



Gentry News Jan 2023

2023—Year of the Rabbit*

And the winners are.... congrats to our award recipients!

We want to thank once again everyone for a wonderful time at the annual Christmas party and awards banquet.

This year we recognized the following students with our **annual awards**:

Most Improved Student—Maura Watkins
Competitor of the Year (TKD)—Hope Bennett
Competitor of the Year (BJJ)—Charles (Chaz Smith)
Black belt of the Year—Jenna Berry
Student of the Year—Caleigh Allender

ALSO, CONGRATS TO OUR PROMOTIONS:

Our newest TKD 2nd Dan: Nathin Plummer
Our newest HKD 3rd dan: Lise Roberson
Our newest LD graduate: Liam Canada

Upcoming events:

Jan 7 th	Catch up camp 9:00-11:30
Jan 7 th	Black belt prep 12:00-1:30
Jan 7 th	Spar Wars Kendo/Saber night 5:00-9:00 pm
Jan 20 th	TKD testing 5:30—no regular class
Jan 21	FUJI BJJ tournament
Jan 21 st	Leadership team 9:00-10:30
Jan 21 st	Demo Team 10:30-12:00
Jan 21 st	Stick fighting 12:30-3:00
Jan 26 th	Korea trip informational meeting—possible itinerary. After BBC
Jan 28 th	FAST Defense Stress Shooting seminar 9:00-12:30
Jan 28 th	FAST Defense Adult Basics 1:00-4:30
Feb 2 nd	Demo Team performance—Martinsville HS halftime Meet here first (TBA). No black belt or BBC that evening

Tentative plan for lil dragons testing will be around regular class times Jan 25-27

Schedule adjustment:

We are announcing a major curriculum change as we move into the new year. (check video on YouTube and in FB group if you missed in class) but to coincide with that....7th yellow and 5th green will no longer be staying longer on Tues. They will be letting at out at 6:00 pm starting on Jan 3rd. .

Catch up Camp

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes from over the holidays in our TKD catch up camp. All rank material will be covered in this 2.5-hour intensive which also counts for three classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

REVIEW and FOLLOW Campaign

Facebook is weird. Recently, our rating has dropped from 4.8 down to 4.0 WITHOUT A SINGLE NEW REVIEW! From what I can gather, this has happened to other businesses and no one knows why, but there is some speculation it is because there are not new/active reviews. We would appreciate it if our students/parents would leave more reviews on Facebook/google, etc. This is important to reassure other perspectives who are checking us out. Some of our reviews are dated and we would like more fresh ones, so we are going to have a contest to help encourage participation. We will be having a drawing for a 100.00 Amazon



gift card. Every review on google or Facebook will get you five entries. Subscribing to our YouTube channel will get you two entries and liking the GMAM Facebook page or following us on Instagram (if you haven't already) will get you one additional entry. Drawing will be at the end of the month. Please note, we must be able to recognize who you are in reviews/subscriptions/follows to give you credit, so if it isn't clear, message us or comment to clarify. You must message us about the GMAM page like...we can't see individual updates (another change by FB)



like GMA Martinsville's page and join the Gentry group for announcements and additional information



subscribe to our channel



endorse Mr. Sieg and Gentry Martial Arts



at Gentry_MA

GMA Wishes a Happy Birthday to:

Alysha Patel	1/01	Vanessa Moulton	1/01	Asher Grounds	1/02
Charlene Denney	1/03	Miyah White	1/08	Jake Staker	1/10
Patrick Sheets	1/11	Suzanne Gens	1/12	Isaac Edwards	1/13
Callie Davis	1/13	Sherri Williams	1/15	Randy Rainwater	1/15
Theodore Hamilton	1/16	Deborah Kaufman	1/16	Elizabeth Gray	1/17
Ruth Kaufman	1/18	John Hambrick	1/19	Evelyn Deel	1/20
Bryson Presley	1/24	Weston Smith	1/27	Collin Young	1/28
Lane Sandler	1/30	Mikenna Kirk	1/31		

Training Anniversaries

Ryan Spires (TKD 13 yrs.)	Rebecca Watkins (TKD 4 yrs.)	Maura Watkins (TKD 4 yrs.)
Brandon Cox (BJJ 3 yrs.)	Caden Howe (LD/TKD 3 yrs.)	Max Bailey (BJJ 2 yrs.)
Adrian Martin (TKD 2 yrs.)	Eli Voorhees (TKD 2 yrs.)	Sarah Voorhees (TKD 2 yrs.)
Weston Smith (LD 2 yrs.)	Makenna Prose (TKD 1 yr.)	

Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

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

- Jan 7th, 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member
- Jan 17th, 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian
- Jan 17th, 1970—Chuck Norris's last fight before retiring.

Putting our Forms Collection in Storage

I have shared in the past that I swore I would never be a "forms collector." Yet, over the years, I have amassed a lot of form patterns: my Chungdokwan foundation, the Kukkiwon forms, teaching the Jidokwan forms at IU. And then there are the tai chi forms, our hapkido body movement drills, etc. I started to count but gave up at 50. In my defense....I



would define being a forms collector as more than just knowing a lot of forms. A real collector confuses the rote memorization of a lot of patterns, many of which are redundant and use the same movements in a slightly different sequence, as having more competence in martial arts. Any form depends less on knowing the sequence and more about how you perform it—being functional with the movement versus going through the motions or making it a dance. Knowing more dance routines doesn't necessarily translate to being more functional.

In my teaching career and charting a path for GMA, I have been conflicted with knowledge of the aforementioned discrepancy between knowledge and functionality, and my sense of duty to pass on the art that has been taught and entrusted to me. I take preservation of that knowledge very seriously, even if it is more for historical sake. Yes, I realize YouTube has largely removed a lot of this burden, but I often share with my black belts, there were drills or routines that GM Choi would only show us once a year at summer camp, and we would steal away on breaks to review, write it down, etc. so as not to lose it. There was a good chance we would still be expected to know the material, perhaps not again until next summer camp. Admittedly, this was probably more about GM teaching us the attitude of being an earnest student than any secret advantage the additional sets would give us. But still, I was ingrained to treat them as valuable. And so, I wanted to pass them on to my students as part of our lineage. To be more specific, our original CDK roots are so old school that in a way they represent a living time capsule of the era from 1944-1960. As a martial arts academic, I appreciate that, and hope our students also do somewhat.

But not many people really care...nor should they. No one has inquired about classes because they wanted to specifically learn that era of "Korean karate," under whichever name was being used at the time. People come to learn skills and get the added life skill benefits along the way.

And so, we feel that our effort to preserve our heritage has ultimately started to distract us from the true purpose and benefits of TKD. At this point I must also say I am very proud of how hard our students have worked to learn and do both. But it is hard to accomplish both in class 2-3 times a week. In the end, it is more about technique than memory. At a tournament, the judge doesn't care how many other forms you know. They only care about how well you look doing that one form in front of them.

Understand this...it doesn't mean it is going to be easier. Different, yes. Less memorization, which for some of our students will be helpful. But it means a lot more work, hard work, to improve in other areas. There are going to be even less excuses why your technique isn't up to standard. And that standard is going to be raised.

Some people rely on their forms collection as a justification of why their school is the best or view it as some talisman that will protect them even though they don't have the functionality to back it up. Our collection, while valuable to some, has become a thing too large to keep dusted. And so, a lot of it is going into storage until the upper ranks. For the ones we keep out, they are going to be polished to shine even brighter.