



GMA News June 20

Congrats to our Latest Gentry Certificate Recipients:

Unfortunately it was with little fanfare, but nonetheless congrats to two of our students from DePauw who received GMA's highest honor for dedication and service as a student. Congrats to Mitchael Evans and Angelina Mendez.

Congrats to our newest Little Dragon graduate—Kirby Brewster

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months.

Upcoming Events

June 5th	TKD testing 5:30
June 6 th	TKD black belt testing 9:00-11:30
June 6 th	TKD black belt stripe testing 12:30-3:00 ?
June 9-11	Lil dragons camp 9:00-1:00
June 13 th	Demo Team 9:00-10:30
June 13 th	Black belt prep
June 13 th	Stickfighting 1:00-3:30
June 15-19	TKD day camp
June 20 th	FAST Stress shooting 9:00-1:00
June 20 th	Demo Team 1:30-3:00
July 10	TKD testing
July 8-9	Hapkido daycamp
July 13-17	TKD day camp
July 28-29	Weapons specialty camp
July 30-31	BJJ Camp rescheduled date

Fathers' day invitation (and Moms)

Normally, Dads, Grand-dads, etc. are welcome to join their kids in class the week following Father's Day—June 22-25. This year our moms were deprived of the chance to do the same, so we are encouraging moms to come as well (to accommodate space, please only one parent per child per class).

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (TKD 17 yrs, BJJ 10 yrs)	Andy Farmer (TKD 7 yrs)
Soliel Sparks (BJJ 5 yrs)	Kirby Brester (LD 2 yrs)
Jackson Clark (TKD 2 yrs)	TJ Clark (TKD 2yrs)
Caitlin Gibson (TKD LD 2 yrs)	Alayna Mitchell (LD 1 yr)

Happy Birthday to these students

Sam Hixon	6-1	Benjamin Neff	6-2	Daniel Hanscom	6-11
Nassim Florestant	6-12	Noah Alisup	6-14	Fisher Dunscombe	6-16
Freddy Bower	6-16	John Hirt	6-21	Kayla Bush	6-27
Jacob Barnes	6-28				



Please keep us posted

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don't worry if we miss you in classes. Fridays are great days to make up any classes that you missed while on vacation. Thanks.

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

June 15, 1917 Birthday of American jiu-jitsu pioneer Wally Jay
June 1961 Black belt magazine is founded
June 1978 "Good Guys Wear Black" first features Chuck Norris as the star
June 22, 1984 Karate Kid debuts—forever changing the perception and demographics of martial arts in America
Karate II and III are released in June 1986 and 1989 respectively. As well as the remake in 2010.
Other June movie releases include Mulan (1998) and Kung Fu Panda (2008).



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How Wearing Masks Improves Your Safety (no, not that in the obvious way)

One of the biggest adjustments most of our students have had to face while returning to class during covid-19 precautions has been the wearing of masks. We joke, but were also serious, when we pointed out that ninja's have been doing this sort of thing in masks for centuries. ** We have had students with sensory issues who couldn't tolerate the masks and students who have stopped training because they objected to the masks due to some other philosophical or political grounds. I find it quite interesting that within my social media circles, some of the outspoken critics against being required to wear a mask were not so long ago running around in a \$50.00 low oxygen mask for training purposes, quite voluntarily. But this article is not to debate the effectiveness of wearing a mask or who recommends wearing them for whatever reason (legitimate or conspiratory), or how much they contribute to your overall safety from covid-19. It is however, to elaborate on an unforeseen yet valuable lesson that is a by-product of wearing a mask in class.

First off, I understand, I am not fond of trying to take a big breath and sucking in a mouthful of cloth either. It makes it harder to breath, or I prefer to say it gives you a feeling I liken to being claustrophobic. I am pretty sure no one is going to actually suffocate with one on (at least the ones most people are wearing), but it feels like it. Sometimes I have a similar experience in the bulletman suit that I feel is instructional.

Having several "fights" in the suit can be tiring to say the least, and leaves me sucking wind. The helmet was not designed for good airflow, nor does it have it...air goes in through the eye slots above or from underneath, but the mouth area is blocked so that my exhalation will blow hot air back into my face, which doesn't help with that claustrophobic feeling. When I am really tired, I feel like I can't get enough air to recover. Honestly, it feels a little suffocating and I start to feel a sense of panic well up inside me. Admittedly, when time is a factor and I have to get back out there quickly, sometimes I will lift my helmet to help recover faster. But other times I purposely force myself to suffer through it. I am not gonna lie—it is hard to fight that feeling of panic from overcoming me, but I need to. Intellectually, I know there is plenty of air. Even if all I had to inhale was my last breath I just exhaled—well, part of CPR is predicated on there still being adequate oxygen there. But there is a deeper, more primal part of me that says what I am feeling doesn't line up with what I know. A more serious example of this phenomenon is in the case of scuba divers or firefighters when something goes wrong. Their bodies will be found with their masks off or regulators spit out. At first glance, it appears



something happened to their air supply, but it is well documented that upon inspection, more often than not, their tanks had plenty of air remaining. The fact that their one lifeline, the one thing that allowed them to remain breathing, was their connection to their air tank, is a fact that even a child grasps intellectually, let alone a trained diver or firefighter. Yet they still voluntarily took off their mask when they got turned around in the smoke or the water or something else that caused them to panic.

One of my mentors, Rory Miller, might describe the phenomenon in this manner. When the stress becomes too great, the more primitive, low brain (he calls it the lizard brain) wants to take over. The lizard brain knows humans aren't supposed to live underwater, and refuses to listen to the human brain, even though the human brain has the knowledge to save both the human and the lizard. The lizard brain exists because it does help with survival in many ways. But there are a myriad of emergency, life and death situations, where the human brain's ability to think or reason will also play a huge role in survival. The trick is getting the lizard brain to trust the human brain for creative solutions.

The working theory is that this is accomplished by creating stressful, yet safe training scenarios, that allow those two brains to interact, and the lizard brain learns that occasionally the human brain knows what it is talking about. (note, there are plenty of other times when the human brain is wrong—it will overanalyze, rationalize, or ignore key factors the lizard brain understands—but that is another conversation). This rant is just about the model, and not about specifics—which ironically to this particular discussion, often includes tactical breathing.

My point is this...we should embrace opportunities for the mind to better control the body. To get mentally stronger and stay composed, even when our body is telling us to panic. Training with the mask on might suck, but it is an opportunity for us to embrace the suck and learn that we can endure more physical hardship than we thought we could. This is the way in martial arts. And who knows, forcing ourselves to train with the masks on might prove to be important to our survival, not from the pandemic, but from a self-defense or emergency situation later.

** I must confess that while it is a good joke, it probably isn't historically accurate that ninjas wore all black with masks. Given that tradition has it their craft was espionage, dressing in the garb that every 5 year old immediately identifies with a ninja didn't really allow them to blend in. There is a good chance the outfit originated in Kabuki theater as the costume associated with the villain who lurked in the shadows, had underhanded plans, etc. Perhaps ninja's did have a special nighttime operations camouflage just as soldiers today do, and maybe it looked like the outfits. But they certainly did not move around in them 24-7. I really haven't investigated the history, but also pretty sure the red accents to the ensemble were added later and the justification that it was to hide blood injuries was just made to sell more cool uniforms. I honestly don't know if Deadpool or ninjas came up with the idea first.