



Gentry News Jan 2021

****2021—Year of the OX****

And the winners are.... congrats to our award recipients!

We want to once again thank everyone for a great time at the annual Christmas party and awards banquet. This year we recognized the following students with our **annual awards**:

Most Improved Student—Alysha Patel

Competitor of the Year (TKD)—Hope Gunn and Jenna Berry

Competitor of the Year (BJJ)—Brandon Cox and Patrick Hersman

Black belt of the Year—Jack Higgins

Student of the Year—Nathin Plummer

Congrats to BJJ and Black belt promotions

Congrats to our newest black belt, Sara Giles. Also, congrats to our newest blue belts in BJJ: Gabe Wilson, Jared Hamilton, and Launa Perryman

Upcoming events:

Jan 2 nd	Weapons camp with Dr. Winkle 9:00-3:00
Jan 9 th	Catch up camp 9:00-11:30
Jan 9 th	Spar Wars Parents Night Out 5:00-9:00
Jan 16 th	Demo Team 9:00-10:30
Jan 16 th	BB prep 10:30-12:00
Jan 16 th	BB stripe make up testing 12:00
Jan 23 rd	Lil Dragon testing beg: 9:00-10:30/int adv 10:30-12:00
Jan 23 rd	Proposed Movie camp reshoot (weather permitting) 12:30 till?
Jan 30 th	Demo Team 9:00-10:30
Jan 30 th	Leadership team 10:30-12:00
Jan 30 th	Black belt prep 1:00-2:30
Feb 5 th	TKD testing 5:30
Feb 16 th	Demo Performance, MHS halftime (demo meet here at 5:00, performance approximately at 8:00)

Catch up Camp

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our TKD catch up camp. All rank material will be covered in this 2.5-hour intensive which also counts for 3 classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

GMA Wishes a Happy Birthday to:

Alysha Patel	1/1	Laila Sims	1/06	Suzanne Gens	1/12
Marshall Feaster	1/12	Elizabeth Gray	1/17	Shivam Patel	1/27
Theo Higgins	1/27				

Training Anniversaries

Ryan Spires (TKD 11 yrs.)	Haley Adams (TKD 3 yrs.)	Rebecca Watkins (TKD 2 yrs.)
Maura Watkins (TKD 2 yrs.)	Miles Cornelius (LD 2 yrs.)	Brandon Cox (BJJ 1 yr.)
Eric Hanscom (HKD 1 yr.)	Isaiah Hanscom (LD 1 yr.)	Caden Howe (LD 1 yr.)

Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.



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

Jan 7th, 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member

Jan 17th, 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian

Jan 17th, 1970—Chuck Norris’s last fight before retiring.



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2020 Year in Review—The Perfect Year for Martial Artists to Thrive

I realize the jokes and references about this year abound, and most people do not want to reflect on the past year anymore than absolutely necessary, but at the same time, it actually provided many opportunities to apply our martial arts lessons. Now, I am not talking about fighting our way out of a riot or fending off murder hornets. The mottoes we throw out about eating bitter or embracing the suck may accurately apply but are still just superficial phrases. We routinely mention that we want our students to take what we learn on the mats and apply it into the world beyond. This year was a perfect opportunity for our students to demonstrate patience, discipline, perseverance, flexibility or adaptability on a grander scale. Furthermore, it was a good year for us to model those things as well.

Many people certainly gave lip service to having a survival mindset in 2020, and that is part of it. In no way do I want to discount the personal and economic hardship that COVID has caused this year, but there are others who have been using the unique challenges as a crutch to underperform. I can say that some of my college students adapted quite well to the “new normal” while others failed to adjust. They quite unnecessarily let circumstances adversely affect their performance, while other students showed much more resiliency in this regard. This spring I taught self-defense classes in which we were not allowed to touch one another. This was a new challenge to say the least. But honestly, it was one of my best semesters of teaching. It forced me to re-evaluate and be creative in how I explained things and how we practiced. The students were engaged and responded. By the end, they were looking pretty good...not just for the circumstances.... but overall. I explained to them the same sentiments as we have been discussing—that the whole semester had been an exercise in martial arts/self-defense. No excuses, no pity parties, just adapt and overcome.

So a survival mindset is important in a lot of areas, but we also noted earlier this year, it is dangerous to settle for just surviving. That is what some people did, hunker down and just hope to get by. I have referenced a samurai proverb that essentially says act like a weed and grow wherever you fall. To not just merely survive but to find a way to thrive. Admittedly, that might have to come in a different form than originally planned. For example, two of my yearly goals is to train 100 hours as a student and to read 12 nonfiction books. With so many of my regular learning events cancelled because of covid—I only got to 70 hrs. But I had extra downtime at home, and I doubled by reading quota to 25 books as well as about another 50-60 hours of DVD instructionals. As many of you recall, we had to go to virtual classes for a while during the shutdown. Many of the previous year’s training seminars were providential in providing excellent solo training regimens for our students this year during the shutdown.... but it still forced us to do additional research and up our game. Some of those efforts will continue to pay dividends for a long time to come regardless of our class format.

There are many people who are simply in a holding pattern, waiting for things to go back to normal. They are treading water, waiting for the vaccine or some other source of hope before they decide to start moving forward. I am sure there will be setbacks, delays, or other unforeseen problems that means life won’t get back to normal as soon as one would like. Be prepared to grow anyway. Those who are treading water are going to be left in the dust by those who persevere and find a way to grow in one way or another. We still have students getting their black belts. We have students who are staying sharp, looking forward to the day when we have tournaments again. Per usual, all of our students will be setting goals for the new year.

It never really occurred to us to “press pause” this past year as so many people did. We simply had to ask, “what do we have to do to keep moving forward safely?” We hope that our students similarly separated themselves by finding ways to thrive in the face of adversity. As martial arts author Ellis Amdur phrased it, “Aikido, or any martial arts, is not lived in the dojo, it is lived in the world.” 2020 was a bit of a test, but one martial artist should be prepared to pass with flying colors as they take what they learned on the mats into the world.