



# ***Sept 20 NEWS***

## **Upcoming events:**

**\*\*\*\* No, We do NOT have class on Labor Day \*\*\*\***

Sept 4 <sup>th</sup>	Kristian Woodmansee No Gi seminar 7:00-9:00	No HKD or regular BJJ classes
Sept 5 <sup>th</sup>	Kristian Woodmansee Gi seminar 10:00-12:00	
Sept 5 <sup>th</sup>	Paragon Parade 6:00	
Sept 5 <sup>th</sup>	Mulan movie gathering 7:30	
Sept 7 <sup>th</sup>	No Classes. Happy Labor Day	
Sept 12 <sup>th</sup>	BJJ open mat 9:30-11:00	
Sept 12 <sup>th</sup>	Catch up camp 12:00-2:30	
Sept 18 <sup>th</sup>	TKD testing 5:30	
Sept 19 <sup>th</sup>	LD testing (Beg/inter 9:00-10:30, adv. 10:30-12:00)	
Sept 26 <sup>th</sup>	Demo Team 9:00-10:30	
Sept 26 <sup>th</sup>	BB prep 10:30-12:00	
Sept 26 <sup>th</sup>	Stick fighting 1:00-3:30	
Oct 10 <sup>th</sup>	Kids FAST 9:00-10:30	
Oct 10 <sup>th</sup>	Tweener FAST 1:00-4:30	

## ***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 4<sup>th</sup> (no gi) and Sept 5<sup>th</sup> (gi). There will be some class adjustments to accommodate the Friday evening seminar.

## **Paragon Parade**

We appreciate everyone's support by marching in the Paragon Homecoming Parade on Labor Day weekend. We trust that we can do so while remaining socially distant from other groups. Meet at Paragon elementary at 5:30, parade starts at 6:00, and we should be finished approx. 6:30-6:45. Students need to be picked up back at the elementary. Attire for the parade is dobok pants, belt, and a GMA T-shirt.

## **Mulan movie night:**

Come back after the parade to join us for the new Mulan movie...being released online. We will set up a projector and screen and break out the popcorn machine here. There will be a maximum number of 50 people allowed in the building, masks are required, and we will do our best to stay separated by family. If there is demand, we will open a second showing later in the evening at 9:30. Sign up at the front desk. Those who prepaid for tickets to see it in the theater can get their refund at the front desk.

## **Catch up camp**

Each fall we offer those who missed a lot of class over the summer, or simply those who need a little help or want to get a head start on their next rank, a catch-up camp. We focus solely on rank requirements and keep it cheap so everyone can get some extra practice; Sept 12<sup>th</sup> from 12:00-2:30. Please register in advance so we can make sure to have adequate staffing.

## **GMA Wishes a Happy Birthday to:**

Kylie Yoshida	9/1	Luke Wilson	9/2	David Whittaker	9/5
Launa Perryman	9/8	Clay Thacker	9/8	Drew Willis	9/9
Sara Moore	9/13	Ethan Dickerson	9/14	Kai Crowe	9/14



Caden Howe	9/21	Wyatt Northern	9/23	Malachi Watkins	9/24
Gabe Wilson	9/26	Ashton Allen	9/27	Mason Wendling	9/28
Donovan Sieg	9/30	Gwen Stromberger	9/30		

## Keep us updated of covid news

We have had several students to have taken a week off training as a precaution if they aren't feeling well, and we appreciate their caution. Please keep us informed of any positive covid tests or relevant news so that we can adjust accordingly by cancelling certain classes, etc.

## Training Anniversaries — Special congrats for everyone who is celebrating a year or multiple years of training.

Rob Snyder (TKD, HKD 15 yrs.)	Cathy Petraits (HKD 6 yrs.)	Samantha Cushing (TKD 4 yrs.)
Ethan Dickerson (TKD 4 yrs.)	Hannah Brinson (TKD 3 yrs.)	Gibson Miller (LD, TKD 2 yrs.)
Linda Henselmeier (Tai Chi 2 yrs.)	Maya Mras (TKD 2 yrs.)	Caleigh Allender (TKD 1 yr.)
Kellan Gray (LD 1 yr.)	Kamauhl Ali (TKD 1 yr.)	Bryan Bolin (BJJ 1 yr.)
Patrick Hersman (BJJ 1 yr.)		

## Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938	Fumio Demura —Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained
Sept 14 1961	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 <sup>th</sup> 1966, Sept 1 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 <sup>th</sup> 1988	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---	The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)

## Dressing the Part in Martial Arts

Our Aug mat chats revolved around the importance of making a good impression at the start of the new school year. We discuss that one way in which we do that is by the manner in which we dress. Some people's kneejerk reaction is to cry foul, that it is being judgmental or snobbish. This doesn't mean you need designer clothes or to "put on airs," but if you don't think that your appearance matters, then why does Hollywood and Broadway spend millions on costuming? The entertainment industry has figured out that the look and style of clothing help define the character and tell part of the story. The question is... what story are you choosing to present about yourself?

I realize life is hectic and somedays it is a struggle just to get here, but when a student comes into class with a wrinkled and/or stained uniform, a t-shirt hanging out the bottom, and a belt tied haphazardly, it hardly says they are ready for class. If you can't pay attention to how you got ready for class, I doubt very much you are going to pay great attention



in class. If you can't take pride in the uniform or your belt, I doubt you will take pride in your performance or ownership in that rank. Again, you can say I am being harsh or judgmental, and we have all had a bad day where we forget our belt or something, but generally speaking, if you are willing to invest more detail in preparing for class, I am willing to bet you are going to be more invested in the training during class.

Admittedly, we have various attires for various circumstances...our camp or parade attire is more casual than our regular class, but we expect an even crisper look for more formal events like testing. There are practical considerations—we don't want to spill lunch on our doboks during camp, or clean gis in BJJ are a health matter that goes beyond courtesy. But at the same time one should be able to recognize the differences in importance. I realize the general trend in society is to make things more casual. Church and businesses have dressed down to be more accepting and not as intimidating, but the fact remains that different social situations require different dress codes. If you can't tell the difference between what you wear to a cookout and a funeral, it either says you don't care or you are a special kind of socially inept. It shouldn't be a surprise then, when an activity that reinforces formality and etiquette throughout practice, expects the same in its dress code and doesn't look kindly on those who don't get it. It begs the question what else are they not going to get—something important in terms of safety?

While the uniform may sometimes vary, what we wear along with it in terms of accessories is standard...and that is nothing. Most people think the ban on jewelry is about safety (and perhaps it matters a little), but really it is more about etiquette. The whole point of a uniform is for everyone to look...well...uniform. Everyone dresses the same, the only difference is the color of belt that is around your waist. And that (in theory) is based on merit—how hard you have worked, what you know, and have accomplished on the mats. Your status or job title doesn't matter. Your popularity or who you are related to doesn't matter. On the mats should be about as fair as it can get. When I was about 16, I had to cover for my instructor, as I was the highest rank able to be there. I barked orders at professionals and police officers. Now, you better believe that if on the way home I had been pulled over, there would have been a definite role reversal, but in the dochang I had earned the higher status. It is a very Confucian concept/tradition.

When we allow accessories like jewelry (not practical things like headbands) to accompany our uniform, we are allowing those reminders of status from the outside world, the ones that should have no relevance or place in our special environment, to creep back in. Presumably, the offender doesn't mean anything by it, but a more hostile, defensive view is that they are subtly trying to usurp influence they have not earned. More often, violations of the code are not malicious or even subconscious maneuverings, but simply a lack of attentiveness. Which goes back to my previous point.

On a related note and soapbox, with the commercialization of the martial arts, many schools have adopted a multitude of uniforms to distinguish students. Black belt club, masters club (no, we don't have one of those), leadership team, etc., all have special uniforms. Wanna wear that spiffy blue uniform? Well you gotta upgrade to XX to wear that, and of course, you then still have to buy that new uniform when you do. Perhaps some of that is based on merit, so it is only a little different than a belt, although sometimes I wonder how the differences work—just who has more status, a lower rank with the cooler uniform or a higher rank? But how much of it is simply a matter of who can afford the higher upgrade in tuition? Call me old fashioned, but I see it as a slippery slope.

Dressing the part in the martial arts makes several important statements about your sincerity and attitude. Interestingly, the same argument has been made in the military—the reason shining your shoes is so important. Although, I recently read a study disproving that. It found that the most effective soldiers on the battlefield were among the worst offenders when it came to uniform and bunk regulations. The study surmised that the baddest of dudes were there to kick butt and didn't care about such trivialities. And that may very well be the case on the battlefield, but what about in other areas of life?

I can attest that the manner in which you dress most certainly tells a story and matters in everyday life. Frequently I am asked to be a reference for a young man or woman, often a black belt, who is trying to get an entry level, part time job somewhere. When I ask how the interview went, I am frequently told they knew they had the job the minute they showed up. How? Because they were the only one who dressed in business casual for the interview.

Dressing the part shows your sincerity in martial arts, and like in many areas, we take what we learn on the mats into the world. Just another way we tell the story of the benefits of martial arts, without evening using words.