

Gentry News Jan 2020

****2019—Year of the Rat****

And the winners are....congrats to our award recipients!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our **annual awards**:

Most Improved Student—Daniel Hanscom
Competitor of the Year (TKD)—Jack Higgins
Competitor of the Year (BJJ)—Anna LeClair
Black belt of the Year—Kylie Yoshida
Student of the Year—Haley Adams

Congrats to the newest recipient of GMA's highest honor—the title of Gentry-man—to Megan Gens

Congrats to BJJ competitors and Promotions

We had a small contingent, and several had their first tournament in adult divisions.

Launa Perryman—1 st	Anna LeClair—2 nd	Kyler Chylaszek—2 nd
Patrick Hersman—2 nd	Brian Houchin—2 nd	Kevin Goins—3 rd

Upcoming events:

Jan 4 th	Catch up camp 9:00-12:00
Jan 11 th	TKD BB prep 9:00-10:30
Jan 11 th	HKD BB test 12:30-3:30?
Jan 11 th	Demo Performance, MHS halftime (demo meet here at 5:00, performance approximately at 8:00)
Jan 18 th	Dr. Winkle Weapon's camp rescheduled 9:00-3:00
Jan 18 th	Spar Wars Parents Night Out 5:00-9:00
Jan 24 th	TKD testing 5:30 no class
Jan 25 th	TKD tournament
Feb 1 st	Black belt prep 9:00-11:00 ish
Feb 1 st	Leadership Team 1:00-2:30
Feb 2 nd	Open Push hands here 2:00-3:30

Catch up Camp

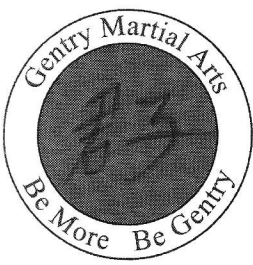
As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our TKD catch up camp. All rank material will be covered in this 3 hour intensive which also counts for 3 classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

GMA Wishes a Happy Birthday to:

Alysha Patel	1-1	Mathew Bennett	1-08	Evan Charles	1-09
Ryan Jerome	1-11	Annabelle Brinson	1-11	Suzanne Gens	1-12
Anthony Tejera	1-13	Steven Estrada	1-14	Aiden Dodds	1-26
Shivam Patel	1-27				

Training Anniversaries

Ryan Spires (TKD 10 yrs.)	Haley Adams (TKD 2 yrs.)	Rebecca Watkins (TKD 1 yr.)
Maura Watkins (TKD 1 yr.)	Miles Cornelius (LD 1 yr.)	Korbin Smith (BJJ 1 yr.)



Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

This Month in Martial Arts History (selected from "Dates with Destiny" in *Martial Arts Success* by John Corcoran.
Jan 7th 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member
Jan 17th 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian
Jan 17th 1970—Chuck Norris's last fight before retiring.



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2019 Year in Review—Not Sure Where We Will End Up, But We're Going in the Right Direction

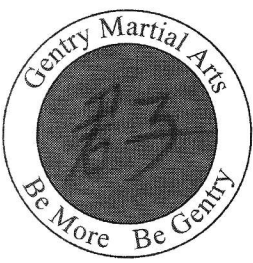
As we turn the page on another year, most people use it as a time to reflect and take inventory of progress and accomplishments. While that process shouldn't necessarily be limited to just a few days, the timing allows me to muse about it. As we take stock here at Gentry, I am encouraged to say we are on the right path.

Some might not find that very reassuring, because after all, shouldn't we as the instructors already have it figured out? Unfortunately, that isn't how the martial arts journey works. Of all the honorific titles in the martial arts, the one that is most commonly used is *sensei* (even when it shouldn't be, like in the Korean arts.*) Most people think of it as teacher or even master. But when you break the characters, it more literally refers to one who has come first. In other words, they preceded you on whatever journey or quest you are undertaking (it is also important to note that *sensei* is not limited to just martial arts, you can have a *sensei* in many things.) So a more accurate understanding is that we are on the same path or journey, but the *sensei* can be a guide because they have travelled farther down the road than you have. Notice that doesn't say anything about arriving at a destination. The instructor is still travelling the same road; he is just leaving breadcrumbs for you to follow.

A new addition to my reading goal for last year was to re-read one important martial arts book. It is hard for me to continue to recommend books when 20 years or more have passed; making it increasingly difficult to remember all that is in it. I take notes on my readings, and when I re-read my selection, I took notes as if I had never read it. I purposely did not look at what I had noted the first time, which was at least 10 years previous. I was interested to see what spoke to me this time around compared to last time. If it truly was a good book, I should have a completely different reading experience. That speaks to both the depth of book, but more importantly to the depth of the reader, because the person reading it this time should not be the same version of me that read it a decade earlier. If I have the same perspective as back then, we have a problem.

Sadly, that is not always the case in the martial arts, especially in instances where instructors are orphaned from their own instructors and no longer have a guide to take them further down the path. They think they are moving forward, continuing to climb the mountain, but in reality they are drifting along, circling the base of it. There is an adage that some people don't have 20 years of experience; they have 5 years experiences repeated 4 times.

Most of our students are not even aware, but for various reasons, I am not still following behind *all* of my original instructors (but am forever indebted to them for how far they did guide me.) But we are determined to find a way to keep



climbing. Case in point, this year's trip to Korea and subsequent training in seminars here allowed us to plug into additional routes. It was amazing. It was humbling. But in some ways it was also validating.

When we made a transition in our TKD program a few years back (only black belts even remember the switch,) we had some adjustments to make. We made those adjustments in earnest, but there was still a bit of a learning curve. Working with GM Shin and taking classes at the Taekwondowon were certainly educational. Yes, we came back with new drills and even a few changes, but overall, I say we are on the right track. Especially when we were able to compare ourselves to other schools/students that in theory have been traveling the same path for a lot longer. We watched black belts from other schools visiting Korea commit errors we try to fix in our colored belts. At another seminar with a Kukkiwon instructor, we might have missed a couple of memos on hand position, etc., but when it came to power generation and quality of technique, we were ahead of many other schools. I feel like we have definitely made good time on our own march, and I am confident we are not taking a wrong turn. Another example is in our tournament results. In January we had only 5 of our 16 competitors place in forms competition. In November, against much of the same competition, we placed 16/16. I am not sure we have ever done that. Admittedly, there are a lot of variables at play, but I am confident the upward trend is real.

A senior student of Dr. Yang once put it this way: Dr. Yang is still developing his art. He is sharing all he can with you, but he isn't going to wait around for you to catch up. In some ways, an instructor hopes his students surpass him, but at the same time, a *sensei* can no longer be a guide if he stops scouting the trail ahead. Rest assured our instructors and upper ranks are dedicated to forging ahead. If we say that martial arts is a lifelong journey, then no one has ever really made it to their destination. As with most of life, it is difficult to say exactly how things will turn out or exactly where we will end up, but I am sure we are continuing in the right direction. And here is the challenge to our students in 2020 and beyond---try to keep up.

*This is a digression from the overall article above, but the Korean equivalent of *sensei* is *sunsaeng(nim)*, which means the same. I do prefer (in usage, not personally) the other title *Sabum(nim)*, which better translates as teacher or master, but also implies one to be modelled or duplicated. This may also have a moral or virtue component to it. In the martial arts realm, these people can teach you not just about kicking and punching, but the WAY, the lifestyle and moral responsibility of the martial arts. They have things figured out more than just a *sunsaeng*.