



Gentry News Jan 2024

2024—Year of the Dragon

And the winners are.... congrats to our award recipients!

We want to thank once again everyone for the wonderful time at the annual Christmas party and awards banquet.

This year we recognized the following students with our **annual awards**:

Most Improved Student—Jonas Stewart
Competitor of the Year (TKD)—Finn Vandewalle
Competitor of the Year (BJJ)—Nick Liefers
Black belt of the Year—Nathin Pummer
Student of the Year—Chuck Goforth

ALSO, CONGRATS TO OUR NEWEST BLACK BELTS: Levi Elmore and Rebecca Watkins

Upcoming events:

Jan 6 th	Catch up camp 9:00-11:30
Jan 6 th	FAST Defense Stress Shooting seminar 1:00-4:00
Jan 6 th	Spar Wars Kendo/Saber night 5:00-9:00 pm
Jan 12 th	TKD testing 5:30—no regular class
Jan 13 th	Leadership team 9:00-10:30
Jan 13 th	Black belt prep 10:30-12:00
Jan 13 th	Stick fighting 1:00-3:30
Jan 27 th	Possible dodge pad fundraiser for Korea. TBA
Jan 29 th	Lil dragon testing: beginning 4:15-5:30; int/adv 5:30-6:45

Schedule adjustment:

As our BJJ program continues to grow, we will be making some adjustments to take it to the next level—both adults and kids will have an advanced class. There will be an additional no gi class on Monday at 7:30. Kids class will start on Wed at 6:00 with a fundamentals class until 6:45-7:00 ish., and there will be an additional half hour advanced class from 7:00-7:30. The next schedule begins the week of Jan 8th.

Catch up Camp

As always, we are offering people a chance to get back into the swing of things and catch up on missed classes over the holidays in our TKD catch up camp. All rank material will be covered in this 2.5-hour intensive course which also counts for three classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

REVIEW and FOLLOW Campaign—Please share how we have helped you BE MORE

Facebook is weird. Last year, our rating dropped from 4.8 down to 4.0 WITHOUT A SINGLE NEW REVIEW! From what I can gather, this happened to other businesses and no one knows why, but there is some speculation it is because there were not new/active reviews. We would appreciate it if our students/parents would leave more reviews on Facebook/google, etc. This is important to reassure other perspectives who are checking us out, so please share how we have helped you your child BE MORE...confident, empowered, disciplined, fit, safe, etc. Some of our reviews are dated and we would like more fresh ones, so we are going to have a contest to help encourage participation. We will be having a drawing for a 100.00 Amazon gift card. Every review on google or Facebook will get you five entries. Subscribing to our YouTube channel will get you two entries and liking the GMAM Facebook page or following us on Instagram (if you haven't already) will get you one additional entry. Drawing will be at the end of the month. Please note, we must be able to recognize who you are in reviews/subscriptions/follows to give you credit, so if it isn't clear, message us or comment to clarify. You must message us about the GMAM page like...we can't see individual updates (another change by FB)



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at Gentry_MA

GMA Wishes a Happy Birthday to:

Alysha Patel	1/01	Asher Grounds	1/02	Charlene Denney	1/03
Oliver Stephens	1/07	Miyah White	1/08	Suzanne Gens	1/12
Deborah Kaufman	1/16	Ruth Kaufman	1/18	Weston Smith	1/27
Collin Young	1/28	Mikenna Kirk	1/31	Lincoln Smith	1/31

Training Anniversaries

Ryan Spire (TKD 14 yrs.)	Rebecca Watkins (TKD 5 yrs.)	Maura Watkins (TKD 5 yrs.)
Brandon Cox (BJJ 4 yrs.)	Caden Howe (LD/TKD 4 yrs.)	Eli Voorhees (TKD 3 yrs.)
Sarah Voorhees (TKD 3 yrs.)	Weston Smith (LD, TKD 3 yrs.)	
Adriel Colindress-Ramey (TKD, Kids BJJ 1 yr.)	Chuck Goforth (BJJ 1 yr.)	Joey Schilling (BJJ 1 yr.)

Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

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

- Jan 7th, 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member
- Jan 17th, 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian
- Jan 17th, 1970—Chuck Norris's last fight before retiring.

NEW YEAR, ~~NEW ME~~ BETTER ME. How to BE MORE this year.

Hope and good intentions abound in the New Year. New Year resolution ambitions are high, at least for a couple of weeks. And then most people flame out because the new me they were hoping for in the New Year still looks and acts a lot like the old me. The problem is most people buy into the whole total reinvention stuff, that you can snap your fingers and become a different person this year. Rarely does that work. But we can all focus on steady improvements in our lives. And when we continue to grow, we can look back and realize how far we have come. Succeeding in martial arts, fitness, finances...it all requires the same thing...discipline and perseverance to stay the course and keep showing up.

I would hope that martial artists would appreciate this more than most. You don't instantly transform into a black belt the minute you walk in. You realize this is hard and requires work. Some people can't handle that. Their egos don't like getting beaten or feeling inept (not sure why they came here to learn if they didn't think we had some knowledge and process they didn't, and yet get mad when said process works for others) and so they quit. But for those who stay and legitimately put effort into it, transformation starts to happen. Perhaps imperceptibly, but it does happen. Every punch, kick or rep starts to add up, and so do the results. I



sometimes enjoy asking, particularly to the older students, that if I asked you six months or a year ago, would you have thought you would be doing what you are doing today? Their eyes will light up when they recognize how far they have come.

There is a reason we embrace the Ovid quote: The drop hollows the stone not by its force, but by its frequency. As we commonly say, in order for it to look (and feel) like you have done this a million times, at some point you would have had to have done it for the 100,000 time, and before that, the 1000th time, and before that the 500th time, and before that.... And that is precisely how we become better in the new year.

And that is why we take goal setting in the new year so seriously for our students, because it is the DO...taking the martial arts lessons and applying them in other areas of life.

I typically share my reading goal results for the year this week. This year I read 16 nonfiction books, plus 18 audiobooks totaling over 160 hours. That is like I took a 40 hr./week job listening to audiobooks for an entire month. But the most I listened in any one day was probably 1.5 hours on a really long drive...usually it was in doses of 10-15 minutes at a time. Similarly, the most pages I read at anyone sitting was probably 50, again it was usually more like 10-15 pages at a time. Drip. Drip. Drip.

This year, I and some of our students are making a concerted effort to get better at Korean for our upcoming trip. I am not going into an immersive program, but one of my goals is to average 30 min a day studying up until the trip. Drip. Drip. Drip.

I might have spent a record amount on ammo this year. Bang, \$, drip. Bang, \$, drip.

Like most people, at the start of the new year I am taking stock of our finances. Honestly, looking at performance, I am not a very good manager. But we are purposeful about doing something. And as some financial gurus will point out, people can succeed in money despite themselves if they are just deliberate and perseverant in the long term. That is why we make all of our TKD students, including the younger ones, make a financial goal. Because winning at money is a lot like succeeding in the martial arts—deliberate, disciplined, long term focused effort.

We also recently talked about the habits of successful people so that we can adopt them ourselves. We don't decide our future (or to be a NEW person). We decide our habits, and our habits decide our future. We apply the lessons we learn in the martial arts to develop the habits we need to become a better version of ourselves in all areas of life.

GMA advertisements for the New Year focus on a promise I sincerely believe we can help you achieve several of your goals for the new year, and we can help give you the discipline needed to achieve the rest. That is how we help people BE MORE in many areas of their life. We can all focus on steady improvement: if you are just 1% better each day, you will still be 37% better by the end of the year. Drip. Drip. Drip. Trust the process and find the wins in the baby steps along the way. That is how we become more this coming year.