

GMA News April 2018

Congrats to our newest lil dragon graduate: Preston Santiago

Good luck to our Black belt candidates at black belt testing: Debbie Rahman, Nathan Hall, Dylan Hall, Wesley Yoshida, Kylie Yoshida (2nd), and Keegan Spires (3rd)

Thank you to those who referred new students to our school last month: Launa Perryman, Gauge Prose, Haley Adams, and Preston Santiago for referring Evan, Henry, Nathin, and Eli respectively.

Upcoming events:

April 7 th	Demo for Korea Night, Indiana University. Meet here at 5:00
April 7/8	Dr. Yang chinna, tai chi, chi gong seminar
April 9/10 th	Siblings join us for class
April 13 th	Parents committee meeting 5:30
April 14 th	Bedford TKD tournament
April 14 th	USHF Seminar, IU. 9:00--5:00
April 21 st	Leadership team 9:00-10:00
April 21 st	Stickfighting 10:00-12:30
April 21 st	TKD black belt testing 2:00 pm
April 27 th	TKD testing 5:30
April 28 th	Korea fundraising dodgepad event: age 10 and below 9:00-10:00, age 11 and up 10:00-11
April 28 th	BB open breaking practice 11:00-12:00
May 5 th	Annual Break-a-thon and school picnic, Pritchard Park
May 12 th	TKD black belt stripe testing
June 2 nd	Hoosier Open BJJ tournament

SIBLING DAY—April 10th (and 9th for us)

Just like we have done for mothers and fathers, in honor of National Sibling Day, we will be letting any brothers/sisters work together in a special class on April 9 and 10th. We won't let the fighting on the mats get as heated as it might at home, although we would expect the dodgepad to be hotly contested.

Summer day camp dates are set

Some people have been asking about this year's dates of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply. Here is what we have:

HKD day-camp: June 6-8.

Lil dragon camp July 24-26.

BJJ camp June 4-5.

TKD day-camp(s): June 18-22; July 9-13.

Southeast Weapons June 12-13

Additionally, we are excited to announce that this year's specialty camp will be Southeast Asian Weaponry Camp: stick, knife, machete, scarf, maybe even a little sickle. Guest instructor Adam Rector will be taking point and covering a variety of weapons from kali/silat traditions.

Break-a-thon and annual school picnic May 5th

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support. Plus it is a great chance for our students to get in a lot of breaking practice! The break-a-thon will begin at 12:00 (arrive at 11:30) with a cookout and fun and games to follow. This year we will be having it back at Pritchard Park. Parents committee would welcome help with logistics.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4-1	Danny Key	4-1	Lucas Boggs-Ewan	4-3
Samantha Cushing	4-4	Colin Barbour	4-9	Todd Phelps	4-13
Eli Thompson	4-20	Kole Stephens	4-20	Haley Sieg	4-23
Megan Gens	4-23	Ben Wigal	4-23	Jordan Mascoe	4-26
Cathy Petraits	4-27	Jack Higgins	4-30		

Training Anniversaries

Finnegan Vandewalle (TKD 10 yrs)	Cathy Petraits (TKD 6 yrs)	Wesley Yoshida (TKD 6 yrs)
Katheryn Clephane (TKD 5 yrs)	Todd Phelps (HKD 3 yrs)	Evelyn Kaufman (LD/TKD 2 yrs)
Grace Niese (TKD 1 yr)	Wyatt Niese (TKD 1 yr)	Crystal Niese (TKD 1 yr)
Don Niese (TKD 1 yr)	Jenna Berry (TKD 1 yr)	Keaton Atchison (TKD 1 yr)
Kamden Clayton (TKD 1 yr)	Makenley Clayton (TKD 1 yr)	

Quotes of the Week

With tournament coming up, this month we will be discussing sportsmanship and continue w quotes from GM

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

April 7 1954. Jackie Chan’s Birthday

April 15 1922 (-Oct 20 1982). Donn F Draeger (martial arts historian) birthday

April 26, 1963 Jet Li Birthday

April 1922 Gichin Funakoshi demonstrates karate in Japan—setting the course for Karate and TKD worldwide

April 11, 1955 the name Tae Kwon Do is approved by President Syngman Rhee to describe Korean martial arts

April 21 1993 Walker Texas Ranger starring Chuck Norris debuts

Notes for upcoming tournament on the 14th. We will be discussing more in class.

- Remember to wear your Team Gentry/ Hero in Training and GMA Parent t-shirts to show your support.
- Make sure all gear is clean and white. A reminder: you will need full sparring gear, including hogus, mouthpiece, groin protection.
- GMA group photo will be taken at 9:00 at venue of the tournament. This is the photo to be used for the local paper, website, etc. There will likely be a line into the event at that point, so don’t be stuck in line while we are doing the photo. Please be in full uniform at that time.
- Registrations are available at the front desk, saving you some time in line, and we can help w questions

When Students Don’t Appreciate the Learning Opportunities or Bigger Picture.

As both tournament and black belt testing approaches for some of our students, we will undoubtedly have students reach milestones and accomplishments. But there is also the opportunity for the opposite to happen—for students to have setbacks and fail. We also have several students who are currently working on overcoming an obstacle keeping them from their next rank. We typically do. I have always said that I am proud to be a school where failure is an option and where students are held accountable and to a standard. But that means from time to time I need to remind people about the process and how failure is a natural part of it.

We have several phrases in the martial arts to discuss this process: Fall down seven times, get up eight. A black belt is a white belt who never quit. Indomitable spirit and never retreating in battle. Investing in loss. Many of our students have heard these before (that doesn’t mean they don’t need to be reminded). And so it is time we address it again, but hopefully with enough of a different slant that allows everyone from the new white belt to the seasoned black belt who can finish my bad jokes to benefit. Hearing it and taking it to heart is another matter.

Perhaps we take to heart after the fact, when we have finally gotten through it, we feel both relief and satisfaction. We can look back and admit that we are better for having pushed through, but it is usually coupled with a comment about being glad that is over or behind us. That really doesn’t help the person who is still facing that seemingly un-scalable mountain or impenetrable thickness of wood in front of them, who perhaps even views such words as encouragement as platitudes. We probably need to be more appreciative of the learning opportunities in front of us, not the ones behind us.

To do that you need to remember the bigger picture and not the short term goal. And no, I am not talking about getting your black belt. The longer term goal of getting a black belt is a nice accomplishment, but still not the main purpose. I am talking about growing as a person through the journey towards black belt. About BEING MORE. What is the process teaching us and how is it helping us be better human beings? If we say that the path to black belt teaches us things like perseverance, indomitable spirit, discipline, sacrifice and determination to achieve long term goals....if we say that is why we do martial arts or make our kids do it, then we can't get really complain or get too upset when those teaching moments, those big picture moments, actually arrive. We should appreciate them for what they are...the true test to see what we are learning.

Fail a test or lose a tough match at a tournament? Everyone has plenty of disappointments in life. How is that loss going to help you deal with disappointment in the future, maybe on something more important than a trophy?

You had to keep working to learn or "master" a skill or technique. How is sticking with it until you learn it going to help your school work, your career, etc?

Failing your test in front of people or facing a tough opponent in a tournament can be scary, but you made yourself do it. What else in life is going to be scary, but you need to push through and do it anyway?

An excerpt from Rory Miller puts it this way, "Successful people have a very specific relationship with failure, and it is a relationship you need to cultivate in your students. Most people are afraid of failure, and because of that they hold back, they don't try or take risks. They condemn themselves to mediocrity. Successful people look at failure as growth. Literally. I tell my students that it is physically impossible to lose a grappling match. If you tap out, I've won. But if I tap out, I've learned, and learning is the more valuable prize. No one grows unless challenged. Not physically, not mentally, and not emotionally. We are organisms, and organisms improve under stress and atrophy without stress.YOU NEED TO SEEK AND EMBRACE YOUR FAILURE. " (emphasis mine)

As James writes, "consider it pure joy my brothers, when you encounter trials of many kinds."

We certainly don't *enjoy* seeing our students struggle and fail. Sometimes our students need to realize that our upper ranks and even instructors are more sympathetic to their struggles than they realize, because we have gone through the same thing ourselves. Sympathetic does not mean, however, that we are going to change it or pave the way for them. It isn't indifference; it is an appreciation for the learning opportunity in front of them. There is an old coaching adage attributed to many different people, but when asked what they thought of their team, they replied "ask me again in twenty years." The implication being that it wasn't the game or even the season championship that mattered, but how the players took the lessons with them into life. We hope some of our students have a better appreciation for the bigger picture and are able to keep a more healthy perspective when the martial arts humble you (and they WILL humble you.) Embrace and appreciate it for the opportunity that it is.