

# GMA News April 2024

## Upcoming events:

April 5 <sup>th</sup>	TKD testing 5:30 testing
April 6 <sup>th</sup>	Leadership team
April 6 <sup>th</sup>	Demo team
April 6 <sup>th</sup>	TKD black belt prep
April 8 <sup>th</sup>	No classes
April 10 <sup>th</sup>	National sibling day—siblings can join us for classes Wed the 10 <sup>th</sup> (Dragons only) and Tues 11 <sup>th</sup> .
April 10-11 <sup>th</sup>	Kristian Woodmansee returns for BJJ classes. Fri am class will be Thurs instead.
April 13 <sup>th</sup>	USHF seminar 9:00-5:00
April 20-21	Dr Yang Seminar
April 20 <sup>th</sup>	TKD tournament in Danville
April 20 <sup>th</sup>	FUJI BJJ tournament, Columbus
April 27 <sup>th</sup>	World Tai Chi day celebration 10:00-11:00 at Jimmy Nash Park.
April 27 <sup>th</sup>	TKD black belt testing 12:00-2:00
April 27 <sup>th</sup>	TKD bb stripe testing 2:00-3:30
April 29 <sup>th</sup>	Lil dragon testing (no LD classes)
May 4 <sup>th</sup>	Demo team 9:00-10:30
May 4 <sup>th</sup>	Hapkido black belt testing 11:00 am
May 11 <sup>th</sup>	TKD black belt/stripe make up/retest 9:00 am
May 11 <sup>th</sup>	Break a thon and school picnic 11:00-3:00 ish?
May 18 <sup>th</sup>	TKD tournament—Bedford

## Summer day camp dates are set.

Some people have been asking about this year's dates of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. We are also excited to announce a special camp on Rope Dart with a guest instructor. Pre-registration discounts apply. Here is what we have:

**Dragons camp July 16-18 TKD camps June 17-21 and July 22-26. BJJ camp June 24-25. HKD July 29-30**  
**\*\* Special camp: Rope Dart/Meteor Hammer w instructor Ben Kennedy is Slated for July 19-20**

## *Break-a-thon and annual school picnic May 11th*

This is one of our highlight events of the year, rain, or shine, at Jimmy Nash park Shelter 5. We will arrive at 11:00 and set up for the picnic. Breaking practice will start after people eat and then we will finish with some games and fun like throwing pies in the face of the instructors. The break a thon benefits our scholarship program!

## GMA Wishes a Happy Birthday to:

Noah Wilson	4/1	Adriel Colindres-Ramey	4/1	Corbin Seacat	4/9
Archer Sparks	4/10	Everett Key	4/11	Nolan Tupper	4/12
Finlea Stewart	4/13	Camden Christian	4/18	Markus Pasborg	4/19
Aurianna Bastin	4/21	Gary Sanders	4/21	Patrick Hersman	4/24
Cathy Petraits	4/27	Jack Higgins	4/30	Callum McDougal	4/30

## Training Anniversaries

Cathy Petraits (TKD 12 yrs.)	Evelyn Kaufman (TKD 8 yrs.)	Wesley Yoshida (TKD 12 yrs.)
Jenna Berry (TKD 7 yrs.)	Mason Wendling (BJJ 6 yrs.)	Luke Voorhees (TKD 3 yrs.)
Noel Voorhees (TKD 3 yrs.)	Jake Staker (BJJ 3 yrs.)	Colt Goforth (kids BJJ 3 yrs.)
Finlea Stewart (LD 1 yr.)	Alex LaPointe (BJJ 1 yr.)	Colt Shaw (TKD 1 yr.)
Evan LaPointe (KBJJ 1 yr.)	Ashton Lucas (TKD 1 yr.)	Darien Troxell (HKD 1 yr.)
Edit Vagedes (HKD 1 yr.)	Kason Barnhorst (TKD 1 yr.)	Ian Bain BJJ 1 yr.)
Leia House (LD 1 yr.)	Andrew Yurisich (BJJ 1 yr.)	Lynne Stewart (LD 1 yr.)
Greydon Parker (TKD 1 yr.)		

***Congrats to our newest LD graduate: Jaxson White***

***Good luck to our black belt candidates in TKD and HKD who will be testing at the end of the month.***

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

April 7, 1954. Jackie Chan’s Birthday

April 15, 1922 (-Oct 20, 1982). Donn F Draeger (martial arts historian) birthday

April 26, 1963, Jet Li Birthday

April 1922 Gichin Funakoshi demonstrates karate in Japan—setting the course for Karate and TKD worldwide.

April 11, 1955, the name Tae Kwon Do is approved by President Syngman Rhee to describe Korean martial arts.

April 21, 1993, Walker Texas Ranger starring Chuck Norris debuts.

## **The Government Doesn’t Think Self Defense is Part of Rape Prevention. \***

A friend and colleague in academia recently sent me a link for a grant from the Indiana Dept of Health for Rape Prevention and Education. This was a half million dollars to be shared among 5 or so recipients. My friend, at least at first glance, thought our BE SAFE FAST program would be an excellent candidate to submit for consideration, and I was excited for the prospect of using it to reach many more groups, particularly in underprivileged communities, who might not have normal access to such empowering programming.

And then I looked at the guidelines and was disappointed to see that actual self-defense programming didn’t meet any of the strategies or criteria. Apparently, the one thing this Rape Prevention and Education Grant won’t fund is education on how to prevent rape. So, what are included in the guidelines? I am glad you asked! If you read the sentence before last, then you kind of asked.

Programs that help with tax credits, like the earned income tax credit, child tax credit, low-income housing tax credit, or programs that help with paid leave or low-income housing. Or strategies that improve the environment, such as business improvement districts and crime prevention through environmental design.

Now, that does include things like improving lighting. This approach is highly cosmetic—because no one can get attacked if the lights are on. (SMH) And it does include tearing down abandoned buildings—because rapes only happen in abandoned buildings. (I hope you can hear my eyes rolling). And the guidelines also include creating more greening activities. (I got nothing....except to wonder that if the people who wrote the guidelines were in the country and heard banjo music, do you think they would still feel safe because of all the greenery?)

Now the reasons those strategies are included is because there is a correlation between being economically and socially vulnerable and being vulnerable to sexual violence. But instead of focusing on a correlation, it would really be nice to see someone focus on causation, which is the fact there are rapists out there, and we need to be teaching women how to deter and defend against them.

The third area of the grant comes closer to addressing causation by empowerment. The only problem is it isn’t women that public health wants to empower, but rather men. Stated goals included “changing the social norms (group-level beliefs and expectations of members behavior) related to the acceptance of violence and restrictive gender norms of priority groups have the potential to reduce rates of SV perpetration and victimization... [and]. promoting social norms that protect against violence and that encourage safe intervention for all forms of SV. Approaches that mobilize men and boys as allies focus on promoting positive norms around masculinity, gender, and violence” Again, they are primarily talking about groups of men.

Now, let me quickly say that I am not opposed to addressing rape culture and teaching people how to be better men, especially in more of a protector role. But I have always been dubious about the concept of education as part of rape prevention. If it was simply a matter of education, then we should never really have rape occur on college campuses, and on the rare occasion it does occur, it was a failure in the admissions process, right? (I can’t make my eye rolls any louder!)

But back to the guidelines, this policy goes back to the CDC backing bystander intervention programs over self-defense programs. Now, let me say that bystander intervention isn't all bad...some of our self-defense programming includes strategies to call attention to the situation on the rare chance there is someone willing to get involved and come to your aid. But we don't tell people to sit around and wait for someone else to show up and save their butts. But that is in essence what bystander intervention implies. An analogy would be refusing to teach everyone to swim but instead hiring millions of lifeguards.

There was a study some time ago that found that women who took a self-defense class were less vulnerable to attack (can you see my shock face?). That study was vilified, particularly by those who had a vested interest in bystander intervention programs, because such a course would actually empower women to protect themselves. One of the objections was based on the fact that it only helps those who take the class. In other words, people who take the class are better off, but that doesn't help the people who haven't taken the class. Whereas a bystander could equally intervene (or more likely equally not intervene, but I digress).

I have written about this before\*\*, but one of the best rebuttals to this objection was the vaccine analogy: No one refuses a polio vaccine on the grounds that some poor kid in a third world was still going to get polio even if you don't. What we need to do is vaccinate (empower) as many people as we can—our friends, families, loved ones, and then one day perhaps we can talk about eradicating the disease.

Given how much the CDC loves some vaccines, I would really think that public health officials would get on board with this type of rationale. But apparently not, because the one thing you can't use any of a half million dollars' worth of funding for rape prevention, is actually making women more immune to sexual attacks and helping to empower themselves to prevent being raped. But hey, at least they have greener spaces....

\*This is basically a transcript of a social media rant I made a couple of weeks ago. But I am little fired up, and figured some people who didn't see it might read this, and it doesn't hurt to hear it twice.

\*\*Also see Looking Forward to a Vaccine (Not the Covid One), blog and rant Dec 2020.