



Oct 19 Newsletter for Gentry Martial Arts

DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month! Additionally, we will be discussing class and even better reward offer!!!

Congrats to Another Dragon and Good luck to our black belt candidates:

Congrats to Brycen Fisher on his graduation from Lil Dragons! Also, we wish Andy Farmer and Samantha Cushing as they test for their black belts, and Miss Perryman as she tests for her 2nd.

Upcoming events:

*** RAK's are due at beginning of the month***

Oct 4 th	Parents committee meeting—plan Halloween party 5:30
Oct 5 th	Demo Team 9:00-11:00
Oct 5 th	Stops Bullies FAST—Kids FAST class 12:30-3:00
Oct 10 th	Mandatory Demo Team practice 7:45. No BBC this night.
Oct 12 th	Fall foliage demo 12:00 noon on the square. Practice here at 10:00
Oct 13 th	Fall Foliage Parade (see below for details)
Oct 18 th	TKD testing (no class)
Oct 19 th	Lil dragons testing (beg 9:00-10:30, int/adv 10:30-12:00)
Oct 19 th	Black belt breaking open mat 12:30-?
Oct 20 th	Open Push Hands 1:00-3:00
Oct 26 th	Stickfighting 9:00-11:30
Oct 26 th	Leadership team 12:30-2:00
Oct 26 th	Halloween party 6:30-8:30
Nov 2 nd	TKD black belt testing 9:00-10:30
Nov 2 nd	TKD black belt stripe testing 10:30-12:30

Parent committee news/notes

The school Halloween party will be Oct 26th from 6:30-8:30. As always, we will need help with set up starting at 2:00 pm and take down. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared.

While we know for a fact that our students can be scary, we encourage our students to dress as heroes, role models, or something fun.

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 13th. We will be *in place* at the Martinsville High School parking lot by **12:00**. We are division 2, unit 26 (in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a WHITE long sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class in order to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.

GMA Wishes Happy Birthday to:

Anna LeClair	10-7	Nate Wilson	10-10	Mr. Sieg	10-12
Holly Ann Brown	10-14	Dylan Hall	10-20	Jared Hamilton	10-21
Garrett Patterson	10-30	Abby Schmidt	10-30	Bobbi Payne	10-31



Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Keegan Spires (TKD 10 yrs)

Nico Inman (TKD 8 yrs)

Martina Ruba (TKD 6 yrs)

Aiden Dodds (TKD 5 yrs)

Hunter Szekley (TKD 5 yrs)

Jack Higgins (TKD 4 yrs)

Eli Thompson (TKD 3 yrs)

John Hirt (TCC 3 yrs)

Nassim Florestant (TKD 1 yr)

Lane Bernloehr (LD 1 yr)

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance, and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all of our students will learn a bit more about the importance of not giving up.

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

Oct 1 1913 (-Jan 29 2009)

Birthday BJJ founder Helio Gracie

Oct 9, 1932

Birthday Judo Gene Lebell

Oct 18, 1961

Birthday Jean Claude Van Damme

Oct 27, 1936

Birthday HKD founder Ji Han Jae

Oct 28, 1929 (-May 4, 1938)

Birthday founder of Judo and innovator Jigoro Kano

Oct 20, 1957

Arguably the first modern Karate tournament- the All Japan Karate Champ. Is held.

Oct 14, 1972

Kung fu the TV series debuts

Oct 11, 1997

Pride Fighting Championships debuts.

Other martial arts films include The Transporter and Kill Bill.

How Martial Arts Can Help with Some of the Non Martial Arts Aspects of Self Defense

Recently on Facebook I shared a pretty good podcast on self-defense (link below). I agree with most all the points Mr. Joe Saunders makes. He puts the components of self-defense in an interesting pyramid of importance, like the food groups or Maslow’s hierarchy of needs. He places having a survival mindset as the most important factor in a real, possibly life or death situation, and I completely agree. Subsequent levels of the pyramid are physical fitness, experience with violence, and only then, at the top of the pyramid...the least important....is actual technique. Mr. Saunders is correct in saying that plenty of unskilled people survive violence without knowledge or proper execution of technique.

Now it may seem odd that someone whose livelihood is based in teaching technique would point out that it isn’t that important. But in terms of the actual fight, it might not be. And a couple of sidebars: 1) I am not in the technique business--I am in the self-betterment business. The training is just the vehicle. 2) That is why we teach FAST Defense, so our students can better understand how things change under stress and pretty technique becomes less valuable. But the main point for this rant is that while technique is at the top of the pyramid, at the same time, training in martial arts technique is much more valuable than Mr. Saunders seems to appreciate (or perhaps he does but simply didn’t view it as relevant to the podcast). The technique is valuable because it actually reinforces and helps span the other bases of the pyramid.

Martial arts training helps develop the survival mindset. Chong shin (Indomitable spirit), fall down seven and get up eight, never retreating in battle, I didn’t give you permission to die, embrace the suck, fight ten seconds after you are dead....all these phrases and more are routinely uttered on our mats to inculcate a winning attitude in many areas of life...but that includes in self-defense. If you have stepped onto the mat to face an



opponent who makes you feel outmatched (size, speed, rank, whatever) but met the challenge (I didn't say win, just met), then you have strengthened your fighting spirit. If you have been exhausted at the end of the match, legs feeling like lead, but found a way to keep kicking and stolen a point for comeback win, then you have developed that mindset. If you have been smashed under someone's kesa gatame, feeling claustrophobic and like you are going to suffocate, and have dug down and found a way out, then you realized you can survive a lot more than you think you can.

Should any of those training or sport examples be compared with actual violence or self-defense? Absolutely not. But can the lessons learned help better prepare us for such real life conflict? No doubt in my mind. Further, there are a million more examples of how martial arts builds confidence, the confidence needed to stand up to bullies and aggression. To reiterate, a green belt who wins a sparring trophy at tournament should not fall under the delusion that a mugging is going to play out the same way. And granted a false confidence may also cause some people to bite off more than they can chew, but I believe it is more likely that even misguided confidence is better than none. I would prefer that to the alternative of simply wilting against the wind of hate coming at them. Practicing technique helps with the survival mindset.

Martial arts also certainly helps with the physical fitness component. And more importantly, they develop the attributes more directly related to fighting. Yes, everyone should have a baseline of cardio and strength...which for functionality under real stress and emergency is more than what a lot of people assume or really have. But martial arts can help that and then some. Becoming a better martial athlete (all things being relative) improves not only cardio and strength, but reaction time, explosiveness, flexibility, body awareness and balance. All those things make us better tactically. Saunders is correct that a good athlete is a handful based on raw athleticism, but having better martial arts attributes can help level the playing field against a bigger and stronger opponent. And I am still talking fitness components, let alone the fact that good martial arts technique can be in effect a force multiplier. We have had our share of younger, stronger guys come into BJJ, and during our rolls, better technique means more efficient movement, better leverage, and maximum use of force. It usually ends with them making an observation and an excuse: you are really strong and I am out of shape (comparatively). Neither are usually the case, but they don't know how we used skill to make it appear otherwise. Yes, fitness matters, but martial arts is a great way to not only get that baseline fitness but some cheat codes along the way.

The third level is experience with violence. Here again, we must be careful not to confuse ritualized, scripted, and play violence in many martial arts schools with the surprise and ferocity of real attacks. Some arts and schools are better and more sincere at approaching realism than others. Despite efforts that Rory Miller describes as searching for the most real fake stuff out there, it all falls short, and to be honest, in most schools it is a far cry from reality. However, there is an even wide chasm between what most average (translation naïve) people know, or think they know, about violence and reality. Technique training is a still a bridge over that expanse. Maybe you are only getting hit with semi contact and with protective gear on, but you are still getting hit and getting more used to it. You are still feeling aggression from another person, appreciating the potential for force that overwhelms other people who don't have that experience. Once we had a rather petite student go to another community self-defense class where they did a hand choke from the front. She paired with a much larger male. Most "attackers" very gingerly and awkwardly rested their hands on the person's shoulders near their necks. Our student at least grabbed the person by the throat and applied pressure. He kinda freaked out and objected to her intensity. Now, I can assure you she didn't actually try to choke him, let alone shaking him silly while screaming in his face while doing it. But my point is that because of her training, she was more comfortable with even rehearsed violence than someone twice her size.

Saunders correctly notes that experience with violence goes well beyond the physical and includes things like pre-incident indicators. But even here, practicing martial arts is a start. Is your partner punching you from an incredibly favorable and easy distance? Probably. But you are still getting punched. And hopefully you are



still picking up on subtle cues of weight shift or shoulder turn that tells you it is coming. Sparring in a crowded room is not the same as a melee breaking out on the dancefloor, but it still teaches you some situational awareness. Yes, these are still physical examples, but it gets us thinking strategically, and I would assert makes it easier for us to apply the same process to other more important situational cues.

And while having technique may be the top of the pyramid, I would prefer to have that icing on the cake while I better develop all the lower levels at the same time. There is indeed a difference between self-defense training and most martial arts classes, but don't underestimate the value martial arts can have to help us develop some of those other aspects and make us harder to kill.

<https://www.youtube.com/watch?v=vjXO1XSH5bs&feature=youtu.be&fbclid=IwAR17LW38tIXYSKIlqOIM4t2ofD9mavKMDf-Sm3xHBt0s1vg6ksvqvWSywo>

