



Oct 22 Newsletter for Gentry Martial Arts

DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

Congrats to our Latest Lil Dragon Graduates: Declan Williams and Cooper Glunk

Good luck to our newest black belt candidates: Caleigh Allender, Maura Watkins, Jenna Berry (2) Nathin Plummer (2), and Wesley Yoshida (2)

Upcoming events:

Oct 6 th	NO BBC-- Demo practice 7:45
Oct 8 th	Dragons testing 9:00-11:00
Oct 8 th	Fall foliage Demo Performance—on the square 5:00 pm (Demo meet at school at 3:00)
Oct 9 th	Fall foliage parade (see details below)
Oct 22 nd	Kids Stop Bullies FAST class 9:00-11:30
Oct 22 nd	TKD BB open mat/breaking practice 11:30-12:30
Oct 22 nd	Stick fighting 12:30-3:00
Oct 24 th	HKD testing tentative
Oct 29 th	TKD black belt testing 12:30-2:30
Oct 29 th	TKD BB stripe testing 2:30-4:00
Oct 30 st	Halloween party 5:00-7:00 (see below)
Nov 12 th	TKD tournament in Indy

Halloween Party info and help

The school Halloween party will be Oct 30th from 5:00-7:00. As always, we will need help with set up starting at 1:30 pm and take down. We will not overwhelm a few volunteers with all the work, so sign-ups for set up/clean up and helping during the party will be out until Oct 14th. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared. Please have in by Thurs, Oct 27th. Parents, we will be stuffing the bags on Thurs the 27th around 5:45, so if your kid is in class please come in and help. While we know for a fact that our students can be scary, we encourage our students to dress as heroes, role models, or something fun.

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 9th. We will be *in place* at the Martinsville High School parking lot by **12:00**. We are in Division 2, unit 5 in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a long WHITE sleeve T or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class to practice marching outside the week prior. Acceptable footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.



GMA Wishes Happy Birthday to:

Hayden Mount	10/3	Brandon Cox	10/4	Max Bailey	10/5
Adrian Martin	10/7	Liam Canada	10/9	Nate Wilson	10/10
Master Sieg	10/12	Holly Brown	10/14	Jonas Stewart	10/14
Brenan McIntosh	10-14	Jared Hamilton	10/21	Wyatt Rike	10/22
Thayne Boswell	10/26	Nick Lieffers	10/27	Luke Voorhees	10/28
Elizabeth Burleson	10/29				

Training Anniversaries

Special Congrats to those who started with us a year or multiple years ago.

Nicolas Inman (TKD 11 yrs.) Jack Higgins (TKD 7 yrs.) John Hirt (TCC 6 yrs.)
Liam Canada (LD 2 yrs.) Austin Brummett (BJJ 2 yrs.) Liam Canada (LD 2 yrs.)
Ethan Duncan (LD 1 yr.)

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all our students will learn a bit more about the importance of not giving up.

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

Oct 1, 1913 (-Jan 29, 2009) Birthday BJJ founder Helio Gracie
Oct 9, 1932, Birthday Judo Gene Lebell
Oct 18, 1961, Birthday Jean Claude Van Damme
Oct 27, 1936, Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938) Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957, Arguably the first modern Karate tournament- the All-Japan Karate Champ. Is held.
Oct 14, 1972, Kung fu the TV series debuts
Oct 11, 1997, Pride Fighting Championships debuts.
Other martial arts films include The Transporter and Kill Bill.

Home is Where the Training Is

Recently I shared a post celebrating the 78th anniversary of the founding of the Chung Do Kwan, the start of our TKD lineage. It is no coincidence that when we visit Korea, we stay near Insa-dong street. Ok, it is mostly for the shopping, but it is also near the YMCA where the CDK was founded. We also visit the current CDK headquarters, which is located several floors up in an office building and consists of a couple of small offices. It is quite anticlimactic when as I kid in envisioned the CDK being a palatial training hall—the Taj mahal of dochangs. Life in post war Korea meant that most dochangs were indeed difficult to imagine, but only on the opposite end of the spectrum. My seniors mention training halls with paper windows and no heat in winter. Mats might be some straw under a discarded military canvas...a surface that toughened up your feet more than the sparring did. Used tires were used as kicking targets. Yet the classes went on. The martial way will find a way.

While I am not trying to compare to conditions where many people were worried about basic survival. If you haven't heard, our beginnings were also very humble. We were asked to take over a “karate” program at dance/gymnastics school in a building that had fire damage. The plaster walls had bubbled. The “changing room” was a single bathroom the size of an airplane lavatory. The wood subfloor was rotted, and I feared if I sat on the toilet, it might fall through. The



wooden training floor had been warped by water damage (presumably from the fire) and finishing nails would pop up as the floor shifted. I literally taught class with a hammer in my hand, so when a student stepped on one of the nails, I would go hammer it down. But two movements later the floor would shift again, and something might pop up somewhere else. I felt like I was playing whack-a-mole. Still, we were able to quickly outgrow the space, even after adding more classes. Fortunately, Martinsville Academy shortly moved to their current location on W Washington, allowing us to follow them and have our own section of the building. This allowed us to expand our schedule to the offerings and options we have today. Eventually, both of us outgrew the mutual space, and we moved to our current location 11 yrs. go. Our space allows us to do some pretty special things, like hold seminars that most places couldn't consider hosting or run multiple classes at the same time. We are fortunate to be able to do those things.

In contrast the norm throughout history has been more like the YMCA, someone's garage or backyard, in a park, or any space where the instructor or students had access to. The first Hapkido classes taught in Korea were in an empty room in a brewery. Tai chi master Cheng Man Ching taught at a Chinese cultural center. About the time the CDK was at the YMCA, the MuDuk Kwan was holding classes in a Railway Department building, because the founder worked for the railroad. Perhaps my favorite story comes from HKD grandmaster JR West who first studied in Vietnam. The only flat surface was on top of a mountain the military had flattened at the top so the base's artillery would clear it. The rock dust served as the mat, and training included taking turns as the lookout to tell everyone to hit the deck if they saw flashes of mortars being launched in their direction.

While not as colorful training account as that, I have taken kali/escrima classes in Filipino cultural centers, and late at night in a college lecture hall where we would move the desks to the sides to have room. I have taken private lessons in basements, pole barns, and even did some grappling in a racquetball court--which really makes you appreciate having mats. I helped a friend start a school that still meets in a Jaycees community building. I also have good friends who have routinely taught in the rec halls of churches. I have taught and trained in a church. Yet, for some reason I have a hard time reconciling that one in my own head. I know it can be an outreach, but when I hear about a program in a church, it just seems a little weird to me.**

Despite knowing and experiencing this firsthand, with the commercialization of martial arts in America, it is easy to forget how often there is a humble origin story. Even today if I hear that someone has been training in someone's basement (and yes, we still get those calls), I am instantly a little wary about the quality and what was going on. There are plenty of good, quality, professional academies today. But I need to guard against being a snob, because many a fine master was created in those less conspicuous settings.

While many an old-time master would fondly recall stories like the ones listed above as the good ole days....they probably weren't all that good. One time, long after we were grappling on mats, I remember trying to go back to that racquetball room...and it sucked. Many a current martial art student—including ours—should appreciate how spoiled they are in terms of facility and opportunity.

But at the same time, our facility is not what makes GMA special. It is just a shell. It is the dedication of our students, the community we have fostered, the lives we have changed through passing on the martial traditions, the same ones that were passed down through more spartan conditions. Even when I was teaching with a hammer in my hand, we were growing because of what we were doing, not where we were doing it. Home is where the heart is, and if you have a heart for martial arts, then the setting doesn't matter. You will be at home wherever the training is.

** What is even weirder is that I fully appreciate that early in the history of martial arts in Japan, practitioners tended to congregate around Shinto shrines, perhaps most notably Katori and Kashima shrines which have several sword schools bearing their name and/or aligning themselves with these iconic traditions. And then there is a place in China called the Shaolin Temple. It must be noted that the martial arts flourished at these institutions more for socio-political reasons—temples in both countries had forces that rivaled other regional armies. But still, I realize my hang up flies in the face of the long tradition of martial arts being practiced at religious sites.