



GMA News June 23

Break-a-thon Results

Thank you to everyone who worked extremely hard to make our break a thon and annual picnic a success. Our final tally was approximately \$2700. Thanks to all the parents who also helped serve or set up, etc. to make the picnic awesome.

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months.

Upcoming Events

June 1-2 nd	Hapkido Camp
June 3 rd	Lil Dragon Testing 9:00-10:30 (beg) 10:30-12:00 int/adv.
June 3 rd	Stick fighting 1:00-3:30
June 6-8 th	Lil dragon Camp
June 9 th	TKD testing. No TKD class
June 10 th	Demo Team 9:00-10:30
June 12-16 th	TKD Day camp
June 17 th	Leadership team 9:00-10:30
June 17 th	Demo Team 10:30-12:00
June 17 th	Black belt prep 12:30-2:00
June 19-22	Fathers join us for class.
June 23-25	Rope Dart Weapons camp with guest instructor Bensei
July 1 st	Possible Lil dragon testing (TBD)
July 3-5	Closed for 4 th of July (and instructor training)
July 15	TKD testing
July 17-21	TKD camp
July 22 nd	FAST Adult Basics Course
July 26-27	BJJ camp

Fathers' day invitation

After inviting the mothers to join the kids in class for Mother's Day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, etc. are welcome to join their kids in class the week following Father's Day—June 19-22.

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Noah Wilson (BJJ 14 yrs.)	Megan Brook (TCC 6 yrs.)
Soliel Sparks (BJJ 8 yrs.)	Caitlin Gibson (TKD 5 yrs.)
Adrian Britt (LD, KBJJ 3 yrs.)	Aubrey Britt (KBJJ 1 yr.)
Mikayla Kirk (TKD 2 yrs.)	Aubrey Ledford (KBJJ 1 yr.)
Matson Green (TKD 1 yr.)	Jaxson White (LD 1 yr.)

Happy Birthday to these students

Ryker Bohde	6/4	Cole Patton	6/5	Ellee Noel	6/6
Mason Cecil	6/7	Willow Seacat	6/10	Kathi Guffy	6/12
Larissa Poorman	6/12	Callon Richards	6/12	Kali Tate	6/12
John Hirt	6/21	Sara Voorhees	6/21	Braxton Kirk	6/23
Silas McCalden	6/25	Jason Eversole	6/25	Declan Williams	6/26
Kayla Bush	6/27	Kasen Ziegelmeier-Covey	6/30		



Please keep us posted.

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don't worry if we miss you in classes. Fridays are great days to make up any classes that you missed while on vacation. Thanks.

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

June 15, 1917, Birthday of American jiu-jitsu pioneer Wally Jay
June 1961 Black belt magazine is founded.
June 1978 “Good Guys Wear Black” first features Chuck Norris as the star
June 22, 1984, Karate Kid debuts—forever changing the perception and demographics of martial arts in America.
Karate II and III are released in June 1986 and 1989, respectively. As well as the remake in 2010.
Other June movie releases include Mulan (1998) and Kung Fu Panda (2008).



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Congrats Graduate, No One Else Cares

As it is graduation season, I have had to sit through three commencement speeches. The people giving them were accomplished and doing some interesting things, but I was still bored out of my mind. Perhaps someone might cynically ask if I thought I could do better. Since I doubt that I will ever be officially asked, here is what I would say if I was ever given the opportunity. This is also typically the time of year we have black belt promotions. Not surprisingly, my speech to graduates would not be much different than what I do say at our graduation of sorts—black belt ceremony—or anybody else in the martial arts for that matter.

To the graduates, congrats....but no one else cares.*

Yes, you had to adapt to a global pandemic, so did 6 billion other people. You had to stay in your dorm room and you had zoom classes; other people lost their businesses, dreams, and loved ones. I realize any summary or reflection of your past four years must make note of it, but to have reached even the most modest level of success usually requires some ability to adapt and overcome, so it doesn't really make you special, as evidence of the fact there are hundreds or even thousands of you in this school alone who did it. No one cares. Everyone has struggles and sob story...the person beside you might be way worse off, but you just don't know it. I can't tell you how many times people have given me excuses as to why they have to quit martial arts, when I could point to 5 other people in the same class going through the exact same thing but who were finding a way to make it work. No one cares about your excuses; now get to work or get out of the way.

As you close this chapter in your life, many of you are excited for the next part of your journey. As you should be. But life is full of people who have new beginnings or fresh starts all the time. From switching to yet another job,



trying one more diet, or starting one more manuscript...life is constantly about new “adventures.” So, no one really cares about yours. In a world full of starters, be a finisher. That is what will get people to stand up and take notice of you.

To those of you who barely made it, who pulled an all nighter to get a C- on their last test, in order to pass the last class, they needed to graduate by a tenth of a percent. No one will care how you graduated. No one cares how many times you switched majors, or if it took you another year. As the saying goes, the person who graduates last in his class at medical school is still a doctor. There are several people that I knew in college who I found...let’s just say, underwhelming in ability and potential....that seem to be doing amazingly well for themselves. It seems that none of them cared about my opinion. Research has proven that neither grades nor school attended seem to be correlated with financial success in life. The moral of the story is that the only thing that matters is what you do from here on out. In the martial arts, no one cares if it took you extra time to get your black belt, or if you had to retest. I can’t remember if someone barely passed their belt test or not. What matters, and what people will remember, is whether you perform and behave like a black belt, night in and night out, moving forward.

At the other end of the spectrum, no one cares if you have a 4.0 and were president of the student body. Sure, it might have helped you get a good job, but as you step into a new chapter of life, none of that will help you if you think you know everything and refuse to grow, if you are arrogant, or hard to work with. If you seriously underperform or make a catastrophic mistake, no one is going to defend you by noting you were summa cum laude. Similarly in martial arts, people’s impression of you is based on your attitude, effort, and performance now. If a black belt looks like a lower rank in effort and technique in class, no one is going to excuse it by saying, “but you should have seen his black belt test, he was much better that day.”

Nor do you get to rest on your laurels or accolades. You might be sparring grand champion several times over, but at your next tournament, your opponent doesn’t care....you still have to fight for the next one. Your attacker doesn’t care that you had perfect attendance or got a good grade in your self-defense class. Life is a constant struggle for survival. On rare occasions, it is a literal matter of self-defense, but more often this is a metaphor for your professional career, finances, and relationships. Life is about knowing what is worth fighting for and finding a way to win the next battle. No one cares that you were valedictorian, or MVP of your sports team, or won gold at ISSMA—none of that matters if you tap out early on your dreams or life in general.

Yes, you should enjoy the milestone you have reached for a moment. Once you climb a mountain, it is natural to stop and enjoy the view. However, often the landscape that comes into view includes a much bigger mountain that needs to be scaled. So don’t get too comfortable on your little hill. Everyone else is busy climbing their own hills, so don’t expect them to care.

Recently we talked about Kaizen, the prevalent concept in martial arts of constant or continual improvement. Remember, life is not about resting on your laurels nor falling back on your excuses. No one else is going to remember or care about either of them, they only care about what is happening now...can you be counted on and are you getting better? Life is about continuing to climb and grow, and you should care very much about doing that.

* If this were an actual speech, no one in the audience would care what I have to say, they just want to get this over with, get the pictures, and go to dinner. I appreciate the fact you cared enough to read this far!