



# *Gentry Martial Arts*

## *News March 2022*

### **Upcoming events:**

March 5 <sup>th</sup>	BB prep 9:00-10:30
March 5 <sup>th</sup>	Demo Team 10:30-11:30
March 5 <sup>th</sup>	Stick fighting 12:00-2:30
March 11 <sup>th</sup>	TKD testing 5:30
March 12 <sup>th</sup>	LD testing (beg 9:00-10:30, int/adv 10:30-12:00)
March 12 <sup>th</sup>	Indy Open BJJ tournament
April 2 <sup>nd</sup>	Demo team 9:00-10:30
April 9 <sup>th</sup>	USHF Seminar Bedford
April 16	BB prep 9:00-10:30 (tentative)
April 23 <sup>rd</sup>	FAST kids' class 9:00-11:30 (tentative)
April 23 <sup>rd</sup>	Korea night demo. TBD
April 30 <sup>th</sup>	TKD tournament in Danville
May 7 <sup>th</sup>	TKD Black belt testing 9:00 am.
May 13-15 <sup>th</sup>	GMA hosts Logic Summit weekend

### **Spring Break Social Media contest:**

Going somewhere on spring break? We want to see you represent. We will be holding a contest over spring break. Take a picture in your best martial arts pose with your exotic surroundings (even if it is just around town). Pics in uniform or GMA swag will be given more consideration. Tag us on Instagram or Facebook. Best pic(s) will win a prize!

### **Quotes of the Week**

We are late starting our focus points, so we will continue with those, and after that, we will be going over some of our favorite sayings from Grandmaster Choi.

### **Don't forget GMA website, Facebook, Instagram,**

Want to be the first to know when the school closes for weather? Need to double check the special events calendar or pics? Check the GMA website and our Facebook group and sign up for email announcements online. Like the GMA Martinsville Facebook page for other public announcements and promotions. Follow us on Instagram @Gentry\_MA for lighter notes. And you can also subscribe to our YouTube Channel

### **Training Anniversaries:**

Mike Dodge (BJJ 16 yrs.)	Finnegan Vandewalle (TKD 14 yrs.)	Maddox Sparks (TKD 6 yrs.)
Preston Santiago (TKD 4 yrs.)	Nathin Plummer (TKD 4 yrs.)	Alysha Patel (LD, TKD 4 yrs.)
Bryson Presley (TKD 1 yr.)	Lane Sandler (BJJ 1 yr.)	Mikenna Kirk (TKD 1 yr.)

### **Birthdays:**

Hope Gunn	3/3	Jenna Berry	3/3	Evelyn Kauffman	3/6
Megan Brook	3/7	Aleah Spires	3/14	Alaynah Gregory	3/18
Maya Mras	3/21	Lise Roberson	3/29		

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

- March 1, 1907 (-Feb 2, 2003) GM Won Kuk Lee (founder of Chung Do Kwan) birthday
- March 10, 1940, Birthday for Chuck Norris
- March 11, 1967, Birthday for Renzo Gracie
- March 19, 1931, Birthday for Ed Parker, Sr. (Famous for Bruce Lee demo and taught Elvis Presley)
- March 24, 1950, Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program.
- March 10, 1921, Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate “on the map.”
- March 20, 1971, South Korean President Chung-Hi Park declared TKD as Korea’s national sport.
- March 30, 1990, Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
- March 31<sup>st</sup>, 1999, The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

## **Why Martial Arts Should Make the “In Season” Cut**

This time of year, is a bit of a transition period for our student base. We inevitably lose a few students to spring sports and outside activities. At the same time, we get a few new students whose winter sports are concluding and want to do something to fill the time until the season starts again. Now, I will tout the benefits of martial arts for cross training purposes—professional and major college teams in several sports use martial arts as part of their off-season regimen: balance, body awareness, flexibility, as well as any cross over of general movements in terms of physical contact. I have even taught correct falling technique to a soccer player who didn’t want to break an arm. I can certainly say that my martial arts training helped me in numerous ways as a goalie when I played. But there was also a big difference in my approach....martial arts was not something I did in the offseason...I was a martial artist who also played soccer. Martial arts don’t have to come second.

I must admit, the martial arts have always been considered a fringe activity and play second fiddle to more “American sports” like baseball, basketball, and football. Don’t get me wrong, I am big sports fan as well, but as a martial artist, I am disappointed that talent driving a racecar really fast is given much more fame and fortune than some of the greats in our profession, who trained and sacrificed more than many professional athletes, without any expectation of serious reward other than passing along the art they love and empowering countless others through the benefits of martial arts training.

Let me say that I realize the martial arts are not for everybody and not everyone who does martial arts is destined to get a black belt. I also believe that kids should explore lots of sports and become well rounded. But one story I think sums up the mindset of many who chase the “glamour” of other sports:

I had a parent justify to me why they were focusing on another sport because there are no scholarships in martial arts, and that there are in sport X. While that may be true, let’s do the real math. For example, my high school was rather successful athletically during my varsity career, but only a handful of athletes even made division two scholarships, and only one in a span of about 6 years earned a full ride to a major Division I school in a major sport like basketball, football, or baseball. By contrast, several people in my graduating class alone (including myself) got full or significant scholarships to schools across the country. So, while you can’t necessarily get a TKD scholarship, I do believe that the focus, self-discipline, and character skills that martial arts teaches can indeed help people get what they want in life—scholarships and beyond. Several of my admissions and scholarship interviewers commented on me earning my black belt.

Part of me has to scratch my head when we get “Johnny has too much on his plate, and so something has to give. The program is great and has helped him so much.” So, you are quitting the one thing you just said was the most beneficial? In fact, he didn’t even have the confidence to try out the other sport until he found success on the mats first. But since martial arts is “not a real sport”, it always seems to be the first to be cut, even though it is possibly the most beneficial of all the competing activities. Sadly, it is often when the kid is starting to make real progress that they get pulled so they can play with dirt standing in right field.

Here is a similar scenario I have seen play out more than once. Parents enroll their child in hopes of more focus at school. The kid's grades improve, and he/she loves coming to classes, but then there is a backslide in school. Since the child loves martial arts, it is a privilege to be taken away. So, the kid loses the one thing that was primarily responsible for the grade turn around in the first place? How does that help?

Admittedly, many of the benefits of martial arts can be used as justification for playing other sports: leadership, discipline, working towards a goal. Perhaps they do to some degree, but as usual I am biased and don't think they can come to close to martial arts...otherwise I would probably be a coach in one of those sports instead! While playing multiple sports in my youth, I can say I used what I learned in martial arts—focus, discipline, fighting spirit, etc., a whole lot more on the court than I ever used my other sports in martial arts. More importantly, I have used my training pretty much every day to succeed in school, get scholarships, and make a good life well past my varsity high school glory days. Perhaps some of our families should keep a bigger perspective when deciding which activities make the cut.

- Some of this content is from previous writings, but it has been a while and I feel a new generation of students and parents needs to hear it.