



GMA News Feb 22

Congrats on Major Promotions

Congrats to Noah Wilson on receiving his brown belt in BJJ.

Also, congrats to Brandon Cox and Patrick Hersman on earning their blue belts in BJJ

Congrats to Anakin Lakin for graduating lil Dragons

Upcoming events:

Feb 12 th	Demo Team 9:00-10:00
Feb 12 th	BB Prep 10:00-12:00 ish?
Feb 26 th	FAST Shooting Extrav 9:00-4:00 ish
March 4 th	TKD testing
March 5 th	BB prep 9:00-10:30
March 5 th	Demo Team 10:30-11:30
March 5 th	Stick fighting 12:00-2:30
March 12 th	LD testing
March 12 th	Indy Open BJJ tournament

Valentine Passes Coming Soon

Don't forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus, and you still get the referral credit on your tuition.

Mulan Ballet from the Mind of Mrs. Petraits

Mrs. Petraits has created an original adaptation of Mulan for the Anderson Young Ballet Theater. While it is dance, she incorporated her martial arts knowledge in the fighting choreography. The performances are at an amazing venue on March 5th and 6th. Wish her luck or better yet, get your tickets!

GMA Wishes a Happy Birthday to:

Jude Scheve	02/02	Nico Inman	02/07	Maddox Sparks	02/07
Finnegan Vandewalle	02/10	Gavin Sciscoe	02/10	Eli Gaskin	02/10
Eli Elmore	02/12	Justin Brown	02/15	Phyllis Hill	02/17
Adryan Bustamante	02/18	Mikayla Kirk	02/20	Dillon Dudley	02/21
Kitrell Clark	02/21	Collin Goodner	02/22		

Quotes of the Week

This month we will be revisiting our focus points.

Training Anniversaries

Cathy Petraits (TCC 12 yrs.)	Clay Thacker (BJJ 11 yrs.)	Annika Gray (TKD 4 yrs.)
Joseph Runnebohm (TKD 2 yrs.)	Jessica Bolin (HKD 2 yrs.)	Jude Haywood (HKD 1 yr.)
Jude Scheve (LD 1 yr.)	Christian Hayden (LD 1 yr.)	

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

Feb 1882	Jigoro Kano opens the Kodokan and becomes the founder of Judo.
Feb 2, 1965,	Brandon Lee's (son of Bruce Lee) birthday
Feb 12- 1968,	Jean Jacques Machado (BJJ pioneer) birthday
Feb 22, 1972,	Kung Fu debuts on TV and starts a craze.
Feb 26, 1988,	Blood sport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.



Self Defense Isn't a Check the Box Type Activity

I wanted to share some advice or perspective I give my college self-defense students that I think is relatable to anyone who has taken a self-defense or martial arts class. I have just started my spring semester of collegiate self-defense courses; we just did a round of FAST courses, and I just recently trained with someone I enjoy learning from in self-defense/gunfighting. I am glad to interact with so many people taking their safety seriously, but here is something everyone needs to remember: self-defense is a process....it isn't a "take a class, check the box, and move on" type of thing. People treat it as though they were renewing their driver's license or getting a checkup at the doctor (at least a checkup might be a semi-regular event, which is better than what we get). In my self-defense classes I use this following illustration. Please keep in mind that my numbers are completely arbitrary, so don't fixate on them. But let us say that at the beginning of the course you have a 30% chance of defending yourself, and after the class that number goes to 55%. Still not great odds...but a heck of a lot better than where you came in at! Now, it is important to note that this number is never going to be 100%. As we say at the end of FAST class, we could all get shot by a 12-year-old in the parking lot while leaving. The process is not about invincibility. I think part of the problem with the check the box mentality is that there is a BIG difference between those two metaphorical numbers of 30 and 55%. A little goes a long way, and when people get a taste of such empowerment, they think they are set. But there are certainly degrees. Another analogy I use in my college courses is learning basketball. If none of them had dribbled a ball before, I don't think they would have delusions of walking onto the varsity team at the end of the semester. But somehow in the realm of self-defense, that is exactly what people do... I am going to take a semester of self-defense and I will be good. I have checked the box. Now, if you have taken a FAST class or other self-defense course, or a handgun class, then kudos. I don't mean to trivialize your previous efforts. There is an adage in the martial arts that a white belt is still higher rank than the person at home still on the couch. A well-respected self-defense instructor, Tony Blauer, relates a relevant story: On an airplane he was talking to the woman next to him and what he did as a profession came up. He told her and she commented that she had always wanted to take a self-defense class. "No, you haven't." he replied. As she was taken aback, he continued, "I think what you meant to say is that you hope you will never find yourself in a situation where you would have needed a self-defense class." There was probably ample time for her to have taken one if she had truly wanted. Again, if you have taken some type of training, kudos to you for getting further along than most. But you still can't just check the box. So, the question becomes what are you going to do with that metaphorical 55%? I would hope that you find a way to continue to get that number higher. If nothing else, then go for that checkup occasionally. Other people will say that they are good with that 55% and do little else. That is obviously not my preference for you, but at least you are hopefully making that decision from a more informed position. If you want to take your chances with that percentage, ok, but recognize that is what is happening, and don't think you are good because you put a checkmark on some magical box

. • Randy King shared the check the box mentality with me during a recent podcast, and I shared my basketball analogy with him.