



GMA NEWS July 23

Upcoming events/Class adjustments

July 1 st	LD testing (beg 9:00-10:30, int/adv 10:30-12:00)
July 1 st	Demo Team 12:30-2:00
July 3-5	Closed for 4 th of July (and instructor training)
July 6 th	Korea Trip Meeting after BBC 8:30
July 8 th	Demo 9:00-11:00
July 8 th	BB prep 11:00-12:00
July 8 th	Stick fighting 12:30-3:00
July 14	TKD testing, no TKD class
July 17-21	TKD camp
July 22 nd	FAST Adult Basics Course 1:00-4:30
July 26-27	BJJ camp
July 29 th	Demo Team 9:00-11:00
Aug 11	TKD testing

Congrats to our newest Lil Dragon graduate—Thayne Boswell

Look for us at our FAIR BOOTH, and don't forget that students can earn points for helping. Look for signups at school.

GMA Wishes a Happy Birthday to:

Norah Lieffers	7/2	Abby Bewley	7/5	Dessy Rodebaugh	7/7
Amber Rose	7/7	Mr. David Yoshida	7/8	Connor Ennis	7/9
Ryder DeMott	7/11	Jonah Lieffers	7/11	Grace Lieffers	7/11
Alex LaPointe	7/14	Rhett England	7/14	Jarryn Baker	7/20
Joey Devine	7/21	Mr. Mike Dodge	7/24	Morgan Gillaspay	7/24
Christopher Lowe	7/28	Caleigh Allender	7/30	Jayden Chaboya	7/30

Training Anniversaries

Congrats to those who are celebrating a year, or multiple years, of training. We appreciate their hard work, dedication, and friendship.

Nate Wilson (BJJ 10 yrs.)	Phil Salamander (TCC 8 yrs.)	Charles Branaman (TCC 3 yrs.)
Liam Canada (LD, TKD 2 yrs.)	Stephanie Patterson (HKD 1 yr.)	Andrew West (LD 1 yr.)

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

July 1935. Mikonosuke Kawaishi introduced the concept of various colored belts to his judo school in France.

Subsequently adopted by all martial arts around the world.

July 20, 1973, Bruce Lee's death

July 21, 1899(-Oct 27, 1986) Birthday of arguably the founder of Hapkido, Yong Sul Choi

July 24, 1936, Birthday of Dan Inosanto (kali, jkd)

July 27, 1923 (-April 25, 1994) Birthday of Karate legend, founder of Kyokushinkai karate, May Oyama (Korean)

Quotes of the Week

As the year is halfway over, it is time to assess our yearly goals and talk about sacrificing to "win".



A note on Instructor and Calendar adjustments:

Our instructors both teach and train out of town occasionally. Fortunately, we have a very mature school and a deep bench of black belts and instructors to help when others are gone, but occasionally things align just right that makes things difficult for us to be fully staffed and get things covered like normal. For example, we are taking extra days off around the 4th because of the Kukkiwon Masters Poom/Dan Examiner course we are attending, and another example is that in August most of our BJJ upper ranks are going to Logic HQ in Philadelphia for 3 days of training. Quite frankly, we aren't going to apologize for our team continuing to learn and grow in the martial arts, in part so that we can bring that knowledge and experience back with us to share with the rest of you. We do appreciate your patience, we are instructor ratios are smaller or we have to cancel classes, even if it is on account of something in a different program that still affects yours.

Being Like a Toddler in the Martial Arts and When It Comes to Failure

In nearly 40 years of training, I have sought out diverse experiences in the martial arts. Recently, I have had two totally unique ones. I have tried my hand at sumo with the group that is renting space from us. And I have finally played with one weapon I said I always wanted to try—the rope dart/meteor hammer—at our recent camp. In those experiences I felt like a toddler, and not just because I was thrown around like one in sumo.

In *Grit*, Angela Duckworth points out that babies and toddlers have no problems with repeatedly failing while learning to do things. Just watch a baby trying to put food in its mouth, or a toddler trying to learn how to walk. The martial arts maxim “fall down 7 times get up 8” doesn't even begin to cover it, and yet, they are neither discouraged nor quit. But around Kindergarten, parents and teachers start to “correct” their mistakes instead of letting them happen. Smiles at the effort they are making is replaced with “looks” or shakes of the head. It isn't long before kids learn that mistakes can lead to scolding or embarrassment. Soon thereafter, a person learns to avoid making them. Of course, that also means that individuals also shrink from opportunities to grow and develop new skills. The concept of making mistakes has come to be interpreted very differently.

And interpretation matters greatly. When you jump out of an airplane, your body's chemical responses to that stimulus are going to be interpreted very differently if you jumped willingly for the adrenal rush, or you did it out of necessity in a life and death emergency. The body's response is the same and it doesn't know the difference; it is how the mind interprets the event that makes all the difference. Henry Cloud points out research that demonstrates receiving feedback [criticism for mistakes] can actually activate the fight or flight part of the brain. That is why people get so defensive...they literally view the criticism as an attack and a threat to their person. But what if you don't see that feedback as a threat, but rather an opportunity to grow and get better? If you can change that interpretation and look at mistakes more through a toddler's eyes, then you have a better capacity to accomplish great things, and I think martial arts helps you gain that perspective.

When you do martial arts, you get used to making mistakes. Ones that come with consequences, like getting kicked, choked, or hitting yourself in the face with your own rope dart. While not necessarily fun, you learn to shrug it off and grow from them, and you can often laugh at yourself in the process. I warn our beginning BJJ students to avoid letting their ego view these losses as threats or attacks on their person. Some people can't handle losing so much at the beginning while they are still learning the basics, and so they quit to avoid the threat. Like the skydiving example, they interpret their losses as negative instead of a way to slowly get better.

Of course, instructors are there to give you corrections, and when martial arts/self defense is taken seriously, so too can the correction be frank and serious. Once you have accepted that in martial arts, you have a healthy perspective on both criticism and failure in general. I found it amusing that both the instructors in sumo and rope dart were initially careful with their criticism...careful not to offend. While that makes them good instructors and more generally good people, in that they didn't want me to feel “under attack,” I did have to laugh a bit. I know I sucked. Failures aren't something to be avoided; they just come with the process. Like a toddler learning to walk, my mistakes or corrections aren't going to deter me.

As earnest students, we can no longer be oblivious to correction and when the teacher shakes their head. But we can still be as innocent as a toddler and have a non-threatening perspective on feedback as we learn how to walk in any endeavor.