



GMA News Feb 24

Congrats to our newest black belts: Mr. Finn Vandewalle (3rd) Miss Sara Giles (2nd) and Mr. Malachi Watkins (2nd)

Congrats to our newest LD graduates: Miss Dessy Rodebaugh, and Mr. Jayden Culp

Upcoming events:

Feb 17 th	Leadership Team 9:00-10:30
Feb 17 th	BB prep 10:30-12:30 ish
Feb 17 th	Korea trip planning meeting—updates and fundraiser planning 5:15 before game night.
Feb 17 th	Go and other Game Night-- Go at 6:00, all others at 7:00-9:00
Feb 23 rd	TKD testing 5:30
March 2 nd	Korea trip Private Lesson Fundraiser 9:00-11:30

Valentine Passes Coming Soon

Don't forget to look out for our annual Valentine Day Guest Passes to share with your friends. If they bring one in, they get the bonus, and you still get the referral credit on your tuition.

GMA Wishes a Happy Birthday to:

AJ Starodub	02/02	Jude Scheve	02/02	Katie Mason	02/04
Rylan Jones	02/06	Kason Barnhorst	02/06	Maddox Sparks	02/07
Garrett Minardo	02/08	Finnegan Vandewalle	02/10	Eli Gaskin	02/10
Jasper Scott	02/10	Eli Elmore	02/12	Michael Heady	02/12
Brighton Sanders	02/14	Eli Skirvin	02/20	Chuck Goforth	02/21
Monroe Long	02/21	Collin Goodner	02/22	Aubrey Ledford	02/22
Ashton Lucas	02/23	Ben Milnes	02/23	Rylee Bryant	02/25
Mikayla Kirk	02/28				

Quotes of the Week

This month we will be revisiting our focus points.

Training Anniversaries

Cathy Petraits (TCC 14 yrs.)	Clay Thacker (BJJ 13 yrs.)	Annika Gray (TKD 6 yrs.)
Joseph Runnebohm (TKD 4 yrs.)	Seth Mackin (BJJ 2 yrs.)	Lily McDonald (TKD 2 yrs.)
Jude Scheve (TKD 2 yrs.)	Norah Lieffers (LD 1 yr.)	Willow Seacat (kids BJJ 1 yr.)
Faowyn Mascoe (LD 1 yr.)		

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

Feb 1882	Jigoro Kano opens the Kodokan and becomes the founder of Judo.
Feb 2, 1965,	Brandon Lee's (son of Bruce Lee) birthday
Feb 12- 1968,	Jean Jacques Machado (BJJ pioneer) birthday
Feb 22, 1972,	Kung Fu debuts on TV and starts a craze.
Feb 26, 1988,	Blood sport with Jean-Claude Van Damme is released, inspiring Mr. Sieg and countless others.



Embracing Chaos and Finding the Opportunities Within.

As most of you at the school could surmise, I am writing this while I am recovering from a long overdue hip replacement surgery. While I have been lying down a lot, I have not been laying around a lot. While there are certainly some challenges to my recovery as it relates to me and GMA, I am choosing to look for and take advantage of the opportunities that it creates instead.

While I am looking forward to the long-term outcome, in the short term it is a huge disruption—to lifestyle, to routines both professionally and personally. And it complicates things for both my personal and GMA family. In short, there is some chaos involved. Thankfully, one of the key concepts of certain training modules is embracing chaos. It isn't easy, but if you are able to keep a bigger picture view—there are often incredible “gifts”—such as momentum, positioning, or an overextended limb, to take advantage of. Within the chaos are also incredible opportunities if you can recognize them. And what is true in the fight is true in life as well.

Not only did I write this, but I also worked a lot on my next eBook. That is a project that always seemed to get pushed the back burner.

One of my personal goals this year is to drastically improve my competency in Korean before our upcoming trip. I have not only been meeting my daily goal, but almost doubling it while I am down.

While I miss being on the mats doing BJJ, I am watching the Logic BJJ tutorials...something I should have been more consistent with before, but never found the time or sometimes motivation. (I will admit, at times it is hard to do BJJ, get home late, and watch more BJJ.) I don't have that roadblock now.

I typically did a lot of listening to audiobooks while driving, which I won't be doing anytime soon. So, I have been listening while doing my physical therapy instead.

My arms work just fine, so I have been able to at least do some dry fire exercises with my SIRT laser pistols. Something that makes me usually mutter to myself that I should find the time to do it more often.

There is a long list of things I will do when things settle down that I hope to tackle in the upcoming weeks.

The moral of the story is no matter the situation, there is almost always a way to continue to BE MORE. Constant improvement, the attitude of continuing to move forward, is a mindset, and it is not dependent on circumstances. I had several doors shut for me short term, including the ability to teach at IU this semester. I have to take advantage of the extra down time to kick open other doors I had previously just been peaking through.

In contrast, some people might accept the chaos but don't really embrace it. They don't actively look for gifts. This isn't the same as just having the positive yet also cavalier attitude that when one door closes, another will open. Although I try not to ever underestimate the power of the hand of Providence on matters, I am not talking about trusting things will work out. A month before my surgery I already had a long list of goals of things that I wanted to work on to ensure that they did work out.

Other times, just as an attacker can use the chaos of the fight to steal your wallet, the chaos of life will steal your ambition. We have all had an ambition, a project, or dare I say a dream, that you thought would fulfil yourself or make life better, if you just had that extra time in the day to accomplish it. And then, you find yourself with some unexpected free time, and you forget what it was you wanted to do. Or worse yet, you can't seem to find the motivation to do what you kept telling yourself you wanted to do.

As usual, I am biased, but the lessons the martial arts have instilled in me, including the attitude of embracing chaos and finding the opportunity within, and the attitude of continually BEING MORE, to keep the disruptions of life from derailing me. Now I am worried that I won't have enough of the “extra time on my hands” to accomplish everything!