



# GMA NEWS

## November 23

**Congrats to our newest blue belt promotions in BJJ: Lee Ledford, Silas Elmore, and Nick Lieffers**

**Congrats to our newest Lil dragon graduate—Grace Lieffers**

### Upcoming events:

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
Nov 10 <sup>th</sup>	TKD testing 5:30-no TKD class.
Nov 11 <sup>th</sup>	TKD tournament—Noblesville
Nov 15 <sup>th</sup>	Lil Dragons testing (beg 4:30-5:30 int/adv 5:30-6:30). No regular Dragons classes.
Nov 21 <sup>st</sup>	Holiday sale 9:00- evening classes.
Nov 22 -24 <sup>th</sup>	NO CLASSES—Happy Thanksgiving
Nov 30 <sup>th</sup>	TKD GLOW in BBC
Dec 2 <sup>nd</sup>	Bloomington Open BJJ tournament
Dec 2 <sup>nd</sup>	LT outing planned details TBA.
Dec 21 <sup>st</sup>	Winter Weapons camp—Rope Dart
Dec 27 <sup>th</sup>	Tai Chi curriculum camp
Jan 6 <sup>th</sup>	Spar Wars Kendo/movie choreography night

\*\*\*See our Winter Camp schedule below\*\*\*\*\*

**Holiday Sale (sort of)** Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. We normally do it on a Sat, but our schedule won't allow it. Further...as you can imagine, we are having trouble ordering staple items, let alone the Xmas special stuff. PLEASE ORDER as soon as possible to have a chance of getting it in time for Xmas, but we are not certain of much this year. We will be open during the day on Nov 21<sup>st</sup> from 9:00 through classes that evening, giving you the option to shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can research what your kids like and want.

### Winter Camps set

As always, we will be using the winter break in the school calendar to offer some unique camps during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to learn something special. Don't forget you can also make it a X-mas present. Sign up at the front desk.

**Winter Weapons camp—ROPE DART Dec 21<sup>st</sup>.** Everyone who participated in our summer rope dart camp loved it, so we are bringing Instructor Bensei back for a follow up one day workshop. If you missed the last one, there will be multiple levels to the class.



**Tai chi curriculum camp. Dec 27.** We will be do a review/refresh as much of the tai chi curriculum as possible. It is not an attempt to teach everything, just to take an inventory and remind everyone of lots of things we haven't had a chance to do in a long time.

**Spar Wars Kendo/Saber Night** We will also be having a SPAR WARS/ parents' night out on Sat, Jan 6th from 5:00-9:00. Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which you can film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of sign-ups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp participants who already have the light saber will obviously get a huge discount. You can order the saber for Xmas!

**A catch-up camp is also scheduled for Jan 6<sup>th</sup>.**

### **Holiday Class Cancellations and adjustments:**

No classes on Wed, Nov 22<sup>nd</sup>, Thanksgiving (23<sup>rd</sup>) or Friday Nov 26<sup>th</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day! Kids BJJ will have a joint class with adults on Tues from 7:45-9:00.

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

Caitlyn Gibson	11/01	Eloise Overby	11/02	Emmett Green	11/06
Cameron Sichting	11/07	Connor Watkins	11/12	Daniel Lauck	11/15
Kris Harves	11/19	Stephanie Patterson	11/19	Isach White	11/19
Colt Goforth	11/21	Wesley Yoshida	11/24	Philip Salamander	11/26
Charles Branaman	11/26	Bean Feedback	11/29	William Yoshida	11/30

### **Training Anniversaries**

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

Aleah Spires (TKD 14 yrs.)	Eli Elmore (HKD, BJJ 4 yrs.)	Levi Elmore (TKD 4 yrs.)
Eli Gaskin (TKD, LD 3 yrs.)	Kris Harves (BJJ 2 yrs.)	Don Woodruff (TKD 2 yrs.)
Collin Young (TKD 1 yr.)	Dessy Rodebaugh (LD 1 yr.)	Morgan Gillaspay (HKD 1 yr.)
John Gens (TCC 1 yr.)	Nolan Tupper (TKD 1 yr.)	Jayden Chaboya (BJJ 1 yr.)
Katie Mason (KBJJ 1 yr.)		

### **Quotes of the Week**

With tournaments in both TKD and BJJ looming, we will be talking about proper sportsmanship, respect, and other ways to get the most out of the tournament experience.

### **Special recognition to our families:**

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that need our family discount or those families with more than one generation involved.... Perhaps someone else in your family is ready to try it out?

Aleah, & Ryan Spires (TKD)  
Master David Yoshida, Master Mandy Yoshida, Kylie, Wesley, and William  
Mr. Sieg, & Donovan (BJJ), Jennifer (TCC)  
Silas (BJJ) and Eli Elmore (HKD, BJJ) and Levi (TKD)  
Rebecca Watkins, Malachi, Connor & Maura (TKD)  
Noel, Luke, Sarah, and Eli Voorhees (TKD)  
Lee & Aubrey Ledford (BJJ)



Nick Lieffers (BJJ), Nora, Grace & Jonah (LD)  
Kat Hicks and Elisabeth Workman (TKD), Seamus and Toril (LD)  
Charlene Denney and Megan Brook (TCC)  
Alex La Pointe (BJJ), and Evan (KBJJ)  
Kris Malling (BJJ), Everett (LD) and Adriel Colindres-Ramey (TKD)  
Soliel Sparks (BJJ), Maddox (TKD), and Archer (LD)  
Aven Milnes (HKD), Isaac, Ben, and Wren (KBJJ)  
Gary Sanders (BJJ), Brighton (KBJJ), and Makynleigh  
Chuck Goforth (BJJ) and Colt (KBJJ)  
Evelyn, Ruth, and Deborah Kaufman (TKD)  
Isach, Miylah (TKD) and Jaxson White (LD)  
Corbin Seacat (BJJ) and Willow (KBJJ)

**Special Thanks** Special thanks (in advance) to the parents committee and everyone who helped decorate, brought in candy, food, and other items, or worked the Halloween party!

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

Nov 9, 1978, Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10, 1868-April 26, 1957, Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20, 1973, Bruce Lee

Movie releases include *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels.

Nov 12, 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

## Just What Are We “Fighting” for?

I recently heard a cautionary tale regarding some professional athletes. No, this wasn’t the same ones about sacrificing too much—from relationships to even their own bodies—to reach the pinnacle of their sport. It wasn’t about letting fame and fortune get to them and then losing both. This one was about the athletes, who after their competitive career ended, just let themselves go physically. Totally. You would never know they had done anything athletic in their life just by looking at them. So how, or why, does an elite physical specimen with championship drive turn into someone unrecognizable? The athletes explained that it was because they lost all drive once they stepped away from competition. There was nothing else to win. There was no one else to best. So, what was the point?

Certainly, there are people who are driven by similar motivations in martial sports. I have been known to have a competitive streak, and I certainly tried to win my martial contests, but I have a hard time wrapping my head around going to such an all or nothing extreme, and I also feel gratitude that my relationship with the martial arts is not like that. But that begs some questions about why we do what we do. Yes, we are learning combative. But why, or what exactly, are we “fighting” for?

Of course, self-defense is one obvious motivation. We are training to best an adversary as well—a hereto unknown and hypothetical one—but one in very a high stakes match. And unlike a defined competitive career, you can never fully retire from the struggles of life and potential risks to personal safety. So, with the threat ever present, I suppose it is easier to stay motivated and prepared. Even if we aren’t at the peak of our game in our older age, we must be ready for a comeback at a moment’s notice. The mantra of constantly being harder to kill can indeed fuel a lifestyle, but I don’t think it can be the sole explanation. To train the majority of one’s life for a hypothetical event that may or may not ever happen, either makes one a rather paranoid individual, or suggests there are additional reasons and motivations to merit studying martial arts. Not surprisingly, I prefer the latter explanation. There has to be more than just fear driving the decision.



Of course, there are other battles or fights in life besides physical confrontations. The same mental approach that the martial artist applies to training can be applied to other aspects of life as well. This is the way, the “DO.” The concept of continual self-betterment through discipline, perseverance, etc., translates to success in many arenas. I will admit that other sports and activities also develop some of these habits and attributes, such as teamwork, discipline, and leadership, but with unapologetic bias I have asserted that the martial arts does it better than any other activity. Clearly, the aforementioned athletes in question didn’t get any concept of “DO” in their sport. The sport remained separate from their daily lives. We hope our students take what they learn on the mats and apply it in the world off the mats. That they apply the concept of constant refining, continual learning and self-betterment to areas such as education, finances, and relationships. While you can retire from a sport, you can’t retire from life, and if you see the martial way as a way of life, then you won’t want to retire from the arts either.

Besides, why would you want stop doing something that you like to do? The martial arts—from the techniques to the strategy, to the culture, to the camaraderie-- are just plain fun and cool. One of things I appreciate most about martial arts is that I am still learning, and I still get excited at new applications or even nuances to familiar techniques. Certain professional athletes try to not to lose sight of the fact that they get paid handsomely to play a game that is at heart—a game for fun. Other athletes get bogged down in the grind and everything that goes into playing at such a high level and view it as something else, tedious work. While I can admit certain aspects of running an academy can indeed be tedious, I appreciate that people come here to have fun, to relieve stress, to become healthier, to be a part of a team, etc. They enjoy the subject and the practice.

It appears that some athletes might have enjoyed the thrill of victory and the spoils but didn’t really enjoy the process. I am blessed that I still enjoy the process and have “love for the game.” But for reasons and benefits listed above, both practical and personal, martial arts offer a lot of reasons to never retire. While other athletes may lose their “why”, martial artists should always have something to be “fighting for.”