



GMA News Feb 20

Congrats to our newest Hapkido black belts: Ms. Cathy Petraits and Mr. Todd Phelps

Upcoming events:

Feb 1 st	Black belt prep 9:00-11:00
Feb 1 st	Leadership Team 1:00-2:30
Feb 2 nd	Indian Open Push Hands here 2:00-4:00
Feb 8 th	Demo Team 9:00-10:30
Feb 15 th	Black belt prep 9:00-10:30
Feb 22 nd	FAST Defense Adult Basics 9:00-12:30
Feb 29 th	STOP BULLIES FAST (Kids FAST) 9:00-11:30
Feb 29 th	Lil Dragons testing (beg 12:30-2:00; int/adv 2:00)
Feb 29 th	Game night social for kids and PARENTS 6:00-9:00
March 7 th	FAST Defense Adult Basics—Floyd Central High School

Other important dates:

March 21-22 nd	Dr. Yang chinna, tai chi, chi gong seminar
April 11 th	Korea Night Demo performance

Game Night for kids and parents

So kids can come and hang out too, but this is as much for our Gentry parents to come out and get to know one another on Feb 29th from 6:00-9:00. While there is a chance to talk shop, ask questions, commiserate, and tell stories about martial arts, it is also just a chance to hang out. Bring a favorite board game or two (and maybe some extra card tables and your own snacks). We might even try to teach people how to play GO again.

Tournament results

Congrats to our latest round of competitors at the TKD tournament in Westfield. It was a large tournament with tough competition. Proud of how our team truly acted like a team.

Aiden Dodds		2 nd Sparring	Haley Adams	2 nd Forms	
Jenna Berry	3 rd Forms	2 nd Sparring	Hope Gunn	3 rd Forms	2 nd Sparring
Malachi Watkins	2 nd Forms		Maura Watkins		2 nd Sparring
Jack Higgins	3 rd Weapons		Cathy Petraits	1 st Forms	
Master Sieg	2 nd Forms				

Valentine Passes Coming Soon

Don't forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus and you still get the referral credit on your tuition.

GMA Wishes a Happy Birthday to:

Michelle Silliman	02/02	Uriah Stennett	02/05	Eva McWilliams	02/05
Nico Inman	02/07	Maddox Sparks	02/07	Kelly Thompson	02/08
Harper Floyd	02/08	Charlie Darling	02/09	Gavin Sciscoe	02/10
Haley Adams	02/11	Karlie Theobald	02/11	Jax Ray	02/12
Eli Elmore	02/12	Keegan Spires	02/14	Jackson Harper	02/14
Matthew Hockgeiger	02/16	Luke Taylor	02/22	Mason Thrasher	02/28

Quotes of the Week

This month we will be revisiting our focus points.



Training Anniversaries

Cathy Petraits (TCC 10 yrs.)
Ethan Cornelius (LD 2 yrs.)
William Stierwalt (TKD 1 yr.)

Clay Thacker (BJJ 9 yrs.)
Karlie Theobald (TKD 1 yr.)
Jax Ray (LD 1 yr.)

Annika Gray (TKD 2 yrs.)
Uriah Stennett (TKD 1 yr.)
Aubrey Poindexter (LD 1 yr.)

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

Feb 1882 Jigoro Kano opens the Kodokan and becomes the founder of Judo.
Feb 2, 1965 Brandon Lee's (son of Bruce Lee) birthday
Feb 12, 1968 Jean Jacques Machado (BJJ pioneer) birthday
Feb 22 1972 Kung Fu debuts on TV and starts a craze.
Feb 26 1988 Bloodsport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.

WHEN IT COMES TO SELF DEFENSE, DON'T ACT LIKE THE POPE

This rant has nothing to do with piety. If you didn't see the story from around Christmas, the Pope faced a lot of criticism for his reaction to getting his arm pulled by an enthusiastic member of the crowd. Video shows him swatting at her grab, yanking his arm back, and showing frustration. He was criticized for his aggressive behavior and attitude that some people thought was unbecoming of the Pope, in that it was less than patient or gracious. While some thought the reaction was not appropriate for his Holiness, I would argue it was perfectly appropriate for a public figure of his stature.

A basic principle of executive protection is that when shaking hands, never reach over the barricade or let your hand get extended. You keep your arms within your workspace and make the other person extend beyond theirs (another basic martial arts principle). Otherwise someone could pull you into the crowd. I have no idea if that played a part in his reaction in this instance or not. It is more likely that because he is elderly, it just hurt. But his response to a very real threat to a public figure seemed appropriately measured and justified. I also realize being a public figure, particularly the Pope, comes with certain public relations and optics. So not surprisingly, he has apologized for his actions.

But for the rest of us, NO ONE SHOULD EVER FEEL APOLOGETIC FOR SOMETHING THAT YOU DID IN THE NAME OF SAFETY. This is common social hang up that jeopardizes our safety. When teaching boundary setting, ladies are often concerned about being rude to a stranger even if that person's intentions are unclear. Never feel conflicted about being perceived as rude by a person you will never see again in the name of safety. A predator may even fake offense to pray on this internal conflict, manipulating you into proving you "really aren't like that," making you more vulnerable in the process.

Similarly, a "creeper" will keep his behavior ambiguous enough to make you doubt his intentions. Maybe he didn't mean it that way, or maybe he is just socially awkward. He is counting on you not setting boundaries because of doubts that you are misjudging the situation. Never feel bad about possibly offending him if his actions are making you uncomfortable.

Another example that we stress in the kids FAST class is that it is ok for kids to tell an adult NO. They are not obligated to help an adult. Obviously, this doesn't apply to parents, teachers, etc. But predators will prey on this social conditioning of obedience.

In all these examples, if they get offended, so what? If it is a random stranger, you won't seem them again, they don't matter, and who cares? If the guy really isn't a creeper, then he should sincerely apologize and correct his behavior. A decent adult shouldn't be asking kids for help anyway, but even if they do they shouldn't take offense. If they do, it tells you they aren't that understanding of a person or worse. Regardless, that is on them. If it turns out you were wrong and want to apologize later, you always can. But apologies come *after* the fact. Never let that feeling stop you from doing what you need to do to keep yourself safe *during* the fact.

A colleague of mine will say that if you are afraid to go to prison then you are afraid to defend yourself. I understand he is trying to get people to give themselves permission to do what must be done, but I still take issue with the statement as being a little extreme. But I will amend his statement and say that if you are afraid to be "rude" then you are afraid to defend yourself. I am not a fan of this Pope (I am not Catholic so that doesn't matter, nor does anyone care,) but I certainly don't fault him in this instance and didn't think he needed to apologize. I did think his apology was sincere and



set a good Christian example, but I also think in some ways it set a horrible self-defense example. I pray for the rest of you to be unabashedly unapologetic in the name of safety. In the off chance you are wrong, you can always confess your mistake later.

https://www.washingtonpost.com/world/pope-francis-apologizes-after-smacking-hand-of-woman-who-had-pulled-him-toward-her/2020/01/01/052d1e36-2c84-11ea-9b60-817cc18cf173_story.html?fbclid=IwAR0qWAdHlgnzSvqZXBfVzUjv9qsfL3jlFeHesSkUn_a3eB2vN81Pd8u0DU

*This rant is an elaboration of a post on the GMAM facebook page. Sadly, it didn't get the views I had hoped, because, I feel this is an important lesson. So you are getting it again.

** The books *The Gift of Fear* and *Creepology* are excellent resources to cover these concepts in detail.