



# May 2022 GMA Newsletter

**BIG CONGRATS to our graduating senior: Sara Vorhees**

**Good luck to our black belt candidates: Miss Kylie Yoshida (3<sup>rd</sup>), Mr. Wesley Yoshdia (2<sup>nd</sup>), Miss Holly Brown (2<sup>nd</sup>), and Kayla Bush**

## Upcoming events:

May 7 <sup>th</sup>	Black belt testing 9:00-11:00 (estimated) Annual Break a thon and school picnic, Jimmy Nash Park (details below)
May 9 <sup>th</sup> -12 <sup>th</sup>	Happy Mother's Day--Mothers please join us for class this week.
May 13-15	GMA Hosts Logic Midwest Summit all weekend (sessions Friday 7-9, Sat 10-12 and 6-8, Sun seminar 12-3) <i>No BBC on Thurs the 12<sup>th</sup>. No classes on Friday in preparation.</i>
May 21 <sup>st</sup>	Lil Dragon Testing 9:00-10:30 (beg) 10:30-12:00 int/adv
May 21 <sup>st</sup>	BB stripe testing 1:00-3:00. BB retesting and ceremony, approximately 3:30
May 28 <sup>th</sup>	Spring clean day at the school 10:00-1:00 ish?
May 30 <sup>th</sup>	No class Happy Memorial Day
June 4 <sup>th</sup>	Demo Team 9:00-10:30
June 4 <sup>th</sup>	Stripe retest/make up 10:30-12:00
June 4 <sup>th</sup>	Black belt prep 12:30-2:00
June 4 <sup>th</sup>	Stick fighting 2:00-4:30
June 9-10	BJJ camp 9:00-3:30
June 11 <sup>th</sup>	Bedford TKD tournament
June 13-17	TKD Day camp

## Break-a-thon and annual school picnic

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is great chance for our students to get a lot of breaking practice! This year we will be having it at Jimmy Nash Park, Shelter no 5. The picnic and registration for the breaking will start at 12:00 noon, and the breaking practice will begin shortly thereafter. We will not be using real boards this year. For the picnic, fried chick and pulled pork will be provided, and students need to sign up for the pitch in. We will still be doing the fun and games such as egg toss and throwing pies at instructor (1.00 per pie for scholarship fund) Please sign up inside so we can still anticipate numbers. Students DO NOT need to wear doboks to the break-a-thon (egg toss appropriate clothing strongly encouraged).

## Mother's Day invitation

As usual, our students are welcome to invite their mom, grandmas, etc. to class the week following Mother's Day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

## Sign up now for Day Camps/Summer camps

We are now taking sign ups for our GMA day camps. These are weeklong intensive training sessions. from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank. material in one profoundly serious week. History and philosophy, how to write the black belt papers, and other. knowledge not normally covered in class is also taught. And there is still time for some fun and games like martial arts. dodgepad. Discounts are available for multiple camps or multiple family members. Additionally, get the discounted rate if you pre-register by May 15th.

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



### **GMA Wishes a Happy Birthday to:**

Adrian Britt 5/4  
Johnathan Stinson 5/12  
Atticus Smith 5/13  
Makenna Prose 5/26  
Colton Deaner 5/30

Emmy Roembke 5/11  
Silas Elmore 5/13  
Ryan Spires 5/25  
Everly Deaner 5/30

### **Training Anniversaries**

Nate Wilson (TKD 14 yrs.)  
Brayden Gordon (BJJ 3 yrs.)  
Declan Williams (LD 1 yr.)  
Drista Hickman (TKD 1 yr.)

Lise Roberson (HKD 13 yrs.)  
Larissa Poorman (TKD 1 yr.)  
Vanessa Moulton (TKD 1 yr.)

Donovan Sieg (TKD 11 yrs.)  
Walker Henderson (TKD 1 yr.)  
Fred Harvey (LD 1 yr.)

### **Quotes of the Week**

This May, as Heroes in Training, we will be looking at the stories and learning from some real-life heroes (medal of honor recipients) in honor of Memorial Day.

### ***This Month in Martial Arts History*** (selected from “Dates with Destiny” in *Martial Arts Success*)

1984—Ninja Turtles debuts (in comic form)

May 1st, 1971—Billy Jack, featuring HKD master Bong Soo Han, premiers (it is released in ‘73 and helps fuel the Martial arts boom)

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973, first world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27, 1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide.



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### **Congrats to our TKD competitors**

We are proud of everyone who competed at the most recent tournament in Brownsburg. Every competitor came home with at least one medal, altogether we had 8 podium finishes in forms and 10 in the various sparring events.

Congrats to the following:

Levi Elmore 2<sup>nd</sup> forms  
Maya Mras 3<sup>rd</sup> pt sparring  
Jenna Berry 3<sup>rd</sup> cont sparring  
Finn Vandewalle 2<sup>nd</sup> pt sparring  
Kai Crowe 2<sup>nd</sup> forms  
Nathin Plummer 3<sup>rd</sup> forms

Launa Perryman 2<sup>nd</sup> forms  
Kaiden Cedeno 2<sup>nd</sup> forms  
Preston Santiago 3<sup>rd</sup> forms  
Jack Higgins 1<sup>st</sup> forms  
Holly Brown 2<sup>nd</sup> forms

3<sup>rd</sup> cont sparring 3<sup>rd</sup> pt sparring  
2<sup>nd</sup> pt sparring  
2<sup>nd</sup> pt sparring  
2<sup>nd</sup> cont sparring 2<sup>nd</sup> pt sparring 2<sup>nd</sup> weapons



## Martial Arts is an Outlier on How it Produces Outliers

I recently finished listening to the Malcolm Gladwell book *Outliers*. It is one of those books that is often referenced so I decided to investigate further. To my surprise, the most commonly referenced aspect of the book, that it takes 10,000 hours of dedicated practice to reach expert level, is only a small portion point and not really the take home of the book. Certainly, the importance of dedicated practice for mastery is relevant to martial arts (an actual benchmark or measuring stick for mastery is particularly interesting in a practice in which the title of master is actually evoked.). But beyond that, I routinely found myself thinking about how martial arts fit, or didn't fit, into the various chapters.

For example, one discussion could help explain why Asian martial arts are so...well, Asian. The book makes a point to compare the incredibly nuanced and labor-intensive life of a rice farmer compared to the much more leisurely lifestyles of Western farmers or hunters/gatherers. In the West, agriculture has periods of intense work (planting/harvesting time) but other seasons of relative inactivity. By comparison, growing rice requires constant tending and maintenance, managing water levels and fertilizer, etc., but those efforts also more greatly influence crop yield and ultimate success of the farmer. The book speculates that this culturally ingrained attitude towards work has directly influenced Asians' ability to succeed in other areas such as academics, so that by many metrics they are the most successful group of immigrants in American society. If this premise is true, it shouldn't surprise anyone that if you take the same formula for success when it comes to rice growing and apply it to martial arts practice, it also produces great yields: dedicated and regular training with attention to detail and nuance. A willingness to sacrifice and "eat bitter" in the short term for long term gains. Perhaps this attitude is indeed a cultural legacy, perhaps it is why Asian martial arts practice seems more "foreign" in the West. Yes, western cultures have their own martial arts, and such arts also embrace "the grind", but Asian martial arts have remained a fringe activity in the West, perhaps in part because of this work concept.

The book also discusses cultural legacy as it relates to an honor culture's approach to violence, using the example of immigration patterns to the Appalachians and South. This is something I make a point to mention in my self-defense classes. While a minor point of the book, it is worth noting that cultural legacies of honor seem to persist long after people have moved out of the hills and hollars where a Hatfield/McCoy type feud was more likely, so the danger persists in other places as well.

While in the cases above, the book seems to give insight or explanatory power to observations in martial arts or self-defense, but in other cases, martial arts seems to deviate from the main thesis of the book (that in addition to talent and 10,000 hours of practice, there are other circumstances that greatly impact the chances of success.) So much so, that martial arts practice seems to be an outlier in the way that it produces outliers.

In most sports and even school, it is argued that what month you are born has a direct impact on your success compared to your peers. Society is identifying the most talented and accelerating their growth, through accelerated classes at school or travel and all-star teams in sports, at an increasingly earlier age. There is a big difference developmentally between 5 yrs. and 11 months and just turning 5, in size, coordination, time to practice sport specific skills etc. Thus, the older kids in a given age range are selected more often as being more promising and are in turn given more preferential opportunities that only widens the gap. A similar case can be made in academic schools. But not at our martial arts school. Yes, we have different age groups, but besides those splits, everyone works on the same material together. Yes, some kids excel more than others, but it isn't because their opportunity to succeed is different.

The book also compares people of comparable ability in terms of intelligence but had very different trajectories. It noted that your social class and upbringing greatly impacts your ability to use your genius or talent—one example is differences in learning how to navigate obstacles and other people standing in your way. "Skill differences" go beyond just goal setting and concepts of self-improvement and also include understanding when to be assertive, but also when to



be respectful, and appreciating social situations. In previous rants I have discussed at length how martial arts is amazing in developing all those areas, and we give our students the opportunity to put those principles in action. So, whether you come from a background where those things were stressed, and it is good to have reinforcement and the opportunity to practice those life skills, or whether these issues weren't addressed as much in your upbringing, you are going to have a chance to develop them here.

I can still remember a conversation with one of our upper ranks where they compared the difference in the mindset that we teach compared to what they grew up with—for example, our emphasis that you make your own breaks and your own obstacles in life, compared to the saying “if you didn't have bad luck you wouldn't have no luck at all.”

Admittedly, it is hard to refute that being at the right place at the right time in history has a lot to do with the fortune of some people, even in martial arts. Bruce Lee could only become the icon he is today because of the era in which he lived. But beyond that, given all the variables that makes people stand out as successful outliers, the martial arts seems to have all the positive variables and none of the disadvantages that plaque other avenues. While I concede my bias and perspective might be an outlier in its own right, the martial arts truly seem to be a one-of-a-kind activity—an outlier in producing outliers.