Because we take comfort in the idea of being able to dominate, or at least not be dominated by others. The original all star athletes were the ones who could throw a rock or spear the best. All other ball sports are just pacified versions. You might find this a stretch, but there is a reason none of the actors in *300* had dad bods.

Fortunately we don't have to look like that to be able to enjoy the physical fitness benefits of martial arts. And those benefits are many and often underappreciated. Perhaps that is why in the world of ever changing fitness trends, one of the original purposes of physical prowess still has staying power in today's more civilized society. Perhaps this New Year, you should try a centuries old fitness fad.