



# DECEMBER 20 GMA NEWSLETTER

## Upcoming events:

Dec 5 <sup>th</sup>	Leadership team and shopping outing 9:00-12:00
Dec 10-11	Kristian Woodmansee here for Logic affiliation
Dec 12 <sup>th</sup>	TKD black belt ceremony 9:00 am
Dec 12 <sup>th</sup>	Kristain Woodmansee seminar in Indy 11:00 am
Dec 16 <sup>th</sup>	Awards Banquet zoom version. 8:30 pm
Dec 18 <sup>th</sup>	TKD testing 5:30
Dec 19 <sup>th</sup>	Demo Team 9:00-10:30
Dec 19 <sup>th</sup>	TKD BB stripe retesting 10:30-12:00
Dec 19 <sup>th</sup>	TKD BB Prep 1:00-3:00
Dec 24-25 <sup>th</sup>	No class, Merry Christmas. Classes resume Dec 28 <sup>th</sup>
Dec 28 <sup>th</sup>	Tai chi curriculum camp 9:00-3:00
Dec 29-30	Movie/stunt camp 9:00-3:30
Dec 30 <sup>th</sup>	World champ and ATOS BB Nikki Sullivan BJJ seminar 6:30-8:30
Dec 31 <sup>st</sup> /Jan 1 <sup>st</sup>	NO class. Happy New Year. Classes resume Jan 2nd
Jan 2 <sup>nd</sup>	Weapons camp w Dr. Winkle 9:00-3:00
Jan 9 <sup>th</sup>	Catch up camp 9:00-11:30
Jan 9 <sup>th</sup>	Spar Wars Kendo/Saber night 5:00-9:00 pm

\*\*\* See other adjustments below!

***Congratulations to our newest black belts: Nathin Plummer, Wesley Parsley, and Drew Willis  
Congrats to our newest Lil Dragon Graduates, Kadence Dunn and Shivam Patel***

## And the NOMINEES are:

This year we are announcing those students who are nominated for our yearly awards:

**Student of the year:** *Malachi Watkins, Preston Santiago, Maya Mras, Rebecca Watkins, Nathin Plummer*

**Black Belt of the year:** *Holly Brown, Jack Higgins, Jenna Berry, Kylie Yoshida*

**Most Improved Student:** *Eli Johnson (BJJ), Sara Moore (TCC), Annika Gray (TKD), Alysha Patel (TKD), Kellen Gray (Dragons), Maura Watkins (TKD)*

**Competitor of the year (TKD):** *Jenna Berry, Hope Gunn, and Cathy Petraits*

**Competitor of the year (BJJ):** *Launa Perryman, Brandon Cox, Patrick Hersman*

## Xmas Party, Dance and Awards Banquet (sort of)

Obviously with covid we cannot host what is normally the largest event of the year for us. There will be a night of class dedicated to fun and games in their regularly scheduled classes. We will still recognize the hard work of many of our students with an awards night by zoom. Those who are nominated are encouraged to be in the building to be recognized in person but can also be highlighted in the zoom meeting. We enjoy honoring them in front of the whole school, and hope many of you will log on to do the same this year. The awards meeting will be Wed, Dec 16<sup>th</sup> at 8:30 pm.

## Winter Camps set

As always, we will be using the winter break in the school calendar to offer some unique camps during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to learn something special. Don't forget you can also make it a X-mas present. Camp price includes lunch. Sign up at the front desk.



**Nikki Sullivan BJJ No-gi seminar.** World class competitor, instructor, and ATOS HQ Black belt with Indiana roots will return to our mats for a No-gi seminar. **Dec 30<sup>th</sup> 6:30-8:30**

**Tai Chi Curriculum Review Camp:** **Dec 28<sup>th</sup> 9:00-3:00.** We will be do a review/refresh as much of the tai chi curriculum as possible. It is not an attempt to teach everything, just to take an inventory and remind everyone of lots of things we haven't had a chance to do in a long time.

**Movie/Stage combat camp Dec 29-30th.** Things that look good on the big screen aren't always what they appear. Come see how they do the stunts without getting the stars hurt. Mr. Yoshida, who has worked on martial arts films and done fight choreography, will show some secrets. Participants will make their own movie fight scene as part of a larger movie. We will view the finished product in the spring, *but we will not be having the same red-carpet event we have hosted in the past.* Great for anybody in demo or anyone with interest in movies/theater, etc. However, as before, spaces are limited. Only a few can become action stars in the latest Yoshitech production!

**Winter Weapons camp: Dr. Winkle will be returning.** This year we have a special treat for weapons camp, as one of Mr. Sieg's primary instructors in the Filipino arts, Dr. Jason Winkle will be returning to teach the weapons camp. We couldn't decide which weapon to cover, so we are doing TWO: **Sarong and Kerambit.** Weapons camp will be Jan 2nd from 9:00-3:00

**Spar Wars Kendo/Saber Night** We will also be having a SPAR WARS/ parents night out on Sat, Jan 9th from 5:00-9:00. Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which you can film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of signups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp with the light saber will obviously get a huge discount.

**Catch up camp Jan 9th.** Fallen behind or gotten a little rusty on account of the holidays? Or maybe you just want some extra practice? It is a busy time and people get out of the routine. Here is your chance to get the new year started right with extra help focused on testing requirements. We keep it cheap to give everyone a chance to get extra work in.

### **Please Plan ahead for Xmas Items**

If you have any last-minute Christmas shopping to do (don't we all) or need that stocking stuffer or whatever, just a reminder to please plan. Many of our suppliers go out of stock of seasonal items and we want to make sure we minimize the delays in getting any special orders to you! *The last day to order Xmas items to ensure shipping (assuming availability) is Dec. 12<sup>th</sup>.* Keep in mind, some things are already back ordered past the holidays.

### **Give another person the chance to “be more” this Christmas**

Don't forget that you can get a gift certificate for a uniform and month of classes –100.00 value, for only a 25.00 cost to you (BJJ uniforms more). If you know anyone who has ever “thought about” doing martial arts, or if there is someone you know who “this would be good for”, this is your chance to get them off the fence and really reaping the benefits of training.

### **Kristian Woodmansee returns this month**

We will officially become an affiliate of Logic BJJ under Kristian Woodmansee this month, and Kristian is returning for promotions and the transition. We are excited to have this world class competitor and instructor back with us again this month, and while he has been a mentor to us for a while now, we are honored to be an affiliate. See schedule notes above for details.

### **Training Anniversaries**

Kylie Yoshida (TKD 12 yrs. BJJ 4 yrs.)



**Quotes of the Week:** This month, with goal setting around the corner in Jan, we will be talking about the differences between the habits and behaviors of successful people and unsuccessful people.

**GMA Wishes a Happy Birthday to:**

Rebecca Watkins	12/02	Austin Brummett	12/03	Maura Watkins	12/05
Richie Long	12/07	Joseph Runnebohm	12/07	Kyler Chylaszek	12/12
Miles Cornelius	12/13	Lydia McCarthy	12/13	Annika Gray	12/17
Jocce Grounds	12/18	Mikayla Prater	12/21	Levi Elmore	12/21
Samson Kirk	12/21	Kevin Goins	12/23	Mrs. Yoshida	12/26
Mason Chirpas	12/30				

**Class Cancellations for Holidays, class adjustments, and general policies**

- BJJ and BBC SWITCH! To accommodate Kristian Woodmansee returning, we will be switching our Tues/Thurs schedule for Dec 8<sup>th</sup> and 10<sup>th</sup>. TKD BBC will meet on Tues the 8<sup>th</sup>. BJJ will meet on Thurs of that week. Class times will not change, just days.
- Nikki Sullivan seminar and other camp adjustments: BJJ will not have regular class on Dec 30<sup>th</sup> but will have an awesome seminar, so we hope to have both kids and adult classes here during that time. Advanced lil dragon, TKD, and Tai chi are cancelled that night. No afternoon Hapkido class on the 28<sup>th</sup> on account of camp
- Holiday class cancellations and adjustments: No class on Dec 24<sup>th</sup>, Dec 25<sup>th</sup> on account of Christmas. Classes will resume Dec 28<sup>th</sup>. Afternoon HKD and BJJ scheduled for Jan 1<sup>st</sup> will be on Thurs Dec 31<sup>st</sup>. Friday lil dragons' class, since you are missing two on account of the holidays, are encouraged to come Mondays on the 28<sup>th</sup> and Jan 4<sup>th</sup> at 6:00 pm during adv dragons time—we will accommodate both classes then. No evening classes Dec 31-Jan 1<sup>st</sup> on account of New Year. Classes resume on Jan 2<sup>nd</sup> with camp

Also, a reminder of our general policy regarding bad weather. We *try* to follow the lead of local schools—if they cancel school that day, cancel evening events or let out early, so do we. If on morning delay, we will meet as normal (tai chi in the morning will follow the 2 hr delay). This applies to universal problems such as snow and ice, not things like flooding or other issues that may be more regionalized. The only exception to this may occur when the school cancels in advance of a huge storm and the forecast is *clearly* incorrect, or when crews have all day to work on the roads. When in doubt, simply call, check the website and facebook/twitter, check your email for announcements, listen to WCBK, etc.

**Tournament results**

Congrats to our latest round of competitors at the Gapping Industries BJJ tournament. We finished with a winning record in gi and won 80% of our no gi matches (this doesn't even count wins by forfeit). We finished on the podium on every division we entered except one (and he was robbed of the chance on account of a forfeit). Launa Perryman placed 3<sup>rd</sup> in gi and 3<sup>rd</sup> in no gi. Brandon Cox took gold in no gi and 3<sup>rd</sup> in gi. Patrick Hersman took gold in no gi.

**Looking Forward to a Vaccine (Not the COVID One)**

Much of the news and conversation today is centered around a much-anticipated vaccine for covid. I too, look forward to a much-needed inoculation, one that will benefit especially vulnerable populations. One that will be prevent tragedy and life altering circumstances. Sadly, I am less optimistic of an impending widespread roll out.

A while back there was a Canadian study that offered a treatment plan with earth shattering implications---it found that women who took a self-defense course were more likely to be able to protect themselves. I hope you can envision my shocked face, but apparently that is news to some. The bigger, harder to believe issue is that study was vilified by some, especially those who have a stake in bystander intervention and other programs competing against self-defense courses. It was accused of victim blaming. One of the other arguments against adopting the recommendation of the study was that it doesn't help on a societal level. In other words, it doesn't necessarily stop a rapist from raping; it only changes the victim.



It is great for the person who took the class but doesn't help the person who hasn't. To some extent this is true, and in my classes I find it worth noting that assault avoidance and prevention are often not the same thing.

Obviously, in no way do I think that the thousands of students who have taken my self-defense classes were misguided or mistaken. One of the best rebuttals against the anti-self-defense crowd uses a vaccine analogy to put the prevention/avoidance argument in perspective. What if the same rationale was used for vaccines? I am not going to get that polio vaccine because that won't prevent some poor kid in Africa from getting the disease! That rationale seems ludicrous, and so does ignoring the benefits of self-defense training for the individual. All we can do is inoculate ourselves, our loved ones, and as many people as we can. And then maybe down the road we can talk about eradicating the disease.

Though not personally involved, the 500 Rising movement is another example that is attempting to work towards eradication. Their goal is to train 500 women to not only be able to protect themselves, but to become instructors who can then go to their communities and train and empower even more. The ultimate goal is to basically reach something akin to herd immunity. To inoculate enough people that bad guys can no longer find an easy target. To make it so they cannot assume their victim isn't formidable. To make the risk of their predatory behavior much higher. That is a step towards prevention.

In our FAST defense classes, we talk about stress inoculation. What is an inoculation? A little dose of a weakened strain or substitute, that ultimately makes us more immune to the more virulent version if we are exposed to it later. And yes, sometimes there are negative side effects to the vaccine, but as typically the case, it is a far cry from suffering from the real thing. It is my belief that everyone needs a little bit of self-defense exposure to make us better prepared against the plague of violence and assault in society.

Regrettably, we are not at a point in today's society that we can focus exclusively on prevention instead of avoidance. The frustrating part is we have a vaccine already developed. I just wish more people would get inoculated and reduce their chances of becoming afflicted.