



# GMA news Aug 22

***Congrats to our newest black belt promotion: Miss Kayla Bush***

## ***UPCOMING EVENTS and CALENDAR***

Aug 6 <sup>th</sup>	Demo team practice 9:00-11:00 Stick fighting 12:00-2:30
Aug 13 <sup>th</sup>	Lil Dragon Testing 9:00-11:00
Aug 19 <sup>th</sup>	TKD testing 5:30 (no class)
Aug 20 <sup>th</sup>	Catch up camp 9:00-11:30
Aug 20 <sup>th</sup>	Demo Team 12:00-2:00
Aug 20 <sup>th</sup>	BB prep 2:00-4:00 ish
Aug 20 <sup>th</sup>	Summer Attendance party 6:30-8:30 (nerf wars)
Aug 27 <sup>th</sup>	Demo Team 12:00-1:30
Sept 4 <sup>th</sup>	Paragon Demo and Parade 6:00 (arrive Paragon Elementary 5:30) Demo at 5:00.
Sept 5 <sup>th</sup>	No Classes. Happy Labor Day
Sept 10 <sup>th</sup>	Lil dragons testing (TBA)
Sept 17-18	Dr Yang Chinna and Tai Chi seminar, Indy

## ***Paragon Parade***

At this time, Paragon is planning to do a one-day homecoming festival and has moved its parade to 6:00 pm on Sunday. Please arrive at Paragon Elementary by 5:30. Attire is dobok pants, belt, and a GMA tshirt. Additionally, our demo team will be performing prior. Team members will get instructions in practice.

## ***BACK TO SCHOOL LETTERS***

As students go back to school, it is a time to make good impressions and get into good habits for the new school year. As always, our students will receive a letter to take to their teachers toward the end of the month. Please be aware.

## ***Training Anniversaries:***

We want to recognize those students who have trained for a year (or multiple years) this month:

Holly Brown (TKD 7 yrs.)	Kaiden Cedeno (TKD 6 yrs.)	Sara Giles (TKD 5 yrs.)
Wyatt Northern (TKD 4 yrs.)	Daniel Hanscom (TKD 4 yrs.)	Malachi Watkins (TKD 4 yrs.)
Connor Watkins (TKD 4 yrs.)	Jared Hamilton (BJJ 4 yrs.)	Suzanne Gens (TCC 4 yrs.)
Manuel Murcia (LD 3 yrs.)	Silas Elmore (HKD/BJJ 3 yrs.)	William Yoshida (TKD 3 yrs.)
Kai Crowe (LD, TKD 3 yrs.)	Sara Moore (TCC 2 yrs.)	Elizabeth Gray (TCC 2 yrs.)
Cooper Glunk (LD 2 yrs.)	Adam Spiering (LD 1 yr.)	Collin Goodnear (LD 1 yr.)
Adryan Bustamante (LD 1 yr.)	Dudley Bonte (TCC 1 yr.)	Clara Gibson (LD 1 yr.)
Isaac Edwards (TKD 1 yr.)	Jonas Stewart (TKD 1 yr.)	

## ***Happy B-day to these students in August***

Rob Snyder	8/2	Sara Giles	8/3	Seth Mackin	8/5
Kellan Gray	8/7	Soliel Sparks	8/8	Nathin Plummer	8/11
Ben Sheldon	8/12	Preston Santiago	8/17	Clara Gibson	8/20
Cameron Gregory	8/25	Kaiden Cedeno	8/27	Aubrey Bertelsen	8/28

## ***Quotes of the Week, Character Development***

To coincide with our respect for teacher's letter, we will be talking about respect and the importance of making a good first impression.



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

Aug 11<sup>th</sup>, 1946, Tai Chi and Chin-na master, instructor to Mr. Sieg, Dr. Yang Jwing Ming’s birthday  
Aug 13, 1932 (-Feb 1, 2006) BJJ Pioneer Carlson Gracie’s birthday  
Aug 16, 1940 (-Aug 20, 2007) JKD pioneer, Larry Hartsell, whom we trace lineage through Sifu Jason Winkle, B-day  
Aug 25, 1931 (-Jan 8, 2007) HKD GM Bong Soo Han’s birthday  
Aug 2, 1964, Ed Parker hosts the first Int. Karate Champ, where Bruce Lee gives his famous demonstration.  
Aug 1998 Tae Bo is released.  
Movie premiers this month include Return of the Dragon (Bruce Lee vs Chuck Norris), 3 Ninjas, Rapid Fire, Only the Strong, Mortal Kombat, Blade, Hero, and the Power Rangers on TV

## **Martial Arts Mirrors the Growth of the Person (Literally)**

We all have experienced seeing a friend or relative after a long absence and being surprised at how much they have grown or changed. My son Donovan, now that he has eclipsed me in height seemingly overnight, is getting his fair share of that. Often, to the people who see them every day, the change is less dramatic and not even noticed because it is so gradual. Unless you are bamboo, this is how growth works. Growing in the martial arts is quite the same. That isn’t a groundbreaking concept, but a couple of examples of it have really hit me in the face recently—to the point of compelling me to share.

During our recent Lil Dragons testing, there was a very pronounced difference between the 1st wave of beginning students and the 2nd wave of intermediate and advanced students. Not just on improvement or more complicated skills, but the focus, responsiveness, was much better. Overall, the second test just ran so much smoother. I realize I am stating the obvious—that the more experienced students should outperform and “be with the program” more than the beginning students—but I am also stating that it is obvious that the process works. While at camp I was working with brown belts and was called off the floor to deal with some administrative stuff. I told them to finish what they were doing while I was gone—which was for a few minutes. When I came back, they were all staying in the last movement waiting for me to dismiss them. I had not intended for them to do that, and I felt bad, but also proud. In contrast, I typically have to discipline the lower ranks to stay in attention or jhoonbi (ready stance) before I can even get instructions out and while I am directly in front of them. Again, the contrast is not surprising, but is affirming.

Some people would say we expect a lot, perhaps even too much out of the younger/lower ranks, but as we often explain, we need to start working on things early so they have the right attributes when they get to black belt. We aren’t interested in making young yellow belts, we are in the business of making quality black belts and better members of society. This is a longer-term view. Parents are shopping for back-to-school clothes as I write this, and I am willing to bet that they aren’t buying things that fit perfectly right now, but are trying to find things a little long, something they can grow into and last longer. Similarly, we hope our students will grow into their training.

But that doesn’t happen overnight. We sometimes have parents who bring their kids in for their free two-week trial and expect us to “fix” things almost immediately. And while we can claim some dramatic turnarounds, it is tough to rewrite years of behavior and habits, coupled with inherent traits, in a matter of days. It isn’t much different than expecting their kid to wake up and have grown 6 inches overnight. Certainly, that is possible over the span of a year, but perhaps not without some growing pains. As the saying goes, most people vastly overestimate what they can accomplish in the short term but underestimate what they can do in the long term.

There is a training account that I have seen attributed to two different Hapkido masters—both pioneers in the art and credited with advancing the kicking element of HKD--where they dug a hole as deep as they were tall and filled it with sand. Each day they would shovel one scoop of sand back out and then practice their jump kicks by jumping out of the pit, and then repeat the next day, until eventually they got to the bottom of the hole. Continued, steady growth. You wouldn’t notice one shovel of sand was missing on any given day...but it compounds.

While we didn’t dig holes, I can remember having some of the offensive lineman at DePauw get their black belts in Hapkido, which required jump kicks. Admittedly, they weren’t the prettiest or highest, but after years of work, they did them. I liked to ask them after the test, if when they started, did they actually think they would ever be able to do those kicks, and they admitted they had serious doubts. But that is what years of progress can do. We had one student whose



balance was so bad that a little over a year ago, he couldn't hop on one foot to catch himself from falling. Needless to say, balance days were a major struggle. This past test he literally hopped laps around the room. Again, by way of contrast, we have also had BJJ students who quit after a few months because they don't have success against people who have been training for years. A metric of success didn't come fast enough, but that didn't mean they weren't progressing.

Don't be the kid who is marking his height on the door frame every day and getting frustrated that the line isn't moving. It is sometimes particularly hard to see the progress in yourself. One of our BJJ blue belts thought they were in a rut and not really progressing much. When we promoted him to his next stripe, he was surprised by our comments on how much certain parts of his game had improved, areas he thought were stagnant. It is hard to notice gradual change or growth in yourself, but someone from an outside perspective can notice the difference.

Growth and skill take time to develop, and you have to trust the process. Giving up too soon is like a kid swearing to never return to the amusement park because he isn't tall enough for some of the rides at the moment. Sometimes it can be frustrating because not everyone has a growth spurt at the same time. Some are late bloomers. But like the metaphorical line for that roller coaster, we have a line of upper ranks in our classes that are proof that you indeed grow into it.\*

\*In my rollercoaster metaphor I wanted to take a cheap shot and say you will hit the line unless you are Mrs. Yoshida. It seemed clumsy so I will just say it here.