



DECEMBER 22 GMA NEWSLETTER

Upcoming events:

Dec 3 rd	Bloomington Open BJJ tournament
Dec 3 rd	Leadership team Xmas shopping outing 2:30 (meet at school)
Dec 3 rd	Demo Team performance—Indian Creek HS halftime. (meet at 6:00)
Dec 9 th	TKD testing make ups/retesting only, all levels 5:00 pm
Dec 10 th	Lil dragon make up testing 9:00 am
Dec 17 th	GMA 25-year Celebration Day
	9:00-10:00 BB ceremony
	10:30-11:30 Tap Cancer Out Charity Roll
	12:45-2:00 Tai chi class w Sifu Gonin
	2:15-3:45 Sparring Clinic with Master Randy Wilson
	4:00-4:30 Self defense for TKD/HKD with Master Mark Wilson
Dec 20 th	Christmas Party and Awards Banquet at Fairgrounds 6:00 pm
Dec 23-26 th	No class, Merry Christmas. Classes resume Dec 27 th
Dec 29 th	Winter Weapons Camp—CANE 9:00-3:30
Dec 30 th	Friday am classes—staff outing
Jan 2 nd	Tac Med Extrav course 9:00-5:00 No regular classes. Happy New Year. Classes resume Jan 3 rd
Jan 7 th	Catch up camp 9:00-11:30
Jan 7 th	Spar Wars Kendo/Saber night 5:00-9:00 pm

Xmas Party, Dance and Awards Banquet

This years Christmas party/awards banquet and dance has been scheduled for Dec 20th at the Morgan County Fairgrounds. Arrival and set up will be from 5:30-6:00. Following the awards, there will be some games and a dance that will continue until 8:30 or 9:00 pm. This is a chance to join in some fellowship, recognize some key students and parents. There will be a pitch in for dinner, and signups will be posted soon. We also need a very close idea of people attending for seating arrangements. No classes will meet that Tuesday. We hope everyone will be able to share in our annual event. We also need signs up for set up at the fairgrounds that morning.

Winter Camps Coming Up Fast

Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present. Camp price includes lunch and some of the weapons or gear needed for the seminar, and you can put the gear under the tree!

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

Tac Med Extrav Combat Medic instructor, martial arts master, and friend of the school Mark Wilson will be returning to run us through additional drills and scenarios for tactical med and care. This is a unique chance to get experience similar to/adapted from actual combat medic training. Similar to our FAST extrav format, it will be some review/teaching and some basic drills, but a lot of staged scenarios to up the stress, adrenaline, and realism. It is preferred (but not required) that participants have taken one or more of the following: his other tac med classes, our FAST classes, our active shooter response, or similar class. This event will build on/supplement what you have learned in those areas.

Catch up camp Jan 7th. Fallen behind or gotten a little rusty on account of the holidays? Or maybe you just want some extra practice? It is a busy time and people get out of the routine. Here is your chance to get the new year started right with extra help focused on testing requirements. We keep it cheap to give everyone a chance to get extra work in.

Spar Wars NIGHT! Jan 7th We will also be having a SPAR WARS/ parents' night out on Sat, Jan 18th 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 with the light saber will obviously get a huge discount.

And the NOMINEES are:

This year we are announcing those students who are nominated for our yearly awards:

Student of the year: *Caleigh Allender, Mikenna Kirk, Rebecca Watkins*

Black Belt of the year: *Nathin Plummer, Jenna Berry, Jack Higgins*

Most Improved Student: *Jonas Stewart, Joseph Runnebohm, Maura Watkins, Alicia Hensley, Lily McDonald*

Competitor of the year (TKD): *Finn Vandewalle, Jack Higgins, Hope Bennett, Kaiden Ceden*

Competitor of the year (BJJ): *TBD after the Bloomington Open*

Notice of Tuition Increases for Incoming Students

We will be increasing tuition rates for incoming students starting in 2023 (first time in 3 yrs.). Most current students will not be affected. Your tuition will be grandfathered at your current rate so long as you don't discontinue; this only affects incoming students. BJJ students will be seen an increase to adjust for increasing affiliation expenses (to be discussed in class).

Please Plan ahead for Xmas Items

If you have any last-minute Christmas shopping to do (don't we all) or need that stocking stuffer or whatever, just a reminder to please plan in advance. Many of our suppliers go out of stock of seasonal items and we want to make sure we minimize the delays in getting any special orders to you! *The last day to order Xmas items to ensure shipping (assuming availability) is Dec. 9th. Keep in mind, some things are already back ordered past the holidays.*

Give another person the chance to “be more” this Christmas

Don't forget that you can get a gift certificate for a uniform and month of classes –130.00 value, for only a 35.00 cost to you (BJJ uniforms more). If you know anyone who has ever “thought about” doing martial arts, or if there is someone you know who “this would be good for,” this is your chance to get them off the fence and really reaping the benefits of training.

Quotes of the Week: This month, with goal setting around the corner in Jan, we will be talking about the differences between the habits and behaviors of successful people and unsuccessful people.

Training Anniversaries

Kylie Yoshida (TKD 14 yrs.)

Rylie Huber (LD 1 yr.)

Ryder Demott (TKD 1 yr.)

Emmy Roembke (LD 1 yr.)

GMA Wishes a Happy Birthday to:

Rebecca Watkins	12/02	Austin Brummett	12/03	Maura Watkins	12/05
Lee Ledford	12/05	Rosemary Davis	12/06	Joseph Runnebohm	12/07
Athena Henley	12/09	Bryce Mathis	12/09	Andrew Carson-Turner	12/10
Samantha Rike	12/12	Lily McDonald	12/14	Annika Gray	12/17
Noel Voorhees	12/19	Andrew West	12/19	Levi Elmore	12/21
Owen Hacker	12/23	Eli Voorhees	12/25	Jaxson White	12/25
Mrs. Yoshida	12/26	Aisling Sheridan	12/26	Jude Haywood	12/28
Chaz Smith	12/28	Walker Hendrickson	12/29	John Gens	12/29
Wyatt Moore	12/30	Brock Porter	12/30		



Class Cancellations for Holidays, class adjustments, and general policies

- No class on Tuesday, Dec 20th on account of the Christmas party...see you there.
- Holiday class cancellations: No class on Dec 23rd, Dec 26th on account of Christmas. Classes will resume Dec 27th. No class on Jan 2nd on account of New Year's but we will have Tac Med course. Classes resume on Jan 3rd. Also AM classes are cancelled on Dec 30th on account of a staff outing/meeting
- Also, a reminder of our general policy regarding severe weather. We *try* to follow the lead of local schools—if they cancel school that day, cancel evening events or let out early, so do we. If on morning delay, we will meet as normal. This applies to universal problems such as snow and ice, not things like flooding or other issues that may be more regionalized. The only exception to this may occur when the school cancels in advance of a huge storm and the forecast is *clearly* incorrect, or when crews have all day to work on the roads. When in doubt, simply call, check the website and Facebook, check your email for announcements.

Tournament results

We had fourteen students take home a total of 18 medals at the Crays Covid Cup tournament in Noblesville: good balance with 10 forms and 8 sparring medals. Congrats to the following:

Jack Higgins	1 st forms	Jenna Berry	3 rd sparring	
Finn Vandewalle	2 nd forms	Maya Mras	3 rd sparring	
Nathin Plummer	2 nd forms	Hope Bennett	1 st forms	2 nd sparring
William Yoshida	1 st forms	Eli Voorhees	1 st forms	
Sarah Voorhees	3 rd forms	Noel Voorhees	2 nd forms	1 st sparring
Luke Voorhees	3 rd sparring	Adrian Martin	2 nd forms	1 st sparring
Kaiden Cedeno	3 rd forms			

Celebrating 25 years and Just Getting Started.

To paraphrase Socrates, the rationale man's poetry, no matter how diligently studied and practiced, will be eclipsed by the works of the inspired madman. I would like to think that GMA has been the work of both sides of me. To run any small business, let alone one in the field that historically ranks as one of the most frequently closed businesses in America (and that was pre pandemic!) takes a little planning and diligence. Yet, GMA has succeeded not because of business strategy, but because of our passion for sharing the life changing benefits of the martial arts and creating a culture of leaders who want to help people in the same way. Along with that passion, I think we have reached this milestone by displaying the same attitudes we expect from and try to instill in our students: discipline and perseverance, focus, the ability to adapt and overcome while still staying true to tradition and foundational principles.

I have on multiple occasions and various places shared snippets about our history, so I will spare you those ruminations now, but please allow me to recount a few of our highlights. As we tell our students when it comes to goal setting, we overestimate what we can do in a short time but tend to sell ourselves short on what we can accomplish over the long term. And for some, 25 years is a long time:

At least 30,000 classes.

Over 200 black belts.

3 Masters (1 HKD, 2 TKD), and 4 junior masters, and BJJ black belts.

At least 4 other martial arts schools have come and gone since we have been here.

2 student training trips to Korea.

Nearly 150 seminars/workshops taught elsewhere.

Around 70 special seminars/workshops held here, including those with Olympic Gold medalists, multiple World Champions, Bestselling self-defense authors, grandmasters from Korea, and instructors who travel the world.

Outgrowing two previous locations.

I have lost track of the number of parades, demos, PE classes and school talks, and money raised.



We now have several students who are the same rank or higher than when I founded GMA. We are blessed with the depth of our team; it is a luxury of being a mature school. Over the years there have been many more upper ranks, assistant instructors, and staff who we were blessed with, but ultimately moved on. In many cases, I was crushed and wondered how we would ever replace them, even though I routinely talk to our black belts about the “circle of life” in martial arts. We all had mentors and people we looked up to in the martial arts, and those people had someone they aspired to be like, and our newer black belts should be that for the next generation. I am grateful that cycle remains unbroken here at GMA.

While I am grateful but not surprised to see that play out over the years, there are lots of things that I did not foresee or give any thought about happening. I have lost track but can think of at least 6 different marriages that have occurred between GMA black belts. Some of those couples are among the group of parents who trained at GMA as a child and are now bringing their own children to us.

I sat down the other day at the BMV and started to rummage for paperwork in my bag. I didn’t look up until I heard, “How are you Master Sieg?”. It was a black belt who I hadn’t seen for probably 15 years who was helping me. The same thing has happened at the bank.

Our leadership team is getting ready to do our annual shopping outing to benefit a needy family for Xmas. We try to take a rather large family that perhaps other people couldn’t cover as easily, but the family I received this year was really big. As I drove back to the school, I was thinking how we could make things stretch. When I sat back down at the desk, there was a message from a former black belt asking if we still sponsored and family, and if they could donate to the cause! It was more than enough to take up the slack. God often provides in ways like that. And God has always found a way to provide here at GMA through the years. I would like to think it is because our purpose is one importance for this community.

Steven Pressfield, in the *War of Art*, discusses such important work...”We do the work and its demands... for its own sake, not for attention or applause. To do it is an offering, purged of hope and ego....To let the work come through us and give it back to the source. In the end, the artist is the servant of the Angels, the muse. The artist, over time, acquires modesty and humility...alone with their work, they are chaste and humble. [because] ... they know they are not the source of such inspiration. I—no, WE--have done the work. I am not the source, but I have tried to faithfully and diligently preserve and pass on the knowledge and benefits that my teachers and the arts have given me.

When I was graduating from high school I can remember taking in the ceremony with curiosity. Some people were excited as if they had just been released from prison. In contrast, I knew I had at least four years of college and probably more school after that. High school graduation was a nice milestone, but it was hard to get excited when I knew I wasn’t close to being done.

And so here we are, celebrating a milestone. We can use it as an excuse to hold special events and have cookies, and I will try to get some marketing mileage out of it. But honestly, it is hard to get too excited when I hope we aren’t close to being done. Because we have 4 new white belts starting this week, and none of them give a rip about any of that. Perhaps one day they will be another one of our leaders who I will wonder how we will ever replace in the circle of life of martial arts. But right now, it is our job to show them how GMA and the martial arts can help them to BE MORE