



Sept 22 NEWS

Upcoming events:

**** No, We do NOT have class on Labor Day ****

Sept 4 th	Paragon Parade 6:00 (arrive 5:30)
Sept 5 th	No Classes. Happy Labor Day
Sept 10	Lil Dragons testing 9:00-11:00
Sept 10 th	Demo Team 12:00-2:00
Sept 10 th	Black belt prep 2:00-3:00
Sept 17-18 th	Dr Yang Seminar Indy
Sept 17 th	Possible ADCC viewing party/open mat. Listen in BJJ class for details.
Sept 24 th	Demo Team 9:00-11:00
Sept 24 th	Leadership team 11:00-12:00
Sept 24 th	Stick fighting 12:30-3:00
Sept 30 th	TKD testing. No class (tentative)
Oct 1 st	Demo Team 9:00-11:00
Oct 1 st	BB prep 11:00-12:30
Oct 6-10 th	Fall foliage (demo on 8 th at 5:00 pm and parade on 9th)

T SHIRTS FOR FALL FOLIAGE

Additionally, as usual we will be wearing our Hero in Training T Shirts for the fall foliage parade. We will order some extra, but we really would appreciate if the majority would pre-order to make sure we have the right number/sizes. Please order by Sept 15th in order to guarantee we have one for you.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9/1	Lee Bailey	9/1	Ethan Duncan	9/7
Clay Thacker	9/8	Jackson Brown	9/8	Danton Wendling	9/11
Justice Jones	9/11	Sara Moore	9/13	Aubrey Britt	9/13
Johanna Bailey	9/14	Drista Hickman	9/19	Alicia Hensley	9/19
Caden Howe	9/21	Wyatt Northern	9/23	Malachi Watkins	9/24
Gabe Wilson	9/26	Braydon Gordon	9/28	Mason Wendling	9/28
Donovan Sieg	9/30				

Training Anniversaries — Special congrats for everyone who is celebrating a year or multiple years of training.

Rob Snyder (TKD, HKD 17 yrs.)	Maya Mras (TKD 4 yrs.)	Caleigh Allender (TKD 3 yrs.)
Kellan Gray (LD/TKD 3 yrs.)	Patrick Hersman (BJJ 3 yrs.)	Silas McCalden (TKD 2 yrs.)
Kamauhl Ali (TKD 2 yrs.)	Justice Jones (TKD 1 yr.)	Sherri Williams (HKD 1 yr.)
Roger Burgess (TKD 1 yr.)	Cameron Gregory (BJJ 1 yr.)	John Hambrick (LD 1 yr.)
Henry Godfrey (LD 1 yr.)	Hayden Mount (TKD 1 yr.)	

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7, 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938,	Fumio Demura—Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained



Sept 14, 1961,	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th , 1966, Sept 1, 1973, Sept 17 th , 1988,	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp. TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	

Musings on Our Martial Arts Family

As many of you heard, we lost a true GMA Matriarch recently. Cheri Wilson was the mom to 6 of our black belts (two instructors) and the head of one of the most impactful families ever in our school. Though softspoken she was a constant in the stands at tournaments and at social events, including a few but appreciated times during her illness. We shared fond memories of her accompanying us to Korea. Through her ripple effect, students are indebted to her in so many ways they cannot appreciate. I am not sure I can either, but I know she will be greatly missed. I was able to attend her services without cancelling classes, but we would have closed in heartbeat if that were required. While I was at the viewing, I saw many other GMA students and instructors come through. I signed the card on her flowers from the GMA friends and family---and I meant it.

On a lighter note, an upcoming evening of classes will have a few instructor adjustments to allow for some of us to attend the wedding of one of our students. I am honored to be there, and similarly, while I can't make all of them, I am honored by invitations to graduation, birthday parties, and other important events.

I frequently state that no other activity brings people together like martial arts training does. When the phrase "blood, sweat, and tears." is a literal shared occurrence, it is hard not to form strong bonds. When that also includes literally placing your own safety and wellbeing, sometimes your life in someone else's hands while training, it creates something special. Coincidentally, I was just listening to a leadership book that stated that hormone oxytocin, which is known as a feel-good chemical that influences closeness, trust, and bonding, is released by touch. The book was referring to a hug among friends or handshake in the business world, but if a 20 second hug has such a positive effect, it isn't hard to see how a 6-minute roll in BJJ does wonders for camaraderie!

It is not uncommon to see guys from BJJ still talking in the parking lot long after class is over—about relationships, fitness or diet, other life advice. Over 20 years of teaching my college classes, I routinely watched individuals from very different groups—who would normally not even know the other existed because of such different circles—become best of friends through the shared experience of martial arts training. I have certainly seen the same thing at GMA; for example, it does my heart good to see kids show up to Saturday training events together because they had a sleepover the night before. I will also point out that at GMA I see members of different age groups bond here in a way that is rare in other areas. While there can be a strong mentoring possibility here, it is also genuine friendship that is lacking in more formal mentor relationships.

I don't think it is coincidental that some martial arts traditions (particularly Chinese arts) describe seniority and lineage in familial terms—your senior is your older brother or uncle. The bonds I forged through martial arts was some of the most impactful in my life...more than high school sports or a college fraternity. Those bonds and the personal impact that a martial arts community can have on a person is one of the of main reasons that motivated me to become a martial arts instructor.

Many organizations talk about being a family, and most of the time it is just lip service. I believe in the bottom of my heart that it is more than that here at Gentry. We recently lost a student because of medical complications and might be losing another one because they are moving. These sadden me not because of what we lose in classes in their absence, or how it affects our enrollment, but mostly because we are losing a friend. As with any family, there will continue to be more celebrations and more heartbreaks that we will endure corporately. With a family as big as ours, our leadership can't necessarily respond to each one as personally as we would always like. But when we do...say for example...cancel class for a funeral....we will do so unapologetically, because that is what family does.