



GMA NEWS

November 22

Congrats to our new Master instructors: Mrs. Mandy Yoshida and Mr. David Yoshida
Congrats to our new black belts: Miss Jenna Berry (2nd), Mr. Wesley Yoshida (2nd) Miss Maura Watkins, Miss Caleigh Allender
Welcome Miss Brown to our staff as an assistant instructor

Upcoming events:

Nov 12 th	TKD tournament—Noblesville
Nov 18 th	TKD testing 5:30-no TKD class
Nov 19 th	Lil Dragons testing (beg 9:00-10:30; int/adv 10:30-12:00)
Nov 19 th	Demo Team 1:00-2:00
Nov 19 th	Stick fighting 2:00-4:30
Nov 22 nd	Holiday sale 9:00- evening classes.
Nov 23 -25 th	NO CLASSES—Happy Thanksgiving
Dec 1 st	TKD GLOW in BBC
Dec 3 rd	Bloomington Open BJJ tournament
Dec 3 rd	LT outing planned details TBA
Dec 17 th	GMA 25 yr. celebration—special events all day
Dec 29 th	Winter Weapons camp 9:00-3:30
Jan 2 nd	Tac Med practice and scenarios

See our Winter Camp schedule below**

Holiday Sale (sort of) Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. We normally do it on a Sat, but our schedule won't allow. Further...as you can imagine, we are having trouble ordering staple items, let alone the Xmas special stuff. PLEASE ORDER as soon as possible to have a chance of getting it in time for Xmas, but we are not certain of much this year. We will be open during the day on Nov 22nd from 9:00 through classes that evening, giving you the option to shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can research what your kids like and want.

Winter Camps set

As always, we will be using the winter break in the school calendar to offer some unique camps during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to learn something special. Don't forget you can also make it a X-mas present. Camp price includes lunch. Sign up at the front desk.

Winter Weapons camp. It has been many years since we have taught one of Master Sieg's favorite weapons, and a foundational weapon of HKD—the cane. Also, great carry over to our stick fighting program. While being a versatile weapon, it is also legal to carry pretty much anywhere. Dec 29th 9:00-3:30.



Tactical Medicine Course and Scenarios. TKD Master, Combat Medic instructor, and friend of the school Master Mark Wilson will return to do another tac med class. This version will be much more training and scenario based and have a feel closer to our FAST extrav classes. This is the next evolution for those who have done our FAST Basics, Active Shooter class, or previous tac med class, but not required. Open to 13 and up. Jan 2nd from 9:00-5:00 (estimate)

Spar Wars Kendo/Saber Night We will also be having a SPAR WARS/ parents' night out on Sat, Jan 7th from 5:00-9:00. Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which you can film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of sign-ups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp participants who already have the light saber will obviously get a huge discount. You can order the saber for Xmas!

A catch-up camp is also scheduled for Jan 7th.

Holiday Class Cancellations and adjustments:

No classes on Wed, Nov 23rd, Thanksgiving (24th) or Friday Nov 25th. Classes will resume as normal the following Monday. Have a happy Bird-day!

Kids BJJ will have a joint class with adults on Tues from 7:45-9:00. Wed evening TCC will meet on Monday at same time.

GMA Wishes a Happy Birthday to:

Caitlyn Gibson	11/01	Andrew Skopecek	11/06	Cameron Sighting	11/07
Harlan Fulk	11/11	James Russell	11/12	Connor Watkins	11/12
Sherri Williams	11/15	Kris Harves	11/19	Stephanie Patterson	11/19
Colt Goforth	11/21	Wesley Yoshida	11/24	Philip Salamander	11/26
Charles Branaman	11/26	William Yoshida	11/30		

Training Anniversaries

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

Aleah Spires (TKD 13 yrs.)	Hope Gunn (TKD 5 yrs.)	Kayla Bush (TKD 4 yrs.)
Eli Elmore (HKD, BJJ 3 yrs.)	Levi Elmore (TKD 3 yrs.)	Eli Gaskin (TKD, LD 2 yrs.)
Gavin Folck (TKD/LD 2 yrs.)	Kris Harves (BJJ 1 yr.)	Don Woodruff (TKD 1 yr.)
Johanna Bailey KBJJ 1 yr.)		

Quotes of the Week

With tournaments in both TKD and BJJ looming, we will be talking about proper sportsmanship, respect, and other ways to get the most out of the tournament experience.

Special recognition to our families:

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that need our family discount or those families with more than one generation involved.... Perhaps someone else in your family is ready to try it out?

Noah, Gabe, Nate Wilson (BJJ)

Aleah, & Ryan Spires (TKD)

Master David Yoshida, Master Mandy Yoshida, Kylie, Wesley, and William

Mr. Sieg, & Donovan (TKD), Jennifer (TCC)

Silas (BJJ) and Eli Elmore (HKD, BJJ) and Levi (TKD)



Elizabeth Gray (TCC), Annika and Kellan (TKD)
Rebecca Watkins, Malachi, Connor & Maura (TKD)
Adrian Martin, Noel, Luke, Sarah, and Eli Voorhees (TKD)
Max, Johanna, and Lee Bailey (BJJ)
Lee & Aubrey Ledford (BJJ)
Josh, Aubrey & Adrian Britt (BJJ)
Sherri Williams (HKD), Cameron Gregory (BJJ) & Alaynah Gregory (LD)
Nick Lieffers (BJJ), Grace & Jonah (LD)
Samantha and Wyatt Rike (TKD)
Kat Hicks and Elisabeth Workman (TKD)
Kimberlee (TCC) and Adama Diallo (TKD)
Charlene Denney and Megan Brook (TCC)

Special Thanks Special thanks (in advance) to the parents committee and everyone who helped decorate, brought in candy, food, and other items, or worked the Halloween party!

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

Nov 9, 1978, Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10, 1868-April 26, 1957, Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20, 1973, Bruce Lee

Movie releases include *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels

Nov 12, 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

Becoming a Statistic in the Martial Arts

Recently we hit a couple of promotion milestones. We just promoted our first two ever Master ranks (5th dan) to Master Mandy Yoshida and Master David Yoshida. While that feat is one of longevity or quality, our other milestone is one of quantity: we recently promoted our 500th yellow belt in Hapkido (my DePauw and GMA students combined). No, a banner and confetti didn't fall from the ceiling and she didn't win a prize while she tied her belt on, but I took note of the magnitude. Sadly, I don't have numbers for TKD ranks, or say, how many dragons have graduated the program, or other similar metrics. But there are other metrics I do know. One is that across all disciplines, we have had almost 2500 students QUIT our school.

To me those 2500 lost students represent a lot of missed opportunity. Perhaps it was a chance to gain more focus or discipline and do better in school. Perhaps it was more respect at home or work that could have helped lead to better relationships or a promotion at work. Perhaps someone who stayed a little longer would have gained a little more sense of accomplishment, gained more confidence, or found their voice, and perhaps that confidence could have led to a decision or risk that would have drastically changed the course of their lives. I wonder if some of them are worse off physically and emotionally by missing the workouts and the camaraderie that comes with them. Maybe someone could have avoided a serious injury if they had just stayed in long enough to practice their falling technique more. Or perhaps learn a self-defense skill that actually kept them from becoming a victim or a statistic themselves. What would this community look like if that many people grew up having black belt level respect, dedication, and commitment to excellence in what they pursue?

I realize that not everyone can or will be “lifers” in the martial arts and get to the master ranks. That is what makes the Yoshida's' promotion special. Most people leave for a variety of reasons...some more legitimate than others. Over the years there have been many cases where we wanted that next rank more for the students than they did for themselves. Maybe we weren't able to convey the benefits of martial arts properly. Or sometimes our approach and



tactics we use in sincere efforts to teach and improve our students both on and off the mats aren't always appreciated. And maybe the martial arts isn't going to dramatically change everyone's life for the better, but I know it did mine.

Joseph Stalin famously wrote that one death is a tragedy, whereas one million is a statistic. The implication being that a person can relate and sympathize with an individual story of loss, but many become an abstract concept that is harder to remain emotionally attached to. I am happy we have been around long enough to share the martial arts with lots of people. I am happy 500 people have learned at least enough to get their yellow belts. But I am saddened that it could have been so many more.

When I recorded our 500th yellow belt, I took a moment to scroll through the entire list. I can honestly say that I remember ALMOST everyone one of them...although admittedly most of them probably look very differently now. While our classes continue to grow here at GMA, it is becoming harder to remember some of the newer faces. As I business owner, I have to look at metrics, but I hope we never just look at the statistics and stop seeing our students as individuals—each with their own goals, needs, and interests for training. Together, I hope we don't squander the opportunity to help them to BE MORE before they become a statistic. And I hope that statistic is our number of black belts earned.