



# *Gentry Martial Arts*

## *News March 2024*

### **Upcoming events:**

March 2 <sup>nd</sup>	Korea trip Private Lesson Fundraiser 9:00-11:30
March 2 <sup>nd</sup>	Demo team 11:45-12:30
March 2 <sup>nd</sup>	Rope dart for tournament meeting/practice 1:00-2:00
March 6 <sup>th</sup>	LD testing in class-no dragon classes 4:15-5:00; 5:15-6:45
March 16 <sup>th</sup>	Fuji BJJ tournament in Evansville
March 16 <sup>th</sup>	Demo Team 9:00-10:30
March 16 <sup>th</sup>	Black belt prep 10:30-12:00
March 16 <sup>th</sup>	Kung Fu Panda 4 outing 2:30
March 19 <sup>th</sup>	Rope dart field trip—going to Cinci to train and other things. Leave at 8:00 am *** LD and white belt classes are cancelled this day, others meet
March 23 <sup>rd</sup>	Stick fighting 9:00-11:30
April 5 <sup>th</sup>	TKD testing 5:30 testing
April 10-11 <sup>th</sup>	Kristian Woodmansee returns for BJJ classes
April 13 <sup>th</sup>	USHF seminar
April 20-21	Dr Yang Seminar
April 20 <sup>th</sup>	TKD tournament in Danville

### **Congrats to our newest lil dragon graduate: Alaynah Gregory**

### **Spring Break Social Media contest:**

Going somewhere on spring break? We want to see you represent. We will be holding a contest over spring break. Take a picture in your best martial arts pose with your exotic surroundings (even if it is just around town). Pics in uniform or GMA swag will be given more consideration. Tag us on Instagram or Facebook. Best pic(s) will win a prize!

### **Kung fu Panda 4 outing.**

We have reserved a private showing of Kung Fu Panda 4 at Mooresville Showtime Cinema for our students and families on Sat March 16<sup>th</sup> at 2:30. Tickets are 7:00 per person or get a ticket with a small popcorn and drink for 12.00. What's more, we will treat our students to popcorn and drink, you just pay for the ticket. You must sign up and pay in advance for this deal, and we need to know how many family/friends will be joining you in order to work with the theater. Deadline to sign up is March 13<sup>th</sup>.

### **Quotes of the Week**

We are late starting our focus points, so we will continue with those, and after that, we will be going over some of our favorite sayings from Grandmaster Choi.

### **Training Anniversaries:**

Mike Dodge (BJJ 18 yrs.)	Finnegan Vandewalle (TKD 16 yrs.)	Maddox Sparks (TKD 8 yrs.)
Nathin Plummer (TKD 6 yrs.)	Alysha Patel (TKD 6 yrs.)	Mikenna Kirk (TKD 3 yrs.)
Jason Eversole (KBJJ 1 yr.)	Rylan Jones (LD, TKD 2 yrs.)	A J Starodub (LD, TKD 2 yrs.)
Oakley Phelps (LD 1 yr.)	Kali Tate (KBJJ 1 yr.)	Kris Malling (BJJ 1 yr.)

## Don't forget GMA website, Facebook, Instagram,

Follow us on Instagram @Gentry\_MA for lighter notes. And you can also subscribe to our YouTube Channel

### Birthdays:

Jenna Berry	3/3	Haylie Pries	3/4	Evelyn Kauffman	3/6
Megan Brook	3/7	Bryan Bolin	3/7	Nick Thompson	3/7
Jherika St.John	3/7	Cole Frye	3/8	Cameron Sylvester	3/9
Kevin House	3/12	Corban Meyer	3/12	Aleah Spires	3/14
Lyle Britton	3/16	Alaynah Gregory	3/18	Avery Grounds	3/20
Maya Mras	3/21	R J Arney	3/23	Eliza Chapman	3/24
Matson Green	3/28	Lise Roberson	3/29		

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

- March 1, 1907 (-Feb 2, 2003) GM Won Kuk Lee (founder of Chung Do Kwan) birthday
- March 10, 1940, Birthday for Chuck Norris
- March 11, 1967, Birthday for Renzo Gracie
- March 19, 1931, Birthday for Ed Parker, Sr. (Famous for Bruce Lee demo and taught Elvis Presley)
- March 24, 1950, Birthday for Peyton Quinn—Reality based training pioneer, influence on FAST program.
- March 10, 1921, Chojun Miyagi and Gichin Funakoshi (important to our line) hold the famous demonstration for the future Emperor of Japan—putting Okinawan Karate “on the map.”
- March 20, 1971, South Korean President Chung-Hi Park declared TKD as Korea's national sport.
- March 30, 1990, Teenage Mutant Ninja Turtles debuts in theaters—creating a craze.
- March 31<sup>st</sup>, 1999, The Matrix debuts in theaters—changing the way movie fights are done, and changing perceptions of what we do!

## Do No HARM, Do Know Harm

Facebook reminds me that one year ago we were hosting another tac med course with a good friend and great instructor. Coincidentally, I recently came across this patch with a common phrase (at least in some circles) that both references the Hippocratic Oath and is also a play on words with a poignant message. While it might not be as well known in martial arts circles, it should absolutely resonate with martial artists. Martial arts practitioners should be regularly wrestling with the paradox of studying “the sordid mechanics of mortality” with concepts of peace, self-betterment, and BEING GENTRY. The dichotomy places out on both the practical and philosophical level, but for brevity's sake this musing will focus on the practical side.

Historically, knowing how to harm and how to heal has always been two sides of the same coin. In many cultures, the martial arts master and the medicine man/bonesetter was one and the same. It makes sense. If you know how to fix something, you also know how to break it, and that includes the human body. The folk medicine healer with herbal remedies also knows the poisonous look alike plants to avoid.

It is interesting to note that this holds true in not just in the traditional Asian medicine paradigms, but in Western medicine too. Both is a methodology for understanding the workings of the human body. Human anatomy books aren't just required reading in medical school, they are also required reading for many prison gangs. Wonder why that is? Because they want to know harm.

On an individual level, if you want no harm to come to you, you might need to know both how to harm and how to mitigate harm. If you do take damage in a violent encounter, the best person to provide aid is yourself. Do you want to count on a passerby who doesn't want to get involved or faints at the sight of blood? But before you can render aid onto yourself, you have to stop the person who is causing the harm in the first place. Standard operating procedure for everyone is make the scene secure/neutralize the threat before rendering care. Of course, being able to defend oneself effectively obviously limits damage and helps in your long-term constitution. I would suggest knowing how to fall is an important part of that—in case it is your own clumsiness that is trying to harm you.

Many people say their motivation for training is to protect others as well. Protecting should once again mean being able to minimize damage. This is a concept that should be covered in good self-defense training, so why should we not be prepared to do that when it goes into the tac med realm. You have practiced day and night on how to take a gun

away from somebody if they jab it in your face, but what if the shooting started the next room over, then you are clueless? Even if you take out the attacker, if you or your loved one takes serious damage, can you minimize the damage or will it be a double homicide?

It is worth noting some people are exclusively on the other side of the coin. They will take a CPR/First aid class, they are ready to spring into action if someone is choking, but they want to put their head in the sand when it comes to mass casualty events. Many of the biggest active shooter tragedies could have been seriously mitigated if everyone just knew how to use a tourniquet or chest seal.

If you want to be a true protector, you need to have both sides of the coin. Then and only then can we BE MORE prepared for most anything. Now go do both.

