



Sept 21 NEWS

Congrats to our newest BJJ blue belt: Nate Wilson

Upcoming events: **** No, We do NOT have class on Labor Day ****

Sept 5 th	Paragon Parade 6:00 (arrive 5:30)
Sept 6 th	No Classes. Happy Labor Day
Sept 9 th	Guest instructor Master Kelly in BBC, starts at 7:30
Sept 11 th	CPR/SFA certification 8:30-12:30
Sept 11 th	Demo Team 1:00-2:30
Sept 11 th	BB Prep 2:30-3:30
Sept 12 th	Sparring clinic with Master Kelly 1:00-3:00
Sept 24 th	TKD testing 5:30
Sept 25 th	Leadership team 9:00-10:00
Sept 25 th	Demo Team 10:00-12:00
Sept 25 th	BB prep 1:00-3:00 ish
Oct 2 nd	Demo Team 9:00-10:30
Oct 7-10 th	Fall foliage (demo and parade)
Oct 12 th	Rory Miller and Randy King (no classes) 6:00-9:00

Special Seminars:

TKD Sparring Clinic Friend of the school Master Robert Kelly of Total TKD and his athletes have been killing in it competition. I have asked him to come assess our own students and give a fresh perspective. He will be leading BBC on Sept the 9th. Then he will come back and run a sparring clinic on Sunday, Sept 12th open to EVERYONE based on his observations. This cost of Sunday is only 10.00!

Rory Miller and Randy King. Rory Miller is possibly the most cited author by violence professionals—from cops to self-defense instructors—and has greatly influenced our programming. Randy King is a well-known self-defense instructor. They are touring the country and GMA is a stop on the tour! This is a rare opportunity to learn from elite professionals in the field. No classes that evening.

CPR/SFA training. It is time for our staff to renew our CPR and first aid training. As always, anybody else is welcome to join us. You must pre-register so we can work with the instructor. Cost is 75.00.

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.

T SHIRTS FOR FALL FOLIAGE

Additionally, as usual we will be wearing our Hero in Training T Shirts for the fall foliage parade. We will order some extra, but we really would appreciate if the majority would pre-order to make sure we have the right number/sizes. Please order by Sept 15th in order to guarantee we have one for you.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9/1	Lee Bailey	9/1	David Whittaker	9/5
Launa Perryman	9/8	Clay Thacker	9/8	John Prince	9/9
Danton Wendling	9/11	Sara Moore	9/13	Aubrey Britt	9/13
Ethan Dickerson	9/14	Kai Crowe	9/14	Van Kaufman	9/18
Drista Hickman	9/19	Caden Howe	9/21	Ava Armstrong	9/22
Wyatt Northern	9/23	Malachi Watkins	9/24	Gabe Wilson	9/26



Waylon Stiles	9/27	Braydon Gordon	9/28	Mason Wendling	9/28
Donovan Sieg	9/30	Gwen Stromberger	9/30		

Keep us updated of covid news

We have had several students needing to 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 16 yrs.)	Ethan Dickerson (TKD 5 yrs.)	Linda Henselmeier (Tai Chi 3 yrs.)
Maya Mras (TKD 3 yrs.)	Caleigh Allender (TKD 2 yrs.)	Kellan Gray (LD 2 yrs.)
Patrick Hersman (BJJ 2 yrs.)	Jacob Harrington (BJJ 1 yr.)	Ava Armstrong (TKD 1 yr.)
Silas McCalden (TKD 1 yr.)	Mason Chripas (TKD 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 th , 1966, Sept 1, 1973	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th , 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)	

Tournament results:

We attended our first TKD tournament in over a year, which meant we had a lot of rookies compete. We also had several students who couldn't compete on account of being contact traced. Overall, we still had 17 competitors take home 13 medals in forms, 13 in point sparring, and 10 in continuous sparring. Congrats to the following (and let us know if missed or mistook any performances).

Ryan Spires 1 st forms, 1 st sparring, 1 st pt spar	Brianna Crowe 1 st forms, 1 st sparring, 1 st pt sparring
Wyatt Queen 3 rd sparring	Sara Vorhees 3 rd forms, 2 nd sparring, 2 nd pt spar
Launa Perryman 2 nd forms, 2 nd sparring, 3 pt spar	Hope Bennett 3 rd forms, 2 sparring, 2 nd pt spar
Nathin Plummer 2 nd forms	Preston Santiago 2 nd forms, 3 rd pt sparring
Kaiden Cedeno 2 nd forms, 2 nd sparring, 1 st pt spar	Freddy Bower 2 nd forms, 3 rd sparring, 3 rd pt spar
Mikenna Kirk 2 nd pt spar	Kai Crowe 1 st forms, 1st sparring, 3 pt spar
Jenna Berry 3 rd sparring, 1 st pt spar	Kylie Yoshida 2 nd forms, 2 nd sparring
Wesley Yoshida 1 st forms	Eli Voorhees 1 st forms, 1 st sparring, 3 rd pt spar



A Martial Perspective on the Simone Biles Saga

Most of the dust is settled from the debate concerning Simone Biles withdrawing from Olympic events, citing more mental health reasons instead of physical ones. It was a surprisingly polarizing discussion. One that I realize my monthly blog is coming late to the party, but I thought I would weigh in on it from the lens of a cranky martial artist. As you will read, I really don't have a clear-cut stance on it, but I will offer what I hope is perspective.

As many are aware, opinions of her and her decision ranged from both extremes and everything in the middle. Some people reminded everyone that she is the Greatest of All Time; others called her a quitter that let her team down. Some people called her a trailblazing champion of mental health; others called her soft and she crumbled when things went bad. While not my main points, let me preface them by saying that I think all those statements can be true. Even if it was a moment of weakness or lowlight of her career, she long ago solidified her position as GOAT.

At the heart of the issue is whether a mild injury was enough to cause her to withdraw...was it running the risk of greater injury or just a mental block she should have shrugged off. As a martial artist, performing while hurt or injured is a way of life. You don't train for fighting without being a little banged up. I doubt any high-level combat sports competitor ever goes into a match 100% without lots of nagging injuries—acute and chronic. But I suspect that goes for any high-level gymnast as well, as hard as they train. In combat sports, when the objective is to symbolically “kill” the other person, there is naturally an assumption of risk. So, my kneejerk reaction to hearing it could cause injury is to scoff. But when I stop and think about what those gymnasts do, I am sure they are very much aware of the constant risk of permanent injury or death as well.

I had long forgotten this, but I had a very brief stint in gymnastics as a child. When they made me hang upside down on the rings, just holding the position, all I could think about was that if my grip slipped, I was going to fall on my head and die. I was done. Funny thing is I was dropped on my head in BJJ last week (could have been crippled if it had gone worse), but I got back up and we went again. So, I guess assumption of risk tolerance can be quite subjective. While crippling is an extreme example, I saw one citation of Elena Mukhina, the Russian gymnast who against her better judgement was forced to return to training prematurely from a broken leg and was paralyzed when she didn't have the explosiveness she needed. An extreme example, but the risk of a permanent or chronic injury is there. I can remember doing more extreme things in my martial arts youth...where my arm would be purple for a week afterwards. I have no interest in duplicating the feat now. I often joke that I am not sure whether we have become wiser or just softer. Or both. Perhaps Miss Biles is wise beyond her years. Or maybe she is just soft.

Soft in this case probably refers (if it applies at all) to the mental aspect more than the physical. Aside from the related issues of assumption of risk mentioned above, there is Chong Shin...indomitable or fighting spirit. We love the hero ideal of pushing through obstacles, of a never say die attitude. Martial artists are perhaps the best (or worst) at praising the “fighting to your last breath” attitude. Indeed, gaining a little more perseverance is one of the most common and important benefits of martial arts training. Miss Biles has often been compared to Kerri Strug, whose image of competing while hurt was iconic and heroic. It could have also been stupid at the same time. Here to, the martial artist can relate....as an instructor I routinely advise students to do something in the name of caution that I know full well I would ignore if I was in their shoes. Sometimes as an instructor, it is my job to protect them from themselves. But then again, my job is also to help people push through their boundaries. When people have lost confidence in themselves or shy away from a challenge, they need a push. People in that position often are full of excuses, including minor ailments. Sometimes you have to really know the person to discern if it is a legitimate reason or an escape hatch, and I certainly don't know Miss Biles. But perhaps it was one of those situations where I would have looked at her and told her “I did not give you permission to die.” While I am certainly not privy to the specifics of this case, in vague terms I can say that the situation doesn't sit well with me, from a chong shin standpoint.

That opinion(s) is the martial arts instructor in me; however, on the other hand, there is the self-defense instructor side of me that encourages agency to the individual.

From a self-defense perspective, she absolutely did the right thing. She trusted her instincts or intuition that was telling her something was off. She exercised her personal agency to de-select herself, despite peer pressures to do something she wasn't comfortable with. In self-defense we routinely talk about the importance of setting boundaries. She



did just that. You might not like her reasoning or where she drew the line, but they are HER boundaries, not yours, and we need to acknowledge them. If you don't respect them, you are a creep.

So, to summarize, I think I would have made a different decision, but when she lists her reasons, I have to just shrug and say ok. Subject closed. Life moves on. It is just a sport, not something as important as life and death...you know, like martial arts. ☺