



GMA news Aug 20

Congrats to our newest black belts: Miss Jenna Berry and Mr. Aidan Skopecek.

UPCOMING EVENTS and CALENDAR

Aug 1 st	FAST Stress shooting 9:00-12:30
Aug 1 st	FAST Adult Basics 1:00-4:30
Aug 7 th	TKD testing 5:30 (no class)
Aug 8 th	Demo Team 9:00-10:30
Aug 12 th	Wed evening Tai Chi classes starts
Aug 22 nd	Demo Team 9:00-10:30
Aug 22 nd	Black belt prep 10:30-12:30
Aug 22 nd	Stick fighting 1:00-3:30
Aug 22 nd	Summer Attendance party 6:30-9:30 (black light, nerf wars, and other fun)
Aug 29 th	Leadership Team 9:00-10:30
Aug 29 th	Black belt prep 10:30-12:00
Sept 4 th	Kristian Woodmansee No Gi seminar 7:00-9:00 No HKD or regular BJJ classes
Sept 5 th	Kristian Woodmansee Gi seminar 10:00-12:00
Sept 5 th	Paragon Parade 6:00
Sept 7 th	No Classes. Happy Labor Day

Announcing new Wed Night Tai Chi Class.

We regularly get requests for tai chi from people who cannot make our morning classes, and we are excited to finally be able to offer an evening class on Wednesdays from 7:30-8:30. Great for balance, relaxation and overall wellness, tai chi has a variety of holistic health benefits but is still a martial art. Please help spread the word to anyone who might benefit. The class is slated to begin on Aug 12th

GMA is Once Again Hosting BJJ Seminar with Kristian Woodmansee

We are excited to once again host world class competitor and instructor, ATOS black belt and friend of our program, Kristian Woodmansee for TWO seminars on Sept 4th (no gi) and Sept 5th (gi). There will be some class adjustments to accommodate the Friday evening seminar.

Paragon Parade

At this time, Paragon is planning on doing a one day homecoming festival and has moved its parade to 6:00 pm on Sat. Presumably we can march while remaining separate/distanced within our group. This is also the day of our seminar, so we have a lot of moving parts, but will be attempting to participate at this time.

BACK TO SCHOOL LETTERS

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Please be aware.

Training Anniversaries:

We want to recognize those students who have trained for a year (or multiple years) this month:

Fisher Dunscombe (TKD 8 yrs.)	Dylan Hall (TKD 7 yrs.)	Holly Brown (5 yrs.)
Garrett Patterson (BJJ 5 yrs.)	Drew Willis (TKD 4 yrs.)	Kaiden Ceden (TKD 4 yrs.)
Mason Thrasher (TKD 4 yrs.)	Sara Giles (TKD 3 yrs.)	Wyatt Northern (LD, TKD 2 yrs.)
Daniel Hanscom (TKD 2 yrs.)	Connor Watkins (TKD 2 yrs.)	Malachi Watkins (TKD 2 yrs.)



Jared Hamilton (BJJ 2 yrs.)
Kelly Thompson (TKD 1 yr.)
Liam Perry (LD 1 yr.)
Kai Crowe (LD 1 yr.)

Suzanne Gens (Tai Chi 2 yrs.)
Silas Elmore (HKD 1 yr.)
Kadence Dunn (LD 1 yr.)

Manuel Murcia (LD 1 yr.)
Emmett Koch (HKD 1 yr.)
William Yoshida (1 yr.)

Happy B-day to these students in August

Rob Snyder	8/2	Sara Giles	8/3	Kellen Gray	8/7
Wyatt Applegate	8/7	Soliel Sparks	8/8	Nathin Plummer	8/11
Hannah Brinson	8/15	Preston Santiago	8/17	Dan Williams	8/23
Wesley Parsley	8/26	Kaiden Ceden	8/27	Jessica Bolin	8/29
Violet McCarthy	8/30				

Quotes of the Week, Character Development

To coincide with our respect for teacher's letter, we will be talking about respect and the importance of making a good first impression.

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

Aug 11th, 1946 Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming's birthday
Aug 13, 1932 (-Feb 1 2006) BJJ Pioneer Carlson Gracie's birthday
Aug 16, 1940 (-Aug 20, 2007) JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day
Aug 25, 1931 (-Jan 8 2007) HKD GM Bong Soo Han's birthday
Aug 2, 1964 Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.
Aug 1998 Tae Bo is released.

Movie premiers this month include: Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

Panning for Martial Arts Gold—Being an Online Prospector

At the beginning of the covid pandemic, as all of society was scrambling to adjust to a virtual, remote distance learning environment, I wrote about the amazing martial arts resources now at the fingertips of students, especially compared to my VHS library days. In discussing the pros and cons of remote learning, I also issued the caveat of trying to be selective of what you click to watch. As I stated then, nuggets of gold that I paid a lot of money for is now for free on YouTube, but like any other prospector, you must sift through A LOT of debris.

With the covid shutdown, everyone rushed to put additional content online to compensate for what they were normally doing in person. Top level instructors in their disciplines made sincere efforts to share knowledge beyond their normal circle to contribute to the common good in their own way. I can say I appreciated benefitting from some genuine efforts, and recommended our students follow a few that I highlighted on our own YouTube channel. But sadly, there was also a proliferation of videos of various levels of quality and motivation that made the prospecting process even harder.

First, you have to wade into a torrent of videos that are more self-promotion than instruction. Sadly, some of these people are the most prolific. Sometimes it becomes very hard even for me to determine if the person is legit or just a good marketer. Have I just not heard of them, and should have? Are they an upstart that I need to start paying attention to? Or, especially in the age of camera editing, are they just all sizzle and no steak? Like in most other areas, everyone is trying to gain a following, go viral, and become an influencer. I certainly understand it; we all strive to advance our notoriety in our professional field. Just last week I read in a martial arts trade magazine how it is better to be the best known than the best. I get that is how it works from a business strategy, but it certainly conflicts with our sense of how we should approach our training.



Sometimes the answer is a lot more obvious. During covid I saw tons of people doing amazingly mediocre martial arts. Groups I belong to for professional/business management advice--like sharing of various strategies or covid protocols-- were inundated with random videos such as three people (a teacher and two students presumably) doing a random cardio kickboxing class, a stranger hitting his BOB with nun-chucks, or someone sparring in a park with the video description being full contact sparring, and yet his sparring partner never reacted to an impact. None of it was remotely noteworthy or helpful.

While I try to post educational and motivational content, one thing you will rarely see me post is instructional/demo tutorials. Why? Because there is nothing I consider myself world class at doing. Go watch those who are. Why don't we have videos of the Kukkiwon forms to help students learn? Because there are official poomsae videos produced by the Kukkiwon already. And we go out of our way to tell students to make sure they click on those, not some random guy doing it in his garage.

I follow groups in order to stay informed of Grandmasters, world champions, industry leaders and cutting-edge training concepts. Sorry pixelphoenixgaming**, I am glad you think you have found your calling teaching, and your 12 year old did a great job not falling into the recliner while doing roundhouse kicks in your living room, but I am not following you on Instagram. Now stop posting and let the big boys talk. I mean, I get it, when I was younger I was excited to share what I knew, especially when I didn't know what I didn't yet know. But stop drowning out and burying those who have forgotten more about your art than you are proud to know.

If the true gold isn't swept away in the torrent of mediocre self-aggrandizement, you still have to sift through a bunch of unwanted deposits. I follow one TKD group to catch gems (am I mixing metaphors now?) from key members and grandmasters. Sadly, more often than not, other people are posting some other, tangentially related things. My biggest pet peeve is just how much isn't even TKD—it is martial arts—but the mechanics and techniques are not even TKD based. If I wanted to watch Kungfu I would pick a Kungfu page to follow! It is like people playing videogames being on my sports channel (oh wait, that is happening too).

And then you have to be careful of fool's gold. I am not talking about the obviously foolish part—the hilariously bad videos that are laughed at among martial artists and non-practitioners alike. While they certainly don't help our professional reputation, they are entertainment and not instructional (at least in the sense we are talking about.) But there are other types of misleading videos out there. Highly choreographed and sensational videos capture the imagination of less discerning eyes, and when they are shared, they can dangerously lead other naïve beginners astray. Just this morning on one of the TKD groups I follow, I saw a video from another country showing “the best self-defense techniques for the street.” I would strongly disagree with their choice of technique....mainly because it only works against a very poor version of the hold, and more importantly, only a moron would actually use that attack....this guy must live on a very peculiar street. So basically, I would take issue with every keyword in the YouTube link description. But others might not. Sometimes we can professionally disagree based on preference...that there is no wrong answer. This is not one of those times. And per my trigger above, none of it was related to TKD techniques. The next video in the queue was an older gentleman showing a reverse kick (back side kick, back turning kick, whatever) counter against a moving punch....the attacker moved at half speed, was a good two feet away at the extension of the punch, and the guy demonstrating was still questionably late in delivery and had poor balance recovering. I wanted to scream at my phone, try that with me! Much of my contention again goes back to the previous discussion of the messenger and not the technique. But the technique would have to be seriously pressure tested by someone a lot more skilled to be considered valid TO THAT PERSON.

If you are willing to take the time to sift through all the worthless stuff, and if you have a keen eye for what true gold looks like, there are still plenty of nuggets of wisdom out there: invaluable historical footage, true masters and sound scholars who share techniques, philosophy, and insight. As with real prospecting, there is an element of luck in picking the right spot to look. But here again, a trained eye has a better idea of which sites to scout. Prospecting can be risky and tedious, but it does have its rewards...I hope you hit the mother lode.

**That wasn't really his Instagram (though it was close). That is my son Donovan's gaming handle. He is a better follow.