



# GMA News June 18

## ***Break-a-thon Results***

Thank you to everyone who worked very hard to make our break a thon and annual picnic a success. Our final tally was approximately \$2100. A special thanks to Bender Lumber for sponsoring the wood. Please relay your appreciation to them. Thanks to all the parents who also helped serve or set up, etc to make the picnic awesome.

## ***SUMMER ATTENDANCE REWARD and Referral Program***

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months.

## ***Upcoming Events***

June 1 <sup>st</sup>	Hapkido testing 6:30
June 2 <sup>nd</sup>	HOOSIER OPEN BJJ tournament
June 2 <sup>nd</sup>	Black belt prep class 2:00-3:30
June 4-5	BJJ camp 9:00-3:30
June 6-8 <sup>th</sup>	Hapkido camp 9:00-3:30
June 8 <sup>th</sup>	TKD testing and bb stripe retest
June 9 <sup>th</sup>	Demo Team 9:00-11:00
June 12-13	Weapons camp 9:00-3:30
June 16	FAST classes in Columbus
June 18-22	TKD daycamp
June 22-24	GM William CC Chen Tai chi seminar- Bloomington
June 29 <sup>th</sup>	TKD testing 5:30
June 30 <sup>th</sup>	Leadership/junior leadership team
June 30 <sup>th</sup>	Demo team
June 30 <sup>th</sup>	Black belt prep
July 1-4	No classes—holiday and staff mini retreat
July 9-13	TKD daycamp

## ***Don't forget about weapons camp:***

Our special guest instructor, Mr. Rector, will be covering more weapons in one sitting than we have ever done before, all inter-related in the Southeast Asian Martial Arts. Hurry to sign up for this unique opportunity.

## ***Fathers' day invitation***

After inviting the mothers to join the kids in class for mother's day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Father's Day—June 19-24.

## ***Parents Committee Pizza Fundraiser***

The GMA Parents Committee is having a fundraiser. They ask that you sell Pizzas for Father's Day. They will be 12 inch pizzas. Please pick up an order form today and do your part to make this fundraiser a success. Money must be collected and turned in with the order on June 11<sup>th</sup>. Checks can be made payable to Gentry Martial Arts. Pick up is at Gentry on June 16<sup>th</sup> at 2pm. All proceeds will be used for events such as the Halloween Party, Christmas Party, Movie Premier Night, and Break-a-thon.

## ***Training Anniversary***

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (TKD 15 yrs, BJJ 9 yrs)

Andy Farmer (TKD 5 yrs)

Megan Brook (TCC 2 yrs)

Uriah Barton (LD 1 yr)



### ***Happy Birthday to these students***

Sam Hixson	6-1	Alex Skirvin	6-3	Kamden Clayton	6-15
Braeden Myers	6-15	Fisher Dunscombe	6-16	Morgan Williams	6-19
John Hirt	6-21	Martina Ruba	6-26	Eithan Ziegelbauer	6-26
Katherine Satter	6-27	Keaton Atchison	6-27		

***Quotes of the week***—We will be finishing discussing some of GM Choi’s more memorable teaching phrases.

### ***Please keep us posted***

*A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don’t worry if we miss you in classes. Fridays are great days to make up any classes that you missed while on vacation. Thanks.*

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

June 15, 1917	Birthday of American jiu-jitsu pioneer Wally Jay
June 1961	Black belt magazine is founded
June 1978	“Good Guys Wear Black” first features Chuck Norris as the star
June 22, 1984	Karate Kid debuts—forever changing the perception and demographics of martial arts in America
	Karate II and III are released in June 1986 and 1989 respectively. As well as the remake in 2010.
Other June movie releases include Mulan (1998) and Kung Fu Panda (2008).	



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**Congrats to latest round of TKD competitors**—a smaller contingency went to the Danville tournament, yet we still came back with 18 medals (5 forms, 6 pt sparring, 7 in continuous)

Holly Brown	2 <sup>nd</sup> forms	3 <sup>rd</sup> sparring	Nina Payne	2 <sup>nd</sup> forms	3 <sup>rd</sup> sparring	2 <sup>nd</sup> pt sparring
Samantha Cushing	2 <sup>nd</sup> sparring	2 <sup>nd</sup> pt sparring	Jack Higgins	3 <sup>rd</sup> forms	2 <sup>nd</sup> sparring	2 pt sparring
Kaiden Cedeno	3 <sup>rd</sup> sparring		Jenna Berry	3 <sup>rd</sup> sparring		
Gunner Bryant	3 <sup>rd</sup> sparring, 3 <sup>rd</sup> pt sparring		Hope Gunn	2 <sup>nd</sup> forms	1 <sup>st</sup> pt sparring	
Katheryn Clephane	3 <sup>rd</sup> forms		Dana Elliot	2 <sup>nd</sup> pt sparring		

### **Success in the Martial Arts is Just Like Anything Else, Just Show Up (and a couple of other clichés to boot)**

There is an adage that has been attributed to so many people I have no idea who actually originally said it: 90% (or pick your large number) of success is showing up. Perhaps that seems a bit simplistic, but there is a lot of truth to it when it comes to martial arts.



Our school is going to various TKD and BJJ competitions, where this adage can be seen playing out. One peculiar and frustrating thing about tournaments is that in many cases you never know who is going to show up in your division. Sometimes a division can be large and full of talent. The next tournament, that very same division could be tiny. More often than not, there doesn't seem to be any rhyme or reason to it. I feel for students who spent all day to and good money to go to a tournament only to not get much in the way of competition, or more importantly lose out on the learning experience. And certainly, a second place finish out of 3 competitors rings a little more hollow than out of say, 12 in your division. (We are also excluding the tournaments where everyone is placed in groups of 4 in order that there are no losers and everyone gets a trophy. I think everyone reading this knows how I feel about that.)

But in these cases of hollow victory I remind my students of the adage of just showing up. There were plenty of other people *who could have been* at that tournament. They stayed home—out of fear, lack of commitment, or priorities. You beat everyone who stayed home as well. You did everything right, what you were supposed to do. Don't feel bad or be let down because you did it the right way and other people didn't.

And the same can be said for martial arts practice in general. Another saying is that a white belt is still higher rank than the person who is still at home on the couch. But here too, success is greatly influenced by...well showing up. Master Holcombe Thomas shared with our students the secret of getting really good at the art of Hapkido. Everyone leaned in really close for this epiphany. He told them in a hushed voice, "come to the next class."

And that is really it. It doesn't happen overnight, nor does it happen all at once. Don't worry about how you will get to black belt, just come to the next class, and the next one. Don't worry if you can't do a technique with the speed of the upper ranks, or you can't lock or choke someone even when you do it "exactly like" your instructor just did it. In order for that technique to look or feel like you have done it a million times, at some point you had to have done it for the 100,000<sup>th</sup> time, and before that the 15,000<sup>th</sup> time, and before that the 500<sup>th</sup> time. GM Choi always said that in some ways martial arts is fair—either you put in the time and it shows, or you don't put in the time, and that shows also. A maxim commonly recited in BJJ puts it another way: BJJ keeps you honest on the mat. When you spar, you can't hide behind a fake piece of paper or self-proclaimed titles. Your weaknesses will be exposed. Admittedly, some people have to put in more time than others, but it starts with making the next class.

So perhaps we should amend the saying to "90% of success is consistently showing up." Again, as obvious and simplistic as it sounds, I have to shake my head at how often people don't think this really applies. The student who comes to only 1 out of every 4 classes yet complains and is frustrated that he isn't learning anything and everyone else is getting it faster. Or the younger student who wants to quit because it is boring because we do the same thing over and over again, yet, the attendance is so sporadic that she never remembers what we did before, so we constantly have to reteach it. The guy who signs up for weight loss and fitness, and was seeing results in his stamina and weight when he was regularly training. Then he disappears for 2-3 weeks and still wonders why he isn't progressing any further.

As we enter the summer season, it serves as another glaring example. Some students will be irregular and fall behind and others will "take time off," only to become frustrated or embarrassed upon return and ultimately quit. Others will use the camps and special offerings we have to show up even more and expedite their growth.

Obviously the same thing can be said about getting results in lots of areas of life. It isn't much of a diet if you have more cheat days than days you stay disciplined. You decide not to get fancy coffee because you decide you really need to save more money, and then make a frivolous purchase that is worth more than 20 cups. I hope that our martial arts students learn the value of consistency and how to "show up" in those areas of life as well. Because you don't win much while sitting at home on your couch.