



DECEMBER 19 GMA NEWSLETTER

Upcoming events:

Dec 7 th	Bloomington Open BJJ tournament
Dec 11 th	Leadership Team Shopping outing: 5:00-7:00 ish?
Dec 13 th	TKD testing, BB retesting, BB stripe retest, and BB ceremony
Dec 14 th	Demo team 9:00-10:30
Dec 14 th	Lil Dragons testing: beginning 11:00-12:30 int/adv. 12:30-2:00
Dec 17 th	Christmas Party and Awards Banquet @ Fairgrounds 5:30
Dec 20 th	Demo Team performance at Indian Creek...no classes except BJJ
Dec 21 st	Tac Med Seminar and Scenarios 9:00-5:00ish
Dec 22 nd	World champ and ATOS BB Nikki Sullivan BJJ seminar 1:00-3:00
Dec 24-26 th	No class, Merry Christmas. Classes resume Dec 27 th
Dec 27 th	Weapons camp w Dr. Winkle 9:00-3:00
Dec 31 st /Jan 1 st	NO class. Happy New Year. Classes resume Jan 2 nd
Jan 2 nd	Commando Krav Maga knife defense 9:00-3:00
Jan 4 th	Catch up camp 9:00-12:00
Jan 11 th	Demo Team performance at Martinsville High school
Jan 18 th	Spar Wars Kendo/Saber night 5:00-9:00 pm

Xmas Party, Dance and Awards Banquet

This years Christmas party/awards banquet and dance has been scheduled for Dec 17th at the Morgan County Fairgrounds. Arrival and set up will be from 5:30-6:00. The dinner and awards banquet will begin at 6:00. Following the awards, Santa will make an appearance and there will be a dance that will continue until 8:30 or 9:00 pm. This is a chance to join in some fellowship, recognize some key students and parents, and give Santa any last minute list revisions. Sign-ups for the pitch in dinner will be posted soon. We also need a very close idea of people attending for seating arrangements. No classes will meet that Tuesday. We hope everyone will be able to share in our annual event. Parents committee would welcome help with set up at 10:00 at the fairground.

Winter Camps Coming Up Fast

Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and some of the weapons or gear needed for the seminar and you can put the gear under the tree!

Tac Med Extrav. TKD Master, Combat Medic instructor, and friend of the school Master Mark Wilson will return to do another tac med class. This version will be much more training and scenario based and have a feel closer to our FAST extrav classes. This is the next evolution for those who have done our FAST Basics, Active Shooter class, or previous tac med class, but not required. Open to 13 and up. Class includes a CAT-6 tourniquet. **Dec 21st 9:00-5:00 ish**

Nikki Sullivan BJJ No-gi seminar. World class competitor, instructor, and ATOS HQ Black belt with Indiana roots will return to our mats for a No-gi seminar. **Dec 22nd 1:00-3:00**

Winter Weapons camp: Dr. Winkle will be returning. This year we have a special treat for weapons camp, as one of Mr. Sieg's primary instructors in the Filipino arts, Dr. Jason Winkle will be returning again to teach the weapons camp. He will be focusing on **JKD/Maphilindo silat with an emphasis on blade work** (but also empty hand). Weapons camp will be **Dec 27th from 9:00-3:00**

Winter Weapons camp option 2: Commando Krav Maga Knife Defense with guest instructor "Cactus" Temuchin Tafoya, who teaches CKM around the world. Great cross training for our HKD and Kali students, see how CKM addresses and defends against this weapon...focused on down and dirty self-defense and less stylistic than Kali. **Jan 2nd from 9:00-3:00**

Catch up camp Jan 4th. Fallen behind or gotten a little rusty on account of the holidays? Or maybe you just want some extra practice? It is a busy time and people get out of the routine. Here is your chance to get the new year



started right with extra help focused on testing requirements. We keep it cheap to give everyone a chance to get extra work in.

Spar Wars NIGHT! Jan 18th We will also be having a SPAR WARS/ parents night out on Sat, Jan 18th from 5:00-9:00. Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which you can film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of sign ups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp with the light saber will obviously get a huge discount.

And the NOMINEES are:

This year we are announcing those students who are nominated for our yearly awards:

Student of the year: *Haley Adams, Nathin Plummer, Nina Payne, Malachi Watkins, Mya Mras, Anna LeClair*

Black Belt of the year: *Kylie Yoshida, Fisher Dunscombe, Ethan Dickerson, Jack Higgins*

Most Improved Student: *Jared Hamilton, Hope Gunn, Daniel Hanscom, Alysha Patel, TJ Clark, Ethan Cornelius*

Competitor of the year (TKD): *Noah Wilson, Hope Gunn, Jenna Berry, Jack Higgins*

Competitor of the year (BJJ): *TBD after the Bloomington Open*

Tuition increase for incoming students, existing students will remain the same.

It has been 4-5 years since we increased our rates, and will be raising our rates to INCOMING students to 87.00 starting in Jan. As always, this will not affect existing students whose rates remain the same SO LONG as you continue to train. If you do stop training and return, you will come back in at the newer rate.

Please Plan ahead for Xmas Items

If you have any last minute Christmas shopping to do (don't we all) or need that stocking stuffer or whatever, just a reminder to please plan ahead. Many of our suppliers go out of stock of seasonal items and we want to make sure we minimize the delays in getting any special orders to you! *The last day to order Xmas items to ensure shipping (assuming availability) is Dec. 13th. Keep in mind, some things are already back ordered past the holidays.*

Give another person the chance to “be more” this Christmas

Don't forget that you can get a gift certificate for a uniform and month of classes –100.00 value, for only a 25.00 cost to you (BJJ uniforms more). If you know anyone who has ever “thought about” doing martial arts, or if there is someone you know who “this would be good for”, this is your chance to get them off the fence and really reaping the benefits of training.

Training Anniversaries

Dominic Tejera (BJJ)

Kylie Yoshida (TKD 11 yrs. BJJ 3yrs.)

Quotes of the Week: This month, with goal setting around the corner in Jan, we will be talking about the differences between the habits and behaviors of successful people and unsuccessful people.

GMA Wishes a Happy Birthday to:

Piper Phelps	12/01	Rebecca Watkins	12/02	Maura Watkins	12/05
Liam Perry	12/05	Richie Long	12/07	Adrienne Fleener	12/09
Kyler Chylaszek	12/12	Miles Cornelius	12/13	Steve Applegate	12/15
Annika Gray	12/17	Jocce Grounds	12/18	Mikayla Prater	12/21
Levi Elmore	12/21	Kevin Goins	12/23	Mrs. Yoshida	12/26



Class Cancellations for Holidays, class adjustments, and general policies

- No class on Tuesday, Dec 17th on account of the Christmas party...see you there.
- No classes except BJJ on Dec 20th on account of demo at Indian Creek
- Holiday class cancellations: No class on Dec 24th, Dec 25th & Dec 26th on account of Christmas. Classes will resume Dec 27th. No afternoon Hapkido class on the 27th on account of camp. Afternoon HKD on Dec 30 has been moved to Dec 31st to accommodate a staff outing. No classes Dec 31-Jan 1st on account of New Year. Classes resume on Jan 2nd (classes and camp)

Also a reminder of our general policy regarding bad weather. We try to follow the lead of local schools—if they cancel school that day, cancel evening events or let out early, so do we. If on morning delay, we will meet as normal (tai chi in the morning will follow the 2 hr delay). This applies to universal problems such as snow and ice, not things like flooding or other issues that may be more regionalized. The only exception to this may occur when the school cancels in advance of a huge storm and the forecast is *clearly* incorrect, or when crews have all day to work on the roads. When in doubt, simply call, check the website and facebook/twitter, check your email for announcements, listen to WCBK, etc.

Tournament results

Congrats to our latest round of competitors at the TKD tournament in Noblesville. Every one of our form's competitors finished on the podium (16/16). We also took home 14 sparring medals (14/16) and 2 out of 3 in weapons. Altogether, 19 competitors took home 32 medals in 35 divisions entered. . Mr. Wilson and Mr. Jerome closed out the bracket in Men's black belt forms.

Mr. Ryan Jerome	2 nd forms	2 nd sparring	Mr. Noah Wilson	1 st forms	3 rd sparring
Miss Launa Perryman	3 rd forms		Aiden Dodds	2 nd forms	3 rd sparring
Jack Higgins	2 nd forms	3 rd weapons	Nina Payne	3 rd forms	
Jenna Berry	3 rd forms	2 nd sparring	Kelly Thompson	2 nd forms	1 st sparring
Hope Gunn	1 st forms	1 st sparring	Wesley Parsley	2 nd forms	3 rd sparring
Haley Adams	3 rd forms	3 rd sparring	Bobbi Payne	3 rd forms	2 nd sparring
Eli Thompson	1 st forms	2 nd sparring	Maya Mras	1 st forms	3 rd sparring
Karlie Theobald	3 rd forms		Ms. Yuan Zhai	1 st sparring	
Fisher Dunscombe	2 nd forms	3 rd weapons	Gina Chuang	2 nd sparring	
Mr. David Yoshida	1 st forms				

Showing Thanks in the Martial Arts

Thanksgiving is upon us, and everyone is encouraged to give thanks in various ways, including social media challenges. I certainly am grateful for all the benefits I have gained through martial arts, and I also feel blessed to have such a great group of students and instructors that help share those benefits with others. But this article isn't as much about remembering to be grateful, but more about remembering the ways in which we show that gratitude within the context of martial arts etiquette. In many areas of life, from religion to sport, as symbolic acts become more routine actions, to the point of us no longer being conscious when we do it, the sincerity and meaning can become an afterthought. The bows and other etiquette of martial arts are certainly vulnerable to this tendency, so this year, let us not only count our blessings, but let us take a moment to count the ways how we count our blessings.

When we first step on the mats, we bow to the flags at the front of the room. This is giving thanks to all those who have come before us in the arts, both in the parent culture from another hemisphere and over here, whose blood, sweat, and sacrifice have allowed us to enjoy and reap the benefits of the martial arts in the convenience of this time and place. We don't have to put life on hold to make a sojourn to an exotic place. We don't have to travel under the cover of darkness to practice in secrecy, perhaps at the risk of persecution. We don't have to deal with racism or breaking cultural barriers that impeded the American pioneers in the arts. Brave and dedicated martial arts students and instructors have already left everything and crossed both oceans and language barriers for us. Even our own TKD Grandmaster Choi came to American not knowing any English and slept in the back of the dochang. One of his senior student's talks about hanging out after class and always seeing tins of canned cat food lying around, but he never saw the cat. After their communication skills got better, he finally was able to ask where the cat was. GM Choi didn't have a cat....the food was



cheap and the packaging looked pretty...so he was eating it for himself. Our students who just returned from Korea can attest to the fact it isn't easy to know what you are buying when you can't read the packages.

By comparison we have it easy, especially to post war Korea or Okinawa, where just getting by was a struggle. We train on mats in a nice building, not on hardwood floors (or if you were lucky, straw under cardboard boxes for mats) with windows made of paper. We have kicking shields and bags instead of burlap sacks and tires. Kids today complain the uniforms are uncomfortable, but I have heard stories of people using army surplus canvas. One of the most senior HKD practitioners in the US, GM JR West tells the story of training in Vietnam. The army leveled the top of a mountain to be able to fire rockets over it. GM West climbed to the top of the mountain every day to use the rockdust from the demolition as mats. They needed a third person to keep watch of the base and told them to hit the ground whenever a mortar was fired over their heads. Another story comes from GM Choi—he mentioned that in training they used to do downblocks until their breath smelled like chicken pee. It took me a while to make sense of that...but I believe he was referring to what is also referred to as “monk's breath” where you are at a such a calorie deficit you start to catabolize muscle, and breaking down the protein causes ammonia in the breath. People who were on the brink of starvation (at least by current American standards) continued to train even when it was harming their bodies; whereas today, people who could stand to skip a meal or two will instead skip class if they didn't have a chance to eat because they won't have the energy.

Even in a small town in Indiana, you have access to world class martial arts instruction (I am talking about the teachings of my instructors and mentors; you are stuck with me as the messenger.) because of the sacrifices of our seniors, and you get to practice in world class amenities compared to what they experienced. The level of the bow is related to the level of respect. Next time we step on the mats, instead of the cursory head nod, we should remember those sacrifices and how lucky we are, and bow a little deeper, hold it a little longer.

We also bow to our partner as a sign of respect. But it should be as much about gratitude as respect. Not only should we be grateful that both of us are of able mind and body in order to train in something as arduous as martial arts, but we should be even more grateful that our partner is willing to jeopardize that status with us. We often talk about the trust between training partners and the bond it creates, but let us also be thankful that our partner is willing to entrust a relative stranger with their wellbeing. And when mishaps do occur, they are usually shrugged off, and grudges are not held. That takes a special kind of person, and we should be grateful we have found a good group of those type of people.

At the end of TKD class at GMA we also have the kids bow to their parents in the gallery behind them, although this is not a ubiquitous custom across all schools. But we like it as part of our closing. When an adolescent earns their black belt, it isn't just an accomplishment for the kid, but a testimony to the dedication of the entire family. Yes, the student worked hard and sacrificed, but so did the parents who invested time and money, juggled schedules, and otherwise sacrificed to make it possible. I must admit I didn't always appreciate this. I can remember one of the most exciting things about getting my driver license was the ability to drive myself to TKD more frequently. It took me a while longer—too long—to realize what it took for my parents to drive me 2-3 times a week for the previous 6 years. I hope by adding the bow at the end of each class, perhaps our younger students might occasionally make eye contact and be a little more thankful.

The last way we say thank you is by the way we say thank you. At the end of each TKD class we say thank you very much in Korea—“gomabseubnida.” This is most formal, most honorific way of saying thank you. There are more casual ways to say thanks. There is a reason our TKD forefathers who handed down this tradition decided to make the closing of each lesson the most sincere expression they could use. They valued and treasured each lesson.

A spoiled child who has never gone without will have a much harder time being truly appreciative of what they had compared to those who had make great sacrifice. Perhaps a grandparent who has lived through the depression will try to give them context in an effort to make them more thankful. I guess that is what I am doing here (although if anyone calls me gramps I am using them to demonstrate on for a month). We take for granted how easy we have it. While in class this holiday season, let's all try to be a little more sincere in our displays of gratitude to those from the past, and our blessings on the mats each day.