



Gentry Martial Arts news

March 2019

Upcoming events:

March 2 nd	Leadership Team 9:00-10:30
March 2 nd	BB prep 10:30-12:00
March 2 nd	Stickfighting 12:30-2:00
March 8 th	TKD testing 5:30
March 9 th	Lil dragons testing: Beg 9:00-10:30, int/adv 10:30-12:00
March 14 th	Korean Language/culture review after BBC
March 16 th	Demo Team 9:00-10:30
March 16 th	BB Prep 10:30-12:00
March 16 th	Movie Camp World Premiere (see Below)
March 23 rd	Korea trip private fundraiser. 9:00-11:30
March 23 rd	Demo Team 11:30-12:30
March 30-31 th	Dr. Yang chinna, tai chi, chi gong seminar
March 30 th	Demo for Korea Night, Indiana University. Details to TBA
April 6 th	FAST Mini – Extrav 9:00-3:30
April 13 th	Bedford TKD tournament

Red Carpet Movie Premier Night— “Coffee Break”

GMA movie stars come out on March 16th at 6:30 (camp participants be there no later than 6:00 pm). We will be making a “red carpet” event for our movie camp participants, and the whole school is invited to the premier! This year’s is the prequel to the movie that started it all—Tea Party. 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.

Spring Break Social Media contest:

Going somewhere on spring break? We want to see you represent. We will be holding a contest over spring break. Take a picture in your best martial arts pose with your exotic surroundings (even if it is just around town). Pics in uniform or GMA swag will be given more consideration. Tag us on Instagram or Facebook. Best pic(s) will win a prize!

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	Hope Gunn	3-3	Jenna Berry	3-3
Isaac Workman	3-5	Evelyn Kauffman	3-6	Megan Gens	3-7

Caleb Fouts	3-10	Aleah Spires	3-14	Brycen Fisher	3-17
Alexander Roembke	3-18	Korbin Smith	3-18	Maya Mras	3-21
Aidan Skopecek	3-27	Gage Tackett	3-27	Lise Roberson	3-29

Training Anniversaries:

Mike Dodge (BJJ 13 yrs)	Jackson Gadberry (TKD 5 yrs)	Maddox Sparks (TKD,LD 3 yrs)
Preston Santiago (LD 2yr)	Taylor Jones (LD, TKD 3yrs)	Harper Floyd (LD 1 yr)
Nathin Plummer (TKD 1 yr)	Alysha Patel (LD 1yr)	

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!

FINDING YOUR THING AND WHY MARTIAL ARTS SHOULD BE IT

My daughter Haley is deciding on colleges and recently auditioned to be accepted into the theater program at one of her considerations. While she was being herded into to auditions with hundreds of other hopefuls, parents had a group information meeting and Q&A. One parent asked the question that every parent wanted to know (but already really knew)...what are the prospects of a graduate actually working in the field? The answer was one of the most refreshingly honest answers that I have had heard so far:

“We tell our students that if you can imagine doing anything else for a living and being happy, then do that instead.”

Thankfully, Haley plans to double major and has cardiology as a backup plan. She sees herself equally happy with both. During the parent meeting, current students in the program then went on to explain how they knew that their particular aspect of theater was what they wanted to do with their life. It usually involved an epiphany moment of some sorts.

I must say that I can relate. I can remember that mine came during my summer research job going into my senior year of college, as I was putting things in place to be accepted into medical school myself. It was a great gig—good money for the summer, flexible hours, and transferable skills that would help me do the medical research I wanted to do long term. Or so I thought. But I would race to get done with my work so that I could sit down and read the *Journal of Asian Martial Arts*. And I realized the incongruence there. And to this day I have rarely ever questioned my choice of profession or seriously questioned changing it. I can’t imagine doing something else.

I recently gave a talk at the Martinsville Lions club about GMA and all that we do. One member noted how my passion for what we do clearly came through in my talk, and asked how I started martial arts and how GMA came to be. My answer included how ultimately I decided to decline my med school admission and follow my heart, that I truly believed (and still do) that I could do more good in the world by changing lives through martial arts than being another doctor.

But I must also point out that my decision was not really one of living in my car. I saw a pathway through IU so as to not starve right away. Indeed, things have fallen into place to suggest Providence truly did lead me to this decision. So perhaps my situation is unique, and I would give our students the same advice the

theater advisor gave us—if you can be happy doing anything else... You can always still do martial arts as a hobby. And some of our instructors have spent a *very* long time serving in a more part time capacity. But many have come to appreciate the internal reward of seeing others grow.

Jared Hamilton, one of our BJJ students and a successful fitness professional in town, also took classes and was an assistant instructor when he was younger. He recently posted a pic of him working with a lil dragon from back in the day and commented about how even when he was younger, there was a coach/teacher in him. I smiled for nostalgia; I smiled because I can relate, and I smiled because I would like to think we helped nurture that in him.

So how is this relevant to all of you? Because I hope that GMA is not just my thing, but many of our students' thing as well. When I am the guest instructor in PE classes, I mention one of the reasons I appreciate coming to class is an opportunity to share my thing. I explain that there are lots of ways to stay fit and exercise including many sports and activities. I tell the kids it is important to try out several things so they figure out what it is that they really like to do. Because when they find their thing and really enjoy it, their fitness and dedication will go to another level. They will do more of it and work harder at it. So you have to try different things to find your thing. Certainly, we have had lots of kids who have tried others sports but found their thing here at Gentry.

But in this case, I would give you the opposite advice as I would to a starving thespian. If you can do this instead of anything else and be happy, then do this! And not just because it is better for business. This wouldn't be my thing if I didn't believe that it could help people in so many ways to BE MORE. Confidence. Respect. Focus. Discipline. Leadership. Fitness. Now, not everyone is made out to be black belts, but if you like doing martial arts, why wouldn't you prioritize that over other activities that don't deliver on half those benefits or life skills?

While not everyone is going to be career martial arts instructors, we have had plenty of students of all ages and places in life that have found a passion for martial arts as a long term hobby. And that is why, despite people's reservations and my mother's dismay (she wanted a doctor), I can't imagine doing anything else.