

GMA News April 2022

Congrats our latest Lil dragon graduates: Parker Canada and Gavin Folk

Upcoming events:

April 2 nd	Demo team 9:00-10:30
April 9 th	USHF Seminar Bedford 9:00-5:00
April 10 th	National sibling day—siblings can join us for classes Mon the 11th and Tues the 12 th
April 16	BB prep 9:00-10:30
April 23 rd	FAST kids' class 9:00-11:30
April 23 rd	Korea night demo. Meet here at 2:00 pm to practice. Performance at IU Memorial Union @ approximately 5:00. We will be leaving for B-ton around 3:30
April 29 th	TKD testing 5:30
April 30 th	TKD tournament in Danville
May 7 th	TKD Black belt testing 9:00 am.
May 7 th	Break a thon and school picnic
May 13-15 th	GMA hosts Logic Summit weekend

Summer day camp dates are set.

Some people have been asking about this year's dates of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply. Here is what we have:

TKD camps June 13-17 and July 18-22. BJJ camp June 9-10. HKD camp July 7-8. Dragons camp July 11-13

Break-a-thon and annual school picnic May 7th

With lumber prices still what they are, we will be adjusting some things about our breakathon and picnic, but other things are back to normal. Our annual event is planned for May 7th. We will start with our pitch in picnic around noon, do breaking practice and then finish with some games and fun like pies to the face of instructors. The break a thon benefits our scholarship program!

Gentry is in on Discord. Join us!

As another way to help with information and build community, we now have a server on Discord. A special, huge shout out to Mr. Andrew Skopecek for helping with the set up and management of this. Don't forget we already have a FB business page, internal group page, Instagram handle, and YouTube. Please like, subscribe, follow, etc. to help get additional content and information.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4/1	Aubrey Davis	4/7	Kharter Sorrells	4/8
Kaceson Anderson	4/8	Adam Spiering	4/9	Cullen Harrold	4/13
Victoria Moore	4/16	Forrest Heidenreich	4/16	Rylie Huber	4/19
Patrick Hersman	4/24	Manuel Murcia	4/25	Cathy Petraits	4/27
Jack Higgins	4/30				

Training Anniversaries

Cathy Petraits (TKD 10 yrs.)	Evelyn Kaufman (TKD 6 yrs.)	Wesley Yoshida (TKD 10 yrs.)
Jenna Berry (TKD 5 yrs.)	Mason Wendling (BJJ 4 yrs.)	Danton Wendling (BJJ 4 yrs.)
Luke Voorhees (TKD 1 yr.)	Noel Voorhees (TKD 1 yr.)	Jake Staker (BJJ 1 yr.)
Colt Goforth (BJJ 1 yr.)	Chaz Smith (BJJ 1 yr.)	

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

April 7, 1954. Jackie Chan's Birthday

April 15, 1922 (-Oct 20, 1982). Donn F Draeger (martial arts historian) birthday

April 26, 1963, Jet Li Birthday

April 1922 Gichin Funakoshi demonstrates karate in Japan—setting the course for Karate and TKD worldwide

April 11, 1955, the name Tae Kwon Do is approved by President Syngman Rhee to describe Korean martial arts.
April 21, 1993, Walker Texas Ranger starring Chuck Norris debuts

Martial Arts Practice is like Playing with Legos—Enjoy the Process as you Build Brick by Brick

Lego has a bonsai tree kit. Over 800 pieces. Since we can't keep anything alive in the school, and unruly children break a lot of our other finer décor, I figured a plastic bonsai would be both quirky and also able to be reassembled. Plus, I figured it would be a fun "date night in" for Jen and me. I looked forward to making our bonsai tree.

As the frustration mounted, I realized I was mistaken, at least sort of. In the process of putting, it together, there were several unique, custom pieces (or so I presume). There were also plenty of other standard bricks. But we routinely had to link two custom pieces together with a standard piece....sometimes with a single peg. I found this wasteful....if you were going to make a custom bonsai piece, why can't you extend it one row instead of adding this additional piece. And so, this 800-piece set could have really been done in like 150. And that was the problem...not with the set, but with me.

You see, there are lots of people out there who WANT an 800-piece set. They enjoy the building process, and don't want it easy and simple. The number of pieces is a challenge and results in a great sense of accomplishment. In short, they enjoy the process of building Legos.

I just wanted a tree. I wanted the outcome, the end product. I was willing to work a little bit for it, and maybe I enjoyed the construction process a little bit but would have been ok had less steps.

I never realized how much martial arts and Lego building were similar, they are both very much process driven activities. Like me and my tree, some people sign up for classes but really just want the finished product. They want to be a badass (at least in their own mind). They want to be a black belt. They want to learn the cool moves to amaze their friends or something. But they aren't willing to embrace the tedious, step by step process required to get there. They would certainly be ok if it took a little less time and work, and they don't appreciate the extra steps along the way.

Of course, compared to finished plastic tree, the final outcome of martial arts skill is a more elusive construct. Even more objective accomplishments like a black belt require a much lengthier instruction guide. And unlike Legos, discomfort is not built into the process. Some people can't handle the pummeling or smashing that comes with the learning process, be it physical or mental. With the bonsai kit I questioned why we had to repeat building the same parts multiple times, but in the same manner some people can't embrace the repetition required to grow in martial arts (or any endeavor for that matter.)

Sometimes we see the issue early. The kid who keeps asking when he is testing but at the same time complains about the monotony of class, even though he hasn't learned the form well enough yet to even pass. Other times, the initial enthusiasm wanes as it becomes apparent that this isn't a fun little distraction, but an involved process that is also work. I might have not minded building the bonsai tree, but that doesn't mean I am running out to get the 10,000-piece Titanic set next. Similar, those students who want the outcome more than the process might get their green belt, or learn the entire Tai chi form, or get their blue belt in BJJ....but they won't have the staying power for continued, long term growth.

I would encourage our students to embrace the process and take joy in the improvements. Sometimes it takes a while—dare I say brick by brick—before the finished product starts to take shape. But you can't rush the process or skip steps, or you risk it falling apart under pressure. I just hope my Lego Bonsai Tree withstands the pressure of rowdy hands at the school.

