



Gentry Martial Arts

News March 2023

Upcoming events:

March 3 rd	TKD testing 5:30-7:00 no TKD class.
March 4 th	USHF seminar, b-ton 9:00-5:00
March 11 th	Stick fighting 9:00-11:30
March 11 th	Black belt prep 12:00-2:00?
March 18 th	Demo team 9:00-10:30
March 25 th	LD testing (beg 9:00-10:30, int/adv 10:30-12:00)
March 25 th	Black belt prep 1:00-2:30
March 31 st	Professor Woodmansee returns for classes.
April 1 st	Professor Woodmansee seminar in Indy, 11:00 am
April 1 st	Possible demo team practice 9:00 am (depends on performance time on Sunday)
April 2 nd	Demo team Performance, IU Korea Night.

Spring Break Social Media contest:

Going somewhere on spring break? We want to see you represent. We will be holding a contest over spring break. Take a picture in your best martial arts pose with your exotic surroundings (even if it is just around town). Pics in uniform or GMA swag will be given more consideration. Tag us on Instagram or Facebook. Best pic(s) will win a prize!

Quotes of the Week

We are late starting our focus points, so we will continue with those, and after that, we will be going over some of our favorite sayings from Grandmaster Choi.

Don't forget GMA website, Facebook, Instagram,

Follow us on Instagram @Gentry_MA for lighter notes. And you can also subscribe to our YouTube Channel

Training Anniversaries:

Mike Dodge (BJJ 17 yrs.)	Finnegan Vandewalle (TKD 15 yrs.)	Maddox Sparks (TKD 7 yrs.)
Nathin Plummer (TKD 5 yrs.)	Alysha Patel (TKD 5 yrs.)	Bryson Presley (TKD 2 yrs.)
Lane Sandler (BJJ 2 yrs.)	Mikenna Kirk (TKD 2 yrs.)	Jason Eversole (KBJJ 1 yr.)
Forrest Heidenreich (TKD 1 yr.)	Rylan Jones (LD 1 yr.)	A J Starodub (LD 1 yr.)
Evelyn Deel (LD 1 yr.)		

Birthdays:

Hope Gunn	3/3	Jenna Berry	3/3	Christian Hambrick	3/3
Evelyn Kauffman	3/6	Megan Brook	3/7	Cameron Sylvester	3/9
Keston Knoy	3/11	Aleah Spires	3/14	Avery Grounds	3/20
Andrew McNitt	3/21	Maya Mras	3/21	Eliza Chapman	3/24
Addie Fulk	3/24	Lise Roberson	3/29		

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

March 1, 1907 (-Feb 2, 2003) GM Won Kuk Lee (founder of Chung Do Kwan) birthday
 March 10, 1940, Birthday for Chuck Norris

March 11, 1967, Birthday for Renzo Gracie
 March 19, 1931, Birthday for Ed Parker, Sr. (Famous for Bruce Lee demo and taught Elvis Presley)
 March 24, 1950, Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program.
 March 10, 1921, Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate “on the map.”
 March 20, 1971, South Korean President Chung-Hi Park declared TKD as Korea’s national sport.
 March 30, 1990, Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
 March 31st, 1999, The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

Be Careful What You Get Good At

Kaizen is a compound Japanese word that means continuous improvement. It sounds like the perfect maxim to be routinely uttered in most of their storied martial arts training halls, but it is more commonly associated with Japanese business philosophy of resisting the plateau of development...of stalling out. Last month I talked about how the martial arts are an activity that naturally reinforces goal setting concepts and teaches the practitioner how to set and then accomplish goals in other areas of life. I used the popular Norman Mailer quote that “Every moment of one’s existence, one is growing into more or retreating into less. One is always living a little more or dying a little bit.” Kaizen.

Perhaps the bigger question is what are we improving upon? Everyone assumes the answer to that question is self-evident...but the REAL answer might not be so obvious. When we train in martial arts, we are *supposed* to be training ourselves to BE MORE. We are training on getting better one punch, one kick at a time, not just on the physical traits but also the mental attitudes that carry over into all aspects of life. Success through perseverance. Training to a standard of excellence and constant improvement. Kaizen.

At least that is how training is supposed to work. Unfortunately, I have to constantly remind our students that we are either practicing to get better, or driving home bad habits and making our technique more wrong. Practice does not make perfect; it makes permanent. Perfect practice makes perfect; wrong practice makes more wrong.

Sometimes, what we are doing wrong doesn’t seem like it is a mistake. The Tai Chi classics warn us against becoming what some regard as the biggest wastes of potential—the student who has lots of natural ability or physical attributes, and the rudiments of the art come quickly to them. That person may enjoy initial success based less on technique and more on those other qualities like athleticism. But what they do works, at least initially. So they hang on to their superficial success, usually against other novices, and never try to go deeper, to develop true skill. What got you out of Egypt may not be what gets you to the promised land. We have to keep growing. Kaizen. But some people are really practicing and building the habit of settling for marginal success.

As Michael Thompson states, “For the rest of his life, a man is going to be trained for something. The only question is what.” So, what are we training for? For mediocrity? For settling when we know we can push ourselves to be better? Learning to work diligently and deliberately doesn’t happen overnight, but research has demonstrated from rats to children, industriousness can indeed be learned, and in the meantime we must be careful of other habits becoming permanent.

Popular books like Grit and Outliers point to research that suggests that 10,000 hours seems to be the magic number for mastery. Everyone likes to throw that number out in regards to deliberate practice, honing their skill, becoming a true master of their craft. But perhaps the better question is what are the skills that we are undeliberately becoming masters of? We can rack up those hours quickly and become a master at excuses and rationalizations. We can become a natural at doing enough to get by but never reaching our full potential. A masterpiece of playing it safe and not committing. The posterchild of regret and “if only I worked harder.” A real pro at quitting when the work gets hard or requires more discipline and dedication? What negative habits have become default and we are unconsciously mastering.

Our students are learning the focus points—cues to work on having maximum effort and deliberate practice. Cues to help with Kaizen. For not settling, but constantly improving. Because what got you out of Egypt might not get you to the promised land. Focus point # 3 is “train as if it were real.” Do your forms like it is tournament or testing. Spar in class like you would in a tournament. And punch like your life depended on it. Maybe you never meet that hypothetical attacker. But if you don’t practice like that, you might be improving on things that make you worse than if you had actually met him.