



# GMA NEWS

## November 21

### Upcoming events:

Nov 6 <sup>th</sup>	TKD testing black belt testing 9:00-11:30
Nov 6 <sup>th</sup>	TKD bb stripe testing 12:00-2:00 ish?
Nov 12 <sup>th</sup>	TKD testing 5:30 (no class)
Nov 13 <sup>th</sup>	TKD tournament—Noblesville
Nov 20 <sup>th</sup>	Demo Team 9:00-10:00
Nov 23 <sup>rd</sup>	Holiday sale 9:00- evening classes.
Nov 24 <sup>th</sup> -26 <sup>th</sup>	NO CLASSES—Happy Thanksgiving
Dec 4 <sup>th</sup>	Bloomington Open BJJ tournament
Dec 11 <sup>th</sup>	FAST Stress Shooting and FAST Adult Basics courses
Dec 28 <sup>th</sup>	Winter Weapons camp
Dec 29 <sup>th</sup>	Nikki Sullivan BJJ seminar

\*\*\*See our Winter Camp schedule below\*\*\*\*\*

**Holiday Sale (sort of) Get** a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. We normally do it on a Sat, but our schedule won't allow. Further...as you can imagine, we are having trouble ordering staple items, let alone the Xmas special stuff. PLEASE ORDER as soon as possible to have a chance of getting it in time for Xmas, but we are not certain of much this year. We will be open during the day on Nov 23<sup>rd</sup> from 9:00 through classes that evening, giving you the option to shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can research what your kids like and want.

### 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.

**Winter Weapons camp: Dr. Winkle will be returning.** Back by popular demand, one of Mr. Sieg's primary instructors in the Filipino arts, Dr. Jason Winkle will be returning to teach the weapons camp. He will be focusing on two handed stick (dos manos) which is some of Mr. Sieg favorite techniques and stick and dagger. Weapons camp will **be Dec 28th from 9:00-3:00**

**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 29<sup>th</sup> 7:00-9:00**

**Spar Wars Kendo/Saber Night** We will also be having a SPAR WARS/ parents night out on Sat, Jan 8th 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 sign-ups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp participants who already have the light saber will obviously get a huge discount. You can order the saber for Xmas!

**A catch-up camp is also scheduled for Jan 8<sup>th</sup>.**

### Holiday Class Cancellations:

No classes on Wed, Nov 25<sup>th</sup>, Thanksgiving (26<sup>th</sup>) or Friday Nov 27<sup>th</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day!



## GMA Wishes a Happy Birthday to:

Caitlyn Gibson	11/01	Josiah Henderson	11/03	McKinley Findley	11/03
Jennifer Szekely	11/03	Ryan Belcher	11/03	Andrew Skopecek	11/06
Matthew Prater	11/11	Connor Watkins	11/12	Sherri Williams	11/15
Nathan Crowe	11/19	Colt Goforth	11/21	Jason Lamb	11/22
Wesley Yoshida	11/24	Philip Salamander	11/26	Charles Branaman	11/26
William Yoshida	11/30				

## Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Aleah Spires (TKD 12 yrs.)	Dave Hubbard (TCC 4 yrs.)	Hope Gunn (TKD 3 yrs.)
Matthew Prater (TKD 3 yrs.)	Mikayla Prater (TKD 3 yrs.)	Kayla Bush (TKD 3 yrs.)
Jocce Grounds (TKD 2 yrs.)	Freddy Bower (TKD 2 yrs.)	Eli Elmore (HKD 2 yrs.)
Levi Elmore (TKD 2 yrs.)	Eli Gaskin (LD 1 yr.)	Jennifer Szekely (TCC 1 yr.)
Lydia McCarthy (TKD 1 yr.)	Gavin Folck (LD 1 yr.)	

## Quotes of the Week

With tournaments in both TKD and BJJ looming, we will be talking about proper sportsmanship, respect, and other ways to get the most out of the tournament experience.

## Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that need our family discount or those families with more than one generation involved.... Perhaps someone else in your family is ready to try it out?

Noah, Gabe, Nate Wilson (TKD, BJJ)  
Aleah, & Ryan Spires (TKD)  
Mr. Yoshida (TKD, BJJ) & Mrs. Yoshida (TKD), Kylie (HKD) and Wesley (TKD,)   
Mr. Sieg, & Donovan (TKD), Jennifer (TCC)  
Silas and Eli Elmore (HKD and Levi (TKD)  
Elizabeth Gray (TCC), Annika and Kellan (TKD)  
Daniel (TKD), Isaiah (LD) and Eric Hanscom (HKD)  
Nathan (BJJ) and Bri and Kai Crowe (TKD)  
Stevie and Samson Kirk (LD) and Molly (HKD)  
Rebecca Watkins, Malachi, Connor & Maura (TKD)  
Michael, Kaden Fisher, Kegan Fraker (BJJ)  
Levi (TKD, Eli (HKD) and Silas Elmore (HKD, BJJ)  
Brain (BJJ), Nick (HKD) and Cody Burns (HKD)  
Adrian Martin, Noel, Luke, Sarah, and Eli Voorhees (TKD) and Roger Martin (HKD)  
Max and Lee Bailey (BJJ)

**Special Thanks** Special thanks (in advance) to the parents committee and everyone who helped decorate, brought in candy, food, and other items, or worked the Halloween party!



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

Nov 9, 1978, Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10, 1868-April 26, 1957, Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20, 1973, Bruce Lee

Movie releases include *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12, 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

## Looking the Part in Martial Arts and How it Relates to Self Defense

(This rant is an interesting confluence of conversations, readings, and events that have all happened recently)

For starters, GMA marched in the yearly fall foliage parade recently. We value supporting community events and hope we added to it, and it is a good lesson in perseverance for our students. But along the route of one of the longest parades in the states, there are always a few comedians who find think themselves quite original to make Bruce Lee sounds or Karate Kid references and gestures. \* It doesn't faze our upper ranks who are used to it, but perhaps it is a new and somewhat surprising experience to our lower ranks. In a weird way, I am glad they are exposed to it though.

We also recently held another one of our Stop Bullies FAST courses. Many of the participants are also our martial arts students, and some come in GMA flair...they want to look official, after all. During the scenarios, I will often take the opportunity to expose them to similar verbal mockery and crane kick poses. Even though I am in role, they are still taken aback and confused when I say things like “that school sucks!” I guess I should be glad they just don't nod in agreement. Get used to the fact that calling attention to your training is going to be a magnet for attention, but the moral of the story is that you need to be aware of where you are calling attention.

Don't get me wrong, we still have a pro shop full of GMA swag at our school. It is part of our branding, and I would argue is an important part of being part of the tribe. When I teach sports management classes on branding, \*\* I ask a volunteer to pick out the soccer players in the class based on their appearance or dress and they almost always get it right (usually it's the footwear). If we want to be part of a tribe, then looking the part is one way to gain acceptance and part of your identity in that tribe. I could have the biggest, baddest Harley and log millions of miles on it, but if I walk into a bar in Sturgis wearing an ascot, I am probably not going to be quickly accepted. You must look the part to be taken seriously. It is just part of social branding, and it is more powerful than most people think. I have had parents complain that their child will no longer wear any of the Nike stuff they own because they only see me wear Adidas, but I swear that is not an “official” uniform requirement at GMA. And I am not immune either.

When I go to gunfighting classes, I dress like those instructors do. My closet is overflowing with martial arts t-shirts announcing all the tribes I belong to. I try to be very careful, however, not to offend by crossing tribal allegiances. I find it incredibly disrespectful when people, less sensitive to their own social branding influences, show up to an event of one tribe wearing the branding of an unrelated and or even competing tribe. But this is a lesson that goes far beyond sensibilities and martial arts courtesies—it is an actually an important concept for self-defense.

Most people are proud of their identity and want others to know which tribes they belong to, but we must be careful who we broadcast that identity to. Again, this goes beyond just making sure we don't offend a competing martial arts group or asking for a fight by wearing an ascot to a biker bar. What information are you giving away to prospective predators, and how can it be used against you? We lose the element of surprise and possibly make things worse for ourselves by showing our cards by what we wear. Your jujitsu hoodie tells people in a conflict you are likely going to rush in and grapple (that is, if your ears haven't already given you away), and against a seasoned predator that might be all the warning they need.

I was recently having a conversation with another student about how they can't afford to deck themselves out in the 511 store to look tactical. As I admitted earlier, when I am at the range, I also try to look the part. But I as I pointed out to this student, I will remember a commentator on the internet that mentioned how they like to walk up to people wearing 511 pants and untucked button down shirts and explain they are doing an article on concealed carry and would



like to ask them a couple of questions, just to see the person repping the tribe get flustered. While funny, it is also an invaluable statement.

If I were a predator, how would I attack a guy looking like a NRA instructor who just walked off the range? Well, I most certainly am not going to give him a chance to draw his weapon. I might just knock him out from behind. Had he been dressed more inconspicuously, I might have taken a softer approach, taking a calculated risk he wasn't armed, etc.

As Varg Freeborn points out, concealment of our capabilities is an important part of our self-defense strategy. It is an element of uncertainty for the predatory. They can't game plan using information we have given them. He points out that wearing your statement gear might deter low level criminals...the ones you could probably manage anyway. But it handicaps you against the higher level's ones.

As much as I want our students repping our brand, we still need to be careful when and where we do it. One of the brands I have started sporting is Train, Lift, Shoot.... cause I am obviously a fan of all three. But there are only four times where I wear this brand—doing one of those three, or privately hanging with people I know do the same and/or already know I do. Those are the only places I CAN wear those shirts....at least without compromising on self-defense principals. I hope our students also use discernment on when to proudly rep the GMA swag, and when it is broadcasting a challenge (at a bar for example). Everyone likes to look the part of their tribe and share their identity by looking the part, but we need to be conscious of not only what we are communicating, but also to whom.

\*But to the one person who just looked at me and said Cobra Kai never dies—respect. Someone that is totally different.

\*\*A very occasional occurrence.