



# Oct 23 Newsletter for Gentry Martial Arts

## DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

## Congrats to our Latest Lil Dragon Graduates: Ellee Noel and Rylan Jones

**Good luck** to our newest black belt candidates: Levi Elmore, Annika Gray, Connor Watkins, Rebecca Watkins Malachi Watkins (2<sup>nd</sup>) Sara Giles, (2<sup>nd</sup>) Finn Vandewalle (3<sup>rd</sup>)

## Upcoming events:

Oct 3 <sup>rd</sup>	NO TKD BLACK BELT class/ BJJ promotion night. BB meets with purple/brown. BJJ starts at 7:00
Oct 7 <sup>th</sup>	Demo Team practice 9:00-11:00
Oct 7 <sup>th</sup>	Holcombe Thomas Hapkido seminar 12:00-4:00
Oct 13 <sup>th</sup>	Korea Meeting 5:00
Oct 14 <sup>th</sup>	Stick fighting 12:30-3:00
Oct 14 <sup>th</sup>	Fall foliage Demo Performance—on the square 5:00 pm (Demo meet at school at 3:00)
Oct 15 <sup>th</sup>	Fall foliage parade (see details below)
Oct 21 <sup>st</sup>	Kids Stop Bullies FAST class 9:00-11:30
Oct 21 <sup>st</sup>	TKD BB open mat/breaking practice 11:30-12:30
Oct 28 <sup>th</sup>	USHF seminar, Bton 9:00-5:00
Oct 29 <sup>th</sup>	Halloween Party 6:00-7:30 (see below)
Nov 4 <sup>th</sup>	TKD Black belt testing 9:00-11:00
Nov 4 <sup>th</sup>	TKD bb stripe testing 11:00-1:00
Nov 4 <sup>th</sup>	Stick fighting 1:30-4:00 (tentative)
Nov 11 <sup>th</sup>	TKD tournament in Indy

## Halloween Party info and help

The school Halloween party will be Oct 29<sup>th</sup> from 6:00-7:30. As always, we will need help with set up starting at 1:30 pm and take down. We will not overwhelm a few volunteers with all the work, so sign-ups for set up/clean up and helping during the party will be out until Oct 14<sup>th</sup>. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared. Please have in by Thurs, Oct 26<sup>th</sup>. Parents, we will be stuffing the bags also on the 26<sup>th</sup> around 5:45, so if your kid is in class please come in and help. While we know for a fact that our students can be scary, we encourage our students to dress as heroes, role models, or something fun.

## FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 15<sup>th</sup>. We will be *in place* at the Martinsville High School parking lot by **12:00**. We are in Division 2, unit 8 in case you need to ask, but look for the other hero shirts). All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a long WHITE sleeve T-shirt or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class to practice marching outside the week prior. Preferred footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.



### **GMA Wishes Happy Birthday to:**

Wren Milnes	10/1	John Pitz	10/2	Hayden Mount	10/3
Brandon Cox	10/4	Giddeon York	10/4	Max Bailey	10/5
Theo Barr	10/6	Liam Canada	10/9	Parker Canada	10/9
Leia House	10/9	Nate Wilson	10/10	Master Sieg	10/12
Holly Brown	10/14	Jonas Stewart	10/14	Avery Jette	10/16
Jared Hamilton	10/21	Colt Shaw	10/21	Weston Swafford	10/22
Brandon Rogers	10/22	Jencyn Lee	10/24	Thayne Boswell	10/26
Nick Lieffers	10/27	Luke Voorhees	10/28	Meghan Thacker	10/29
Chloe Jeter	10/29				

### **Training Anniversaries**

Special Congrats to those who started with us a year or multiple years ago.

Jack Higgins (TKD 8 yrs.)	John Hirt (TCC 7 yrs.)	Liam Canada (LD, TKD 3 yrs.)
Parker Canada (TKD, LD 2 yrs.)	Alayna Gregory (LD 2 yrs.)	Ethan Duncan (LD 2 yrs.)
Everett Key (TKD 1 yr.)	Mason Cecil (LD 1 yr.)	Meghan Thacker (BJJ 1 yr.)
Jordie Spaulding (TKD 1 yr.)	Ellee Noel (LD, TKD 1 yr.)	Kat Hicks (TKD 1 yr.)

### **Quotes of the Week--Perseverance**

This month we have a several key events that are great examples of perseverance and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all our students will learn a bit more about the importance of not giving up.

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

Oct 1, 1913 (-Jan 29, 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932,	Birthday Judo Gene Lebell
Oct 18, 1961,	Birthday Jean Claude Van Damme
Oct 27, 1936,	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957,	Arguably the first modern Karate tournament- the All-Japan Karate Champ. Is held.
Oct 14, 1972,	Kung fu the TV series debuts.
Oct 11, 1997,	Pride Fighting Championships debuts.
Other martial arts films include The Transporter and Kill Bill.	

### **Perseverance and Persistence---Why the Black Belt is an Indicator for Success.**

In October we use both the fall foliage parade and the upcoming black belt testing to teach about perseverance. Perseverance and persistence are certainly qualities that most people ascribe to the black belt rank.\* This is one reason that earning the rank looks good on college applications, scholarships, etc.

There are lots of activities that can get put on those applications that don't require a lot of effort to get listed. Join a club, show up occasionally. Volunteer once in a blue moon but regularly enough to count, etc. One can amass quite an impressively long list of activities doing that. Trust me, my list was as long as my arm, but those lists don't stand out like the dedication that a black belt does. Simply put, not everyone will persist long enough to earn one, and that says something.

When students don't persist, we often hear things like “we just wanted to try it out” and “it wasn't their thing” to “they have just lost interest” and “they wanted to try other things.” While I believe martial arts training can help anyone, I do realize it isn't right for everyone. And don't get me wrong, I am certainly for trying out



different things, in fact I encourage it. While some people think I am rather singularly focused, at least at some point prior I emphatically embraced the concept of being more of a Renaissance man.\*\* Indeed, the namesake of our school, being Gentry, is born out of the traditional, well-rounded ideal of the warrior-scholar.

But there is a difference between being well rounded and simply dabbling, without ever committing to or gaining competency in anything. Trying 20 different diets doesn't make you well rounded in the weight loss field. I wonder if those kids who were "just trying it out" and have "gone on to other things" are now bored and have lost interest in the new thing, especially when it also required repetition and work? They are collecting a long list of samplings, but do they really have anything to show for it? Will they ever have anything to show for it?

The Personal Qualities Project, administered by the same people who make the SAT and virtually all other standard tests, drew this conclusion about persistence: the single greatest predictor of graduating college with honors was participating in one activity in high school that was done for at least two years and achieved an accomplishment or honor (kind of like taking 2.5-3 years to achieve the honor of black belt!). It was not hopping from activity to activity from year to year in an itinerant fashion. This was also the best predictor of later having a leadership position. Out of 100 personal characteristics measured, perseverance (as defined by that criteria) reigned supreme in predicting success in young adults across all domains—from the arts to entrepreneurs.

Angela Duckworth notes that Harvard admissions also realizes this and admits students based on a person demonstrating a passion in one thing. They note that the given passion doesn't have to be pursued at Harvard—your passion in high school might be basketball but that doesn't mean you will play for Harvard. But they are confident that the person will apply the same work ethic and discipline in another field and ultimately succeed in another arena. I can think of no greater validation of why getting your black belt is such a powerful statement.

We talk about DO—the way of life—and about taking what we learn on the mats into the world. Taking that black belt attitude that they learned through persistence and dedication and applying that in other areas of their life. I would be lying to say every one of our black belts have gone on to accomplish great things. Honestly, it is a point of frustration for me, when I see one of our black belt not applying the same effort in other areas of their life. But they can hang their hat on one thing—that they earned their black belt, which is more than can be said for the dabblers. Our students will continue to learn how to BE MORE persistent, in order to BE MORE likely to succeed, and hopefully even more colleges and scholarships will see them as MORE valuable.

\*One might say that standards for black belt have been progressively watered down in the age of commercialization, and in some schools, which is true. So perhaps on a status level, it isn't as mysterious and as impressive as it was when I got mine 35 years ago. But regardless of technical ability or how hard or easy the journey was, all black belts have still exhibited the ability to stay the course and show persistence.

\*\* except when it comes to music. Anyone who has seen me in demo can tell I never embraced that area of discipline.