



GMA NEWS July 21

Congrats to our Newest Lil Dragon graduates: Caden Howe and Adrian Britt

Upcoming events/Class adjustments

July 6-7th	Hapkido day camp 9:00-3:30
July 9 th	TKD testing
July 12-16	TKD camp 9:00-3:30
July 17 th	Demo team 9:00-10:30
July 17 th	BB prep 10:30-12:30
July 17 th	Stick fighting 1:00-3:30
July 22-23	BJJ Camp 9:00-3:30
July 24 th	Lil dragon testing (beginning 9:00-10:30, int/adv 10:30-12)
July 24 th	FAST KIDS and ADULT Basics in Columbus IN
July 25 th	FAST ADULT 1:00-4:30
Aug 21 st	TKD tournament—Danville.
Aug 19-21 st	Kristian Woodmansee returns and seminar.

Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for signups at the end of the month.

GMA Wishes a Happy Birthday to:

Brian Houchin	7/2	Mr. David Yoshida	7/8	Gavin Folck	7/8
Michelle Weaver	7/9	Andy Farmer	7/20	Brianna Crowe	7/22
Mr. Mike Dodge	7/24	Caleigh Allender	7/30		

Training Anniversaries

Congrats to those who are celebrating a year, or multiple years, of training. We appreciate their hard work, dedication, and friendship.

Richie Long (TKD 16 yrs.)	Nate Wilson (BJJ 8 yrs.)	Kyler Chylaszek (BJJ 8 yrs.)
Launa Perryman (TKD 6 yrs.)	Phil Salamander (TCC 6 yrs.)	Andrew Skopecek (TKD 5 yrs.)
Wesley Parsley (TKD 5 yrs.)	Elijah Johnson (BJJ 1 yr.)	Justin Brown (BJJ 1 yr.)
Steve Darling (TKD 1 yr.)	Ryan McKee (BJJ 1 yr.)	Charles Branaman (TCC 1 yr.)

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

July 1935. Mikonosuke Kawaishi introduced the concept of various colored belts to his judo school in France.

Subsequently adopted by all martial arts around the world.

July 20 1973 Bruce Lee's death

July 21 1899(-Oct 27 1986) Birthday of arguably the founder of Hapkido, Yong Sul Choi

July 24 1936 Birthday of Dan Inosanto (kali, jkd)

July 27 1923 (-April 25 1994) Birthday of Karate legend, founder of Kyokushinkai karate, May Oyama (Korean)

Quotes of the Week

As the year is halfway over, it is time to assess our yearly goals and talk about sacrificing to "win".



Training Martial Arts Gentry Style

During my recent vacation I packed my BJJ gi in hopes of taking class at Black Hills BJJ in South Dakota. I had met Jeremy a couple of times when he traveled to GMA for Andre Galvao seminars, and I wanted to return the favor and see what he has building out there, which looks great on social media. Some people would think I am a little crazy. It is vacation after all. But that is what I love to do, and it was a great opportunity.

I didn't make it. Weather changed our schedule. It would have been a stressor and inconvenience for the rest of the family. I still could have found a way to make it, but I didn't. Why? Because it was vacation after all. And I had other, possibly once in a lifetime experiences to have.

Some people think I am obsessed, but I am not THAT obsessed. Nor do I advocate that you are either. That is not the Gentry way. There are a few instances recently where I must inform people of the fact that Gentry Martial Arts is not named after someone's surname. * It is named after an ideal that loses something in translation, but an ideal that should have notions of the warrior-scholar, a pillar of society, a virtuous man with a well-rounded education and experience. That is a lot of imagery, but none of it includes the martial arts hermit.

Most of us have jobs, families, and other social networks that also require attention and effort. The model of being Gentry requires us to also commit to those responsibilities and have a somewhat well-rounded life.

Contrast that with a recent feature of one of the top BJJ teams that is actually in the Midwest. A group of guys who work odd jobs to exist and pay for travel to tournaments, etc. There is a clip of them going to a discount store and being excited to find expired Muscle Milk that they could get on the cheap. ** Our friend and world champion Josh Hinger was once interviewed and said many people could become a world champion; you just have to not be afraid of being homeless. I also once heard a story about a gentleman in Chen village (the supposed birthplace of Tai Chi) who abandoned the construction of his house because it was distracting him too much from his tai chi practice.

My wife was understanding when I changed career tracks from med school to teaching martial arts. I can assure you that my EP dropped a lot; however, I had a plan so that I wasn't going to starve. I am not so sure she would have been so supportive if the career plan included living out of our car.

Don't get me wrong, I am not judging those who take that dedicated of a path. I am glad they exist. They take the arts to levels that are amazing, and in some ways we all benefit. If one of our students wanted to choose that lifestyle, I would wholeheartedly support them. But that is not the Gentry way.

Even within GMA, our programming is structured to explore the full offerings and broad spectrum of martial arts benefits and experiences more entirely, to make well rounded martial artists and more well-rounded human beings. It is not focused on the extraordinary life event of becoming a world champion. It is focused on life change and skills that will make your everyday life events more extraordinary.

Let's be clear though, this in no uncertain terms gives our students the excuse to only show up once a month to classes. While we don't want you *neglecting* those other areas, don't use them as a crutch either. Even after those other obligations (work, school, family) are met, there is usually plenty of time to get to class, it is just a matter of time management and priorities. You will likely find we won't sympathize with your justifications. I just recently had a conversation with a kid who didn't know how he was going to do BJJ when he left for college.

"I am pretty sure they have BJJ in North Carolina."

"Yeah, but there is the whole school thing too."

Never mind that a large part of my career has been teaching martial arts to people while they are in college, or some of my most important years in training were while I was in college, or that many of the pillars of GMA through the years have been students who trained with me while in college (like Mr. Yoshida and Mr. Snyder). Or here is another one of my favorite excuses for quitting: between work and the kids being in school we just can't fit it into our schedules. Because apparently none of our other parents work and their children don't go to school.



We expect commitment and purpose. We expect a striving for excellence. We expect discipline to sacrifice in the short term for the greater good, like adults (or kids who are learning be functioning adults) are supposed to be able to do. That is being Gentry. We don't require selling your worldly goods to finance your world title. But at the same time, we ain't gonna judge. And we are around people who made that level of sacrifice quite frequently, and when we are, we hope to represent ourselves well.

At the end of the day, martial arts can most certainly enrich our lives, but need not consume them. Yes, it means you might have to sacrifice a few nights out or nights in, but it doesn't mean you have to move into a monastery. To impact the world in true Gentry style, that requires we remain engaged in it. But at the same time, a bunch of sporadic yellow belts probably aren't going to be the ones to model the impact we hope to have.

*This includes new students and a salesman who thought I should go with him because we shared the same last name. It also includes the situation where one of our other instructors helped with a defensive tactics class and was then presumed to be Mr. Gentry. So, the false identity is spreading even.

** While it illustrates their state of existence, in full disclosure, I would have also snagged that muscle milk.

*** I did listen to 2 hours of martial arts interviews/podcasts and started a book that will likely become a textbook for my self-defense classes, so I wasn't a total slouch.