



May 2023 GMA Newsletter

BIG CONGRATS to our graduating seniors: Silas Elmore and Kylie Yoshida
Good luck to our black belt candidates.

Upcoming events:

May 6 th	Black belt special “sunrise” class at park 8:30 am Annual Break a thon and school picnic, Jimmy Nash Park (details below)
May 15 th -19 th	Happy Mother’s Day--Mothers please join us for class this week.
May 20 th	Black belt testing
May 20 th	Stop Bullies FAST kids’ self-defense class 12:30-3:00
May 25 th	TKD BB stripe testing—in TKD class and BBC
May 27 th	Bedford TKD tournament
May 28 th	Spring Clean 1:00-4:00
May 29 th	No class, happy memorial day
June 1-2 nd	Hapkido Camp
June 3 rd	Lil Dragon Testing 9:00-10:30 (beg) 10:30-12:00 int/adv.
June 6-8 th	Lil dragon Camp
June 12-16 th	TKD Day camp

Break-a-thon and annual school picnic

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is a great chance for our students to get a lot of breaking practice! This year we will be having it at Jimmy Nash Park, Shelter no 5. Arrive prior to 12 for registration for the breaking and set up. We hope start the picnic at 12:00 noon, and the breaking practice will begin shortly thereafter. We will not be using real boards this year. For the picnic, fried chick and pulled pork will be provided, and students need to sign up for the pitch in. We will still be doing fun and games such as egg toss and throwing pies at instructor (1.00 per pie for scholarship fund) Please sign up inside so we can still anticipate numbers. Students DO NOT need to wear doboks to the break-a-thon (egg toss appropriate clothing strongly encouraged).

Mother’s Day invitation

As usual, our students are welcome to invite their mom, grandmas, etc. to class the week following Mother’s Day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

Sign up now for Day Camps/Summer camps!

We are now taking sign ups for our GMA day camps. These are weeklong intensive training sessions. from 9:00-3:30 each day. They are the equivalent of 30 classes and 3-5 points and cover a full belt rank. material in one profoundly serious week. History and philosophy, how to write the black belt papers, and other. knowledge not normally covered in class is also taught. And there is still time for some fun and games like martial arts. dodgepad. Discounts are available for multiple camps or multiple family members. Additionally, get a discounted rate if you pre-register by May 15th.

TKD camps June 12-16 and July 17-21. BJJ camp July 26-27. HKD camp June 1-2. Dragons camp June 6-8
*****Weapons Camp: Rope Dart/Meteor Hammer with instructor Bensei. Ages 14 or approval June 23-25. You must either make your own weapon or order one well in advance!**



GMA Wishes a Happy Birthday to:

Adrian Britt	5/4	Jordie Spaulding	5/10	Emmy Roembke	5/11
Silas Elmore	5/13	Darien Troxell	5/15	James Lowe	5/16
Andrew Yurisich	5/24	Ryan Spires	5/25	Eli Estep	5/25
Jonathan Riosco	5/25	Seamus Rusk	5/26	Miki Mascoe	5/30

Training Anniversaries

Rob Snyder (TKD, BJJ 15 yrs.)	Lise Roberson (HKD 14 yrs.)	Donovan Sieg (TKD 12 yrs.)
Brayden Gordon (BJJ 4 yrs.)	Larissa Poorman (TKD 2 yrs.)	Walker Henderson (TKD 2 yrs.)
Declan Williams (LD/TKD 2 yrs.)	Vanessa Moulton (TKD 2 yrs.)	Drista Hickman (TKD 2 yrs.)
Eliza Chapman (TKD 1 yr.)	Lee Ledford (BJJ 1 yr.)	Charlene Denney (TCC 1 yr.)
Thayne Boswell (LD 1 yr.)	Bean Feedback (LD 1 yr.)	Alicia Hensley (BJJ 1 yr.)
Rylee Bryant (TKD 1 yr.)	Cole Patton (TKD 1 yr.)	

Quotes of the Week

This May, as Heroes in Training, we will be looking at the stories and learning from some real-life heroes (medal of honor recipients) in honor of Memorial Day.

This Month in Martial Arts History (selected from “Dates with Destiny” in *Martial Arts Success*)

1984—Ninja Turtles debuts (in comic form)

May 1st, 1971—Billy Jack, featuring HKD master Bong Soo Han, premieres (it is released in ‘73 and helps fuel the Martial arts boom)

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973, first world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27, 1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide.



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What Does Caring Look Like in Martial Arts

As another semester of college courses ended for me, one of things that still perplexes me is the contrasting feedback that can occur in my course evaluations. While the majority are overwhelmingly positive (I probably wouldn’t have a job if they weren’t,) there are still some who don’t appreciate the class as much, or more specifically, me. While some would rate me as enthusiastic and passionate about the subject, funny, and extremely helpful, there are still a few who would say I am the opposite: unapproachable, uncaring, aloof. I used to scratch my head at how two people sitting side by side in the same class could produce such different interpretations. Obviously, I wouldn’t do what I do if I didn’t



care about the subject, and everyone knows I am delightful—and funny—usually in an obnoxious kinda way. In all seriousness, I will continue to refine my messages to help reach people better. But I think *sometimes* the discrepancy lies in the fact not everyone appreciates what true caring looks like in martial arts, self-defense, and by extension, other areas of performance or improvement.

I recently had the pleasure of teaching a self-defense intro to approximately 50 girl scouts. As these were older girls, I had discussions with the leadership about how frank we could be and how realistic we could be with the language we could get. They agreed that realism was important to the effectiveness of the class. For the sake of transparency, disclaimers were made when they signed up for the activity. I warned them at the beginning of the course, and that if they needed to take themselves out of the class they could. No one did. Instead, parents ran and complained afterward about the language. I love it when people get triggered about a class that includes lessons on not getting triggered. Out of respect for my hosts, I did tone it down. For example, I was asked not to use the word whore, so I changed it to slut. Some moms thought they were doing right by their kids by protecting their virgin ears (as if they don't ride a bus), but I was charged with a different job—to protect the whole of them. And while the PG version can be effective, it isn't as effective, and ironically it is the ones who objected that probably needed the inoculation the most. And it isn't that I don't care about their opinion, but I care about doing my job, and what I believe is the best way to prepare their daughters, more. I wonder what their evaluation would be of me? Maybe they would use some words their daughters aren't allowed to hear. I am ok with it, because my job isn't to be popular, it is to be effective.

In his book *Leadership Strategies and Tactics*, Jocko Willink echoes a more cut and dry example. In making troops combat ready, you can't worry about riding them too hard, stepping on toes, or staying on their good side by letting things slide. The goal is to get them prepared and able to return home to their loved ones. If you truly care about the troops, you want to keep them safe and get them home, and that means making them do a drill over, maintain discipline, etc., even when it is unpopular or downright painful for them in the short term. To do anything else is not being more considerate, it is being cruel if there is a chance it means they return draped in a flag.

Similarly in martial arts and self-defense, being gentler, softer, or more positive isn't the same as caring more. Perhaps just the opposite. Is it more caring or cruel if we were to not adequately prepare our students for the realities of violence but inflate their egos by falsely praising their fighting prowess? Is it more caring or cruel to fail someone during a belt test, teaching them about accountability, or do we reward them even when they truly didn't earn it? And by extension, is it more caring or cruel to let high schoolers graduate without being able to read? Is setting someone up to fail when we could have done better really being more caring?

And what about everyone else? By passing undeserving students, are we showing consideration to those who valued and met the standards? Jocko goes on to make the parallel that even in business, it is crueler not to hold people accountable for bad performance that hurts the company, because it means that everyone is less able to provide a good life for their families.

I think this problem has compounded in the era where parents are more interested in being their kids' friend than being the adult. Both the parents and kids are more prone to confusing the concept of being nice with actual caring. While most of my friends have been or still are students, I certainly don't start out with that being my goal. When you come to get the benefits of traditional martial arts training, our job is to provide that, even when it appears cruel in the moment. You might not agree with our methodology, and you don't have to like all of our jokes, but don't ever say we don't care.