



Sept 23 NEWS

Upcoming events:

****** No, We do NOT have class on Labor Day ******

Sept 3 rd	Paragon Parade 6:00 (arrive 5:30)
Sept 4 th	No Classes. Happy Labor Day
Sept 9 th	Catch up camp 9:00-11:30
Sept 9 th	Demo team 12:30-2:00
Sept 9 th	Stick fighting 2:00-4:30
Sept 9 th	Korea fundraiser—Lil Dragons Sleepover 7:00 pm – 8:30/9:00 am
Sept 16 th	Grappling industries BJJ tournament
Sept 16 th	Lil dragons testing (beg 9:00-10:30, int/adv 10:30-12:00)
Sept 22 nd	TKD testing 5:30
Sept 23 rd	<u>Tentative schedule:</u> Leadership team 9:00-10:30 Demo team 10:30-12:00 BB prep 1:00-2:30
Sept 30/Oct 1	Dr Yang Chinna and Tai Chi seminar, Indy
Oct 7 th	Demo team 9:00-11:00 Holcombe Thomas HKD seminar 12:00-4:00
Oct 14	Fall foliage demo 5:00-6:00 pm
Oct 15 th	Fall foliage parade

T SHIRTS FOR FALL FOLIAGE

Additionally, as usual we will be wearing our Hero in Training T Shirts for the fall foliage parade. We will order some extra, but we really would appreciate it if the majority would pre-order to make sure we have the right number/sizes. Please order by Sept 15th in order to guarantee we have one for you.

Catch up camp!

Summer disrupts routines, and we have lots of students who need a little extra help to get back into the swing of things. Others just want some extra help with their testing requirements. Or if you just want to get a head start on new stuff or extra practice....whatever your goal, we are offering a mini camp that is solely focused on rank requirements to get people polished up on their core material. We keep it super cheap to give as many people as possible a chance to catch up, and also counts for three classes! Sept 9th. Cost is \$20.00

Dragons Sleepover

As part of our Korea Fundraising efforts, we are having a lil dragon sleepover event. Drop off will be Sept 9th at 7:00 pm and pick up on Sept 10th from 8:30-9:00. We will watch a martial arts movie, play lots of dodge pad, and there might even be a pinata. We will have popcorn in the evening and donuts in the morning but feed your child a good dinner beforehand. They will need a sleeping bag or other bedding options to sleep on the mats. Boys and girls will be divided into the two rooms at lights out (approx. 10:30). The cost is \$45.00 per person, and there will be a minimum number to hold the event as this is a big undertaking. Siblings may also attend ONLY if they are in the lil dragons age range (4-7 yrs. old).



GMA Wishes a Happy Birthday to:

Kylie Yoshida	9/1	Lee Bailey	9/1	Kris Malling	9/6
Ethan Duncan	9/7	Clay Thacker	9/8	Daniel Wiggins	9/8
Easton Adkins	9/9	Taylor Jackson	9/9	Sara Moore	9/13
Alexander Davis	9/17	Leelain Ledford	9/19	Caden Howe	9/21
Wyatt Northern	9/23	Malachi Watkins	9/24	Gabe Wilson	9/26
Don Woodruff	9/26	Braydon Gordon	9/28	Donovan Sieg	9/30

Training Anniversaries — Special congrats for everyone who is celebrating a year or multiple years of training.

Maya Mras (TKD 5 yrs.)	Caleigh Allender (TKD 4 yrs.)	Kellan Gray (LD/TKD 4 yrs.)
Patrick Hersman (BJJ 4 yrs.)	Silas McCalden (TKD 3 yrs.)	Cameron Gregory (KBJJ 2 yrs.)
Hayden Mount (TKD 2 yrs.)	Ethan Jackson (TKD 1 yr.)	Ryker Bohde (LD 1 yr.)
Theodore Hamilton (LD 1 yr.)	Jonah Lieffers (LD 1 yr.)	Grace Lieffers (LD 1 yr.)
Kasen Ziegelmeier-Covey (LD 1 yr.)	Nick Lieffers (BJJ 1 yr.)	Owen Hacker (LD, TKD 1 yr.)
Aisling Sheridan (TKD 1 yr.)	Camden Christian (BJJ 1 yr.)	Cameron Sighting (KBJJ 1 yr.)
Ronnie Sachs (LD, TKD 1 yr.)	Michael Heady (LD, TKD 1 yr.)	Braxton Kirk (LD 1 yr.)
Kimberlee Diallo (TCC 1 yr.)	Adama Diallo (TKD 1 yr.)	Elisabeth Workman (TKD 1 yr.)
Daniel Wiggins (BJJ 1 yr.)		

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7, 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938,	Fumio Demura—Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained.
Sept 14, 1961,	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th , 1966, Sept 1, 1973,	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th , 1988,	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	

The Right Time to Do Martial Arts

The back-to-school season is one of our busiest times with lots of new people starting their potential life changing martial arts journey, and this year has proven to be no exception. Additionally, existing students who were spotty at best during the summer tend to be more consistent as well. It is easy to come up with the reasons as to why we see a rush in the fall, and then another in the New Year. However, I find it more interesting as to why, or more accurately when, people decide NOT to do martial arts.



Sadly, some of the people who recently started their free trial will not continue beyond that. There are various reasons of course, but the one that baffles me is “we just don’t have time in our schedule right now.”

So, you had no trouble coming these past two weeks, but it is a hardship beyond that? You decided to start when you knew you couldn’t come? Now, I realize that sometimes that they are trying to be polite—that they didn’t enjoy the classes and didn’t want to say so. But other times, it is just a cop out. What they really meant is they really don’t have the ability to prioritize the classes. Certainly, some people have very legit conflicts: family dynamics ranging from split households to being a caregiver, frequent travel for work, health issues that can flare up unpredictably. In contrast, other reasons are more germane, and I have to do my best not to smirk.

Oh, your kids go to school? And do you also work? That is a tough combination. If only other people could relate to that. Another personal favorite one of this variety is explaining how they have to quit martial arts once they go to college. Never mind that many of us did do martial arts throughout college (maybe on campus and/or just when home), that my “other job” is teaching martial arts to college students, and some of GMA’s most senior students started with me while they were in college.

So, you are only going to do martial arts when it is convenient and you have nothing else to do? Are you going to let routine things that literally every other person has to do (like school or work) derail your goals and ambitions? What does that say about your intent during the seasons of life when things do get hard? Whatever your objection or reason as to why you can’t start right now, I am pretty sure I can point to someone else in the class or give an example of a black belt who had to deal with something similar or worse, but they found a way.

I had this discussion with one of our BJJ students, Jared Hamilton, who is a rock star in the fitness industry. He shared how he has to confront the same thinking in fitness. A person says they will start after the holidays. Wouldn’t you want the nutrition and fitness program at the hardest time of year, not just when it is easiest? Do you plan to always fall off the wagon whenever there is a special event or time of year? He is spot on.

People procrastinate for fitness and other reasons here as well. Do you want to start martial arts once you are in better shape? That is kind of like saying you will wait to go to school once you are smarter. Recently, we had someone not continue after their trial, because, as they put it, their kids don’t have enough discipline or respect to succeed in the program. So, you aren’t going to do the one thing that pointed out that deficiency and can improve it, because they have a deficiency in that area? The only way to get better at those things is to get started on those things, and one of the things we try to do is teach discipline and hold people accountable for their training and goals.

There are several proverbs/phrases/cliches about timing and not procrastinating. Those that wait for the right time run out of time. The best time to plant a tree was 20 years ago, the next best time is today. Waiting to start until things are perfect is like not starting a long trip until all the lights are green. It is never too late to become what you might have been. They all apply.

Martial arts teaches focus, discipline, perseverance—the qualities needed in order to not have your goals sidelined when life gets hectic or obstacles arise. The catch 22 is that many people need to commit or prioritize the martial arts in the first place to get those qualities, so that they don’t sideline their goals—martial arts or otherwise. Sadly, too many people don’t realize their “waiting until the right time” is an attitude that is setting themselves up for failure.

As this writing is for people who are taking martial arts, I suppose I am preaching to the choir. But I think you will agree it also applies to persisting with your martial arts. It might not be the perfect time, but the best time to start is now. The next class you should take is the next one we offer. We realize things come up and there has to be a life balance, but whatever is going on in your life, chances are we have literally hundreds of people succeed here while dealing with similar challenges. You just have to have a black belt attitude about it.