



May 2024 GMA Newsletter

CONGRATS TO COACH CLAY THACKER on his BJJ BLACK BELT!!

Congrats to our newest 3rd degree black belt: Jack Higgins

BIG CONGRATS to our graduating seniors (high school or higher): Kaiden Cedeno, Ian Bain, Sara Voorhees

Upcoming events:

May 4 th	Demo team 9:00-10:30
May 4 th	Hapkido black belt testing 11:00 am
May 11 th	Black belt special "sunrise" class at park 8:30 am or make up
May 11 th	Annual Break a thon and school picnic, Jimmy Nash Park 11:00-3:00 ish? (see details below)
May 13 th -16 th	Happy Mother's Day--Mothers please join us for class this week.
May 16 th	TKD black belt and stripe testing make up/retest during BB and BBC class—no BBC
May 18 th	TKD tournament—Bedford
May 24 th	TKD testing 5:30 no TKD class
May 25 th	Black belt ceremony 9:00
May 25 th	Spring Clean 10:30-1:00 ish
May 27 th	No class, happy Memorial Day
June 1 st	Demo Team 9:00-11:00
June 17-21	TKD Day camp 9:00-3:30
June 24-25	BJJ camp 9:00-3:30

Korea Class Adjustments:

As the majority of our black belt instructors are headed to Korea, we will need to make a few adjustments to the schedule. There will be no Lil dragon classes on Tues/Thurs 5-30, 6-4 or 6-6...students are welcome to come to M-W-F classes. Friday AM BJJ class will be questionable based on Coach Clay's schedule—TBD. All other classes are should proceed as normal. Special thanks to our other instructors and black belts who are stepping up to fill in the gaps, we are blessed to have a deep and competent team.

Break-a-thon and annual school picnic

It is time for our annual school picnic and break-a-thon to benefit our scholarship program—which provides scholarships for students to become or stay involved in martial arts. Some of our own students benefit from this fund, so we need your continued support, plus it is a great chance for our students to get a lot of breaking practice! This year we will be having it at Jimmy Nash Park, Shelter no 5. Please arrive around 11 for registration for the break and set up. we hope start the picnic at 11:30, and the break practice will begin shortly thereafter. For the picnic, fried chick and pulled pork will be provided, and students need to sign up for the pitch in. We will still be doing fun and games such as egg toss and throwing pies at the instructors (1.00 per pie for scholarship fund) Please sign up inside so we can still anticipate numbers. Students DO NOT need to wear doboks to the break-a-thon (egg toss appropriate clothing strongly encouraged).

Mother's Day invitation

As usual, our students are welcome to invite their mom, grandmas, etc. to class the week following Mother's Day. We will plan classes to have you and your child interact and share the martial arts experience. While you are at it, feel free to try out any other class including our lunchtime hapkido and morning tai chi classes.

Sign up now for Day Camps/Summer camps!

We are now taking sign ups for our GMA day camps. These are weeklong intensive training sessions.



from 9:00-3:30 each day. HKD/TKD camps are the equivalent of 30 classes and 3-5 points and cover a full belt rank material in one profoundly serious week. LD camp covers 8 stripes. Knowledge, drills, and games not normally covered in class is also taught. And there is still time for dodge pad. Discounts are available for multiple camps or multiple family members. Additionally, get a discounted rate if you pre-register by May 15th.

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**

GMA Wishes a Happy Birthday to:

Ethan Jackson	5/2	Jude Carman-Arthur	5/3	Taylor Ham	5/5
Makynleigh Sanders	5/9	Jordie Spaulding	5/10	Silas Elmore	5/13
Asher Maxwell	5/14	Darien Troxell	5/15	Liam Phelps	5/18
Carter Craven	5/20	Andrew Yurisich	5/24	Greydon Parker	5/24
Ryan Spires	5/2	Cash Arthur	5/25	Miki Mascoe	5/30
Arias Grimes	5/30				

Training Anniversaries

Rob Snyder (TKD, BJJ 16 yrs.)	Lise Roberson (HKD 15 yrs.)	Walker Henderson (TKD 3 yrs.)
Eliza Chapman (TKD 2 yrs.)	Lee Ledford (BJJ 2 yrs.)	Charlene Denney (TCC 2 yrs.)
Thayne Boswell (LD, TKD 2 yrs.)	Rylee Bryant (TKD 2 yrs.)	Cole Patton (TKD 2 yrs.)
Archer Sparks (LD 1 yr.)	Corbin Seacat (BJJ 1 yr.)	Joey Devine (BJJ 1 yr.)
Lincoln Smith (LD 1 yr.)	Theo Barr (TKD 1 yr.)	Cole Frye (LD 1 yr.)
Dakota Stroup (BJJ, HKD 1 yr.)		

Quotes of the Week

This May, as Heroes in Training, we will be looking at the stories and learning from some real-life heroes (medal of honor recipients) in honor of Memorial Day.

This Month in Martial Arts History (selected from “Dates with Destiny” in *Martial Arts Success*)

1984—Ninja Turtles debuts (in comic form)

May 1st, 1971—Billy Jack, featuring HKD master Bong Soo Han, premiers (it is released in ‘73 and helps fuel the Martial arts boom)

May 20, 1975 –KTA in Korea consolidates the “kwans” as part of the unification effort of TKD. The CDK is assigned kwan #9.

May 25-27, 1973, first world TKD championships held at the Kukkiwon. The WTF is founded the next day.

May 27, 1949. Shotokan founder Gichin Funakoshi founds the Japanese Karate Assoc, helps to spread Karate worldwide.



like GMA Martinsville’s page and join the Gentry group for announcements and additional information



subscribe to our channel



endorse Mr. Sieg and Gentry Martial Arts



follow us at @Gentry_MA



Also at Gentry_MA



How Martial Arts Can Prevent Piggy Tails

One of my all-time favorite sayings from my teacher, GM Choi, was “dragon head—piggy tail.” A quick google search yielded a similar Chinese phrase of Dragon head, snake tail, which was described as something that starts off initially very promising but then ends up disappointing.

We recently used this phrase in our mat chat, but I feel it bears repeating and further elaboration here. In class, we typically use it when someone is inconsistent with different aspects of technique or performance. Good form with good power but a weak kihap (show of spirit.) Or the opposite—loud answer, intense look to start, and then an unfocused and sloppy form. It is someone who starts the match or roll with lots of fight and enthusiasm but quickly wilts when things start going wrong. From these examples, you can tell that it is typically a disconnect among mind, body, and spirit—where one or two are there but another is lacking.

But the phrase doesn't only pertain to physical examples. Sadly, I see as many, if not more, curly tails in the realm of discipline and attitude. My goal is to be a black belt!....until it gets hard and requires work, even outside of class to improve my areas of deficiency; I want to win this upcoming tournament...but not enough to work on my cardio, and it is a nice day outside so maybe I will skip just this one class; I am serious about getting good at BJJ, but the grass needs mowed.

I see it in parents: I am bringing my child here to learn discipline and perseverance, but I am going to let them quit the minute they complain and don't show discipline and perseverance.

I see it in the black belt who peaked at his test, has backslid, and now looks more like a colored belt in everyday performance.

I see it in other martial arts instructors who give lip service to discipline and healthy habits but are obese.

I see it in myself—just last week I bemoaned how the weekend seminar was taking away precious family time, but I still got sucked into my phone for 20 minutes when I got home. I missed workouts. I have fallen behind on my Korean language study goals.

To be human is to be part dragon and part pork. Naturally, the phrase isn't limited to martial arts and can be applied to the many common cases where we humans fall short. Anytime where we talk a good game and put our dragon face on, and maybe we have a great start, but we end up making more of an oink than a roar: in education or work, relationships, fitness and nutrition, or budgeting and finance, just to name a few.

It should be no shocker that I think martial arts is one of the best activities to help us avoid having our tail coil up. By experiencing challenging situations and facing fears, we gain the discipline, resilience, and perseverance needed to power through. Either through a belt test, tournament, or simply rolling in class, we are held accountable for our follow through (or lack thereof.) You can't hide what type of tail you have in class. There is no team of dragons to hide behind if you are an oinker. Under pressure you either show you can breathe fire, or you cry wee wee wee all the way home.

Dragon head, piggy tail, is a colorful way of saying talk and initial good intentions are cheap, but you must follow through. Martial arts teach us this lesson the hard way, but thankfully the mats are an insulated world, where we can learn that lesson without it having as painful of ramification as it could in the other areas of life I mentioned. Failing this lesson on the mats doesn't lead to flunking out, divorce, a coronary or bankruptcy. The DO, the martial WAY, instructs us to take that lesson from the mats and take it into the world. Ironically, one can be dragon head, piggy tail in applying that lesson into our everyday lives, so I wish you don't take this rant to heart but still end up bacon. Personally, I am off to catch up on Korean and hit the gym.