



GMA news Aug 19

UPCOMING EVENTS and CALENDAR

Aug 3 rd	Demo team 9:00-11:00
Aug 10	FAST classes in Columbus
Aug 17	Demo Team 9:00-11:00
Aug 17 th	BB prep 11:00-12:00
Aug 17 th	Stickfighting 1:00-3:30
Aug 17	Summer Attendance party 6:30-10:30 (black light, nerf wars, and other fun)
Aug 23 rd	TKD testing 5:30 no regular class
Aug 24 th	First Aid, CPR training for staff, others are welcome to join us. 9:00-12:00
Aug 24 th	Lil dragon testing (for camp attendees) 12:30-3:00
Sept 2 nd	Paragon parade. Be in Paragon at 10:30
Sept 2 nd	No Classes. Happy Labor Day
Sept 7 th	Catch up camp 9:00-11:00
	BB prep 11:00-12:30
	Demo 1:00-3:00
Sept 14 th	Demo 9:00-11:00
	Leadership team 11:00-12:00
	Stick fighting 1:00-3:30
Sept 15	Master Chen Tai chi seminar, Indy
Sept 28 th	Demo 9:00-11:00
Oct 5	Demo 9:00-11:00
	Kids FAST 12:30-3:00

BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Please be aware.

Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

Corey Christman (BJJ 10yrs)	Philip Salamander (TaiChi 4yrs)	Nina Payne (TKD 2yrs)
Wyatt Northern (LD 1 yr)	Shawna Clark (TKD 1yr)	Hudson Charles (TKD 1 yr)
Brycen Fisher (LD 1 yr)	Daniel Hanscom (TKD 1 yr)	Connor Watkins (TKD 1 yr)
Malachi Watkins (TKD 1 yr)	Anna LeClair (BJJ 1 yr)	Jared Hamilton (BJJ 1 yr)
Suzanne Gens (TaiChi 1 yr)	Holly Brown 4 yrs)	Drew Willis (TKD 3 yrs)

Happy B-day to these students in August

Rob Snyder	8-2	Keaton Coffman	8-2	Sara Giles	8-3
Levi Robinson	8-6	Soliel Sparks	8-8	Nathin Plummer	8-11
Preston Santiago	8-17	Wesley Parsley	8-26	Ethan Cornelius	8-26
Kaiden Cedeno	8-27				



Quotes of the Week, Character Development

To coincide with our respect for teachers letter, we will be talking about respect and the importance of making a good first impression.

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

Aug 11th, 1946 Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming’s birthday
Aug 13, 1932 (-Feb 1 2006) BJJ Pioneer Carlson Gracie’s birthday
Aug 16, 1940 (-Aug 20, 2007) JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day
Aug 25, 1931 (-Jan 8 2007) HKD GM Bong Soo Han’s birthday
Aug 2, 1964 Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.
Aug 1998 Tae Bo is released.

Movie premiers this month include: Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

Being Adaptable in Martial Arts and in Life

The “way of water” is a commonly referenced concept in martial arts. It is an upper rank paper topic, a pillar in Hapkido (and other arts), and the subject of famous Bruce Lee quotes. There are many lessons that water can teach us, but this isn’t one of our 3rd dan papers, so we will keep it more focused to the ability to adapt. Water takes the shape of its container or otherwise adapts to its environment, such as finding the path of least resistance downhill or through a hole to escape. This is important and effective on both a strategic and tactical level in combat and thus a widespread metaphor. On a macro level, military history is littered with cautionary tales of armies or commanders who failed to adapt to circumstances, and strong militaries are prime examples of continual innovation (we don’t still use muskets and bunching in a square is not a good plan against machine guns and heavy artillery.)

With our recent trip to Korea, we recently brought back some changes to the way we do things. I had heard about some of these changes but wanted to “see for myself” before we made it official. I am not a fan of them, but no one asked me nor did I expect them to. For our students who might feel frustrated with having to change, I have been around long enough to see things change and then go back to the old way. I just recently heard of a similar thing happening in regards to our BJJ ranks (we will have to see on that one). *shrug* Again, I don’t always see the need for the changes, but it is natural tendency for people to tinker with things.

I also don’t know why my phone continually updates and I wake up to find things different, when it seems the old format was perfectly fine. But the fact remains that both in the martial arts and in life, we have two choices, we can either change or become outdated. And if we are not growing, we are dying. With the changes from the Kukkiwon or at school or work, we can dig in our heels in and resist change and be left behind, or we can suck it up and get with the program. It will be more painful in the long run if we eventually have to play even more catch up.

Yes, I can certainly be stuck in my ways as much (or more) than the next guy. And in martial arts, sometimes that isn’t a bad thing. We give a lot of credence to tradition in the martial arts. One must find the balance between tradition and innovation. There are newer training methodologies that are true innovations, but at the same time, we must also be wary of the cost of such change. Are more modern training methodologies making better martial athletes for sport but perhaps less well rounded or prepared martial artists? Even worse, are we using the concept of “adapting” as a disguise to sell out or lower standards. Are we de-emphasizing body conditioning exercises because they are no longer advisable given current medical knowledge, because we fear the increased liability, because we have rationalized they are no longer important in the needs of the modern martial arts student, or are we simply afraid more students will quit (which is why we rationalize the other excuses in the name of progress). It is the job of the instructor to find that balance in their school, and some instructors spend a lot more time in contemplation about such matters than others.

But to reiterate, we can’t be so resistant to change that we are left behind and are left at a disadvantage. We don’t want our students walking into the ring with the equivalent of a musket. In our education or career, we need to stay on top of things, or we become a rotary phone. At this point in my mat chat, many kids asked, “what is a rotary phone?”

Exactly my point.