



GMA News

March 2018

Upcoming events:

March 3 rd	Demo Team 9:00-10:30
March 3 rd	Black belt prep 10:30-12:00
March 3 rd	Stickfighting 1:00-3:30
March 9 th	TKD testing 5:30
March 10 th	FAST Stress Shooting Extravaganza 9:00-3:30 ish
March 11 th	Scrimmage at Total TKD, Leave around 4:45
March 17 th	Black belt prep 9:00-10:30
March 17 th	Demo Team 10:30-12:00
March 17 th	Lil Dragon Testing beginner/intermediate 12:00-1:30, adv 1:30-2:30
March 18 th	GMA Movie Premier (see below)
March 24 th	SSBD workshop, Bedford, 3:00 pm
March 24 th	Private lesson fundraiser for Korea 2019) 9:00-12:00
March 30 th	GMA Leadership/BBC service outing and ninja district outing. 9:30-4:00?

Other important dates:

April 7/8	Dr. Yang chinna, tai chi, chi gong seminar
April 7 th	Demo for Korea Night, Indiana University details TBA
April 14 th	Bedford TKD tournament
April 21 st	TKD black belt testing

Red Carpet Movie Premier Night (ok Matinee)—Dental Van Damage

GMA movie stars come out on March 18th at 2:30 (camp participants be there no later than 2:00). We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier! Show up a bit early if you want to catch a glimpse of stars arriving. Watch the movie and enjoy popcorn. We will also be watching another full length feature—although it won’t be as entertaining as our blockbuster release. Families and friends are welcome. Students are encouraged to bring buddies. Please arrive on time to help with the Hollywood atmosphere. Parents committee will be decorating in the afternoon prior and would welcome help.

Quotes of the Week

This month we will be going over some of our favorite sayings from Grandmaster Choi.

Don’t forget GMA website, Facebook, Instagram, and Twitter.

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and our Facebook group, and sign up for email announcements online. Like the GMA Martinsville Facebook page for other public announcements and promotions. Follow us on Instagram and Twitter @Gentry_MA for lighter notes.

Birthdays:

Thomas Jackson	3-2	Marina Paul	3-2	Hope Gunn	3-3
Christian Hambrick	3-3	Jenna Berry	3-3	Isaac Workman	3-5
Evelyn Kauffman	3-6	Brendyn Ziegelbauer	3-10	Isaac Lines	3-11
Aleah Spires	3-14	Gunnar Bryant	3-15	Maddox Nikou	3-23
Aidan Skopecek	3-27	Hunter Clayton	3-27	Lise Roberson	3-29
Cameron Tucker	3-31				

Training Anniversaries

Mike Dodge (BJJ 12 yrs)	Liam Gadberry (LD, TKD 4 yrs)	Jackson Gadberry (TKD 4 yrs)
Maddox Sparks (LD 2 yrs)	Kyla Stephens (LD 1yr)	Ayla Stephens (LD 1yr)
Cheryl Russell (TKD 1yr)	Preston Santiago (LD 1yr)	Taylor Jones (LD, TKD 2yrs)

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

March 1, 1907 (-Feb 2 2003)	GM Won Kuk Lee (founder of Chung Do Kwan) birthday
March 10, 1940	Birthday for Chuck Norris
March 11, 1967	Birthday for Renzo Gracie
March 19, 1931	Birthday for Ed Parker, Sr. (famous for Bruce Lee demo and taught Elvis Presley)
March 24, 1950	Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program
March 10, 1921	Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate “on the map”
March 20, 1971	South Korean President Chung-Hi Park declared TKD as Korea’s national sport
March 30, 1990	Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
March 31 st 1999	The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

Martial Discipline and Trust from the Teachers Perspective

One of the many life skills that is most commonly associated with martial arts training is discipline. While it is a commonly touted benefit, like many things in life, mileage may vary depending on how it is actually administered. The amount of structure and discipline can certainly differ from school to school, and these inconsistencies certainly add to the confusion. I will refrain judgement on how other schools establish their baseline of discipline. This rant will focus on the various levels of discipline within our own school and in doing so, perhaps one can extrapolate more broadly.

One of my favorite authors in the field, Dave Lowry makes the point that there is a difference between martial and militaristic. Some places are more militaristic for no reason or rationale. Here at GMA, it may vary, not only among the different programs, but even within the different levels. For many kids at the lower ranks, it is more like a kind of boot camp. Once they have learned the ropes a bit (kids who come to us to learn focus are probably not going to have it down perfectly in only a month), we are pretty strict on violations and might even give push ups or even suspend rank. Typically we aren’t really that mad or upset or hardly surprised about it, but we need to use those opportunities as teaching lessons. By the time the student is a black belt however, there shouldn’t need to be anymore teaching on the subject. The advanced classes *should* be more like the special forces. The atmosphere is actually more laid back, but it also more professional. *And in theory*, we should be able to trust them to “snap to” when the situation calls for it. Similarly, I typically taught clubs at college on a more casual level, in part because I assumed they were astute enough to recognize when the situation called for more decorum. Liberties are given so long as everyone stays on the job, but my wrath is more genuine when students take excessive liberties or fail to adapt to those snap to moments. In short, I trusted them to be professional, and they violated that trust.

And that is one of the most important but often unspoken reasons for discipline in the martial arts—as a test of trust. When I tell the students to watch me first while demonstrating, I take note of who jumps the gun. I need to know which students are too compulsive. When I tell you to sit down in the back without detours, I make note of who goes to get a drink of water anyway. If you can’t go with cotton mouth for five minutes, I put less stock in your ability to make greater sacrifices when needed—both in training and more broadly in life. If I keep you at attention and you still start fidgeting, it tells me about your control. These are all exercises of trust. If I can’t trust you to control your impulses and defer gratification on the little things, then how can I trust you later when in a “don’t do it like this or someone could get hurt” moment?

More broadly, discipline considerations are also partially based on history and pedigree. For each art/style that we teach, the amount of discipline expected within each class culture has a lot to do with the culture

that we inherited or the way we were taught. We strive to keep those cultures distinct (though not necessarily rigidly fixed). Some of the culture is based on outcome—for example, Tai Chi Ch’uan is a much more laid back class. It is hard for you to promote relaxation when everyone is standing rigidly at attention and on eggshells for fear of a breach of etiquette. Some of it is culturally based. The playful, beach attitude of Brazil affects BJJ differently than the highly regimented, hierarchal society from which the Japanese and Korean arts were born. Within each art though, there is certainly variation. In my college classes or clubs, I can often tell who was taught TKD as more purely a modern sport and who was taught as a more traditional art simply based on the way they behave and train. And the level of respect/discipline sometimes betrays a level of understanding or lack thereof. If your TKD school insists that you call their instructors Sensei Jeff (a Japanese term in a Korean art, and one that is honorific and is never insisted upon,) that immediately tells me you are an American so far removed from instruction you don’t know basic tenets of respect in the language and culture. Your advertisements of discipline and respect ring hollow when you disrespect the art. But I digress. I said we were going to focus on us, and the real take home is we try to stay true to the “vibe” for each individual martial tradition we follow here.

Regardless of the tradition, discipline in class proves that you can be trusted. Which means more will be entrusted to you. I had a teacher in high school that often said that if you wanted to make sure something got done, give it to the busiest person. Everyone had figured out those individuals were disciplined enough to get the job done. We believe it is our job to help our students be one of those people, those that “have made the grade.” And to get a good grade, one must pass some tests—from bootcamp style discipline to having a longer leash—along the way.