



Oct 24 Newsletter for Gentry Martial Arts

DON'T FORGET ABOUT OUR TRICK OR TREAT GUEST PASSES

For any ninja turtle, master of spinjitsu, or sword wielding trick or treater that comes to your door, we have guest passes you can give them to try the real thing. Even if you don't recognize them, if they use your pass, you still get the referral credit and receive a free month!

Good luck to our black belt candidates: Wyatt Northern, Mikenna Kirk, and Miss Holly Brown (3rd)

Upcoming events:

Oct 4th	TKD testing 5:30, no class
Oct 5 th	FUJI BBJ tournament
Oct 5 th	Demo team 9:00-11:00
Oct 5 th	Black belt prep 11:00-12:30
Oct 12 th	Stick fighting 9:00-11:30
Oct 12 th	Fall foliage Demo Performance—on the square 6:00 pm (Demo meet at school at 3:30)
Oct 13 th	Fall foliage parade (see details below)
Oct 16 th	Lil dragons testing (TBA)
Oct 19 th	Kids Stop Bullies FAST class 9:00-11:30
Oct 19 th	TKD BB open mat/breaking practice 12:00--1:00
Oct 19 th	BJJ blue belt class 12:30-2:30
Oct 22 nd	BJJ adult promotion night.
Oct 26 th	TKD black belt testing 9:00-11:00, TKD stripe testing 11:00-12:30
Oct 27 th	Halloween Party 6:00-7:30 (see below) no BJJ open mat
Nov 9 th	TKD tournament in Indy
Nov 16 th	USHF seminar (b-ton) 9:00-5:00

Halloween Party info and help

The school Halloween party will be Oct 27th from 6:00-7:30. As always, we will need help with set up starting at 1:30 pm and take down. We will not overwhelm a few volunteers with all the work, so sign-ups for set up/clean up and helping during the party will be out until Oct 12th. Students are encouraged to bring in a bag of candy anytime between now and then so treat bags can be prepared. Please have in by Thurs, Oct 24th. Parents, we will be stuffing the bags also on the 24th around 5:45, so if your kid is in class please come in and help. While we know for a fact that our students can be scary, we encourage our students to dress as heroes, role models, or something fun.

FALL FOLIAGE PARADE

As usual, we will be doing the fall foliage parade on Oct 13th. We will be *in place* at the Martinsville High School parking lot by **12:00**. We do not have our place assignment, so just look for the other hero shirts. We will announce in class/Facebook if we get it. All participants need to be in dobok pants, belts, and Hero in training T-shirt. If it is cold, a long WHITE sleeve T-shirt or sweatshirt can be worn UNDER the Hero in Training T-shirt. Parents will be expected to pick up their kids promptly *when we are finished with the parade, not when the parade ends*. Keep in mind that the parade will be going long after the first groups are finished, and that the parade will affect the travel routes back to the school.

Make sure to bring acceptable footwear to class to practice marching outside the week prior. Preferred footwear for the parade is white tennis shoes or TKD shoes (lighter, easier to kick for 2 miles!)

Anyone wishing to help with the float can meet at the school at 10:30 am.



GMA Wishes Happy Birthday to:

Journey White	10/2	Giddeon York	10/4	William Anderson III	10/4
Theo Barr	10/6	Adrian Martin	10/7	Zaiya Grimes	10/8
Liam Canada	10/9	Leia House	10/9	Master Sieg	10/12
Diezel Hedrick	10/12	Holly Brown	10/14	Jonas Stewart	10/14
Charlie Malcom	10/15	Avery Jette	10/16	Archer Alsup	10/17
Jared Hamilton	10/21	Weston Swafford	10/22	Brandon Rogers	10/22
Jencyn Lee	10/24	Thayne Boswell	10/26	Isabella Shrake	10/26
Nick Lieffers	10/27	Luke Voorhees	10/28	Eleanor Berninger	10/31

Training Anniversaries Special Congrats to those who started with us a year or multiple years ago.

John Hirt (TCC 8 yrs.)	Liam Canada (LD, TKD 4 yrs.)	Alayna Gregory (LD, TKD 3 yrs.)
Mason Cecil (LD, TKD 2 yrs.)	Ellee Noel (LD, TKD 2 yrs.)	

Quotes of the Week--Perseverance

This month we have a several key events that are great examples of perseverance and offer great lessons to our students. Marching our legs off in the parade will be a real test for some of us. We also have black belt testing, which is a great example of perseverance in the martial arts, over the long haul. This month, we are hoping all our students will learn a bit more about the importance of not giving up.

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

Oct 1, 1913 (-Jan 29, 2009)	Birthday BJJ founder Helio Gracie
Oct 9, 1932,	Birthday Judo Gene Lebell
Oct 18, 1961,	Birthday Jean Claude Van Damme
Oct 27, 1936,	Birthday HKD founder Ji Han Jae
Oct 28, 1929 (-May 4, 1938)	Birthday founder of Judo and innovator Jigoro Kano
Oct 20, 1957,	Arguably the first modern Karate tournament- the All-Japan Karate Champ. Is held.
Oct 14, 1972,	Kung fu the TV series debuts.
Oct 11, 1997,	Pride Fighting Championships debuts.
Other martial arts films include The Transporter and Kill Bill.	

We Have Too Much Respect for Our Students to Worry About Their Self Esteem.

There is a big difference between self-esteem and self-respect, and not understanding that difference is having a dramatic and detrimental effect on our youth. As we are in a business that is highly touted for the benefits of both self-confidence and respect, it shouldn't be a surprise that it is a topic worthy of discussion. We have seen it affect our students base, creating conflict when those two terms have been conflated, and it can even impact how martial arts are taught. The confusion has broader implications for society, including violence and crime, and as we are also in the business of self-defense*, it has implications for martial artists on that front as well.

In his very good books *Character Disturbance* and *Wolf in Sheep's Clothing*, George Simon explains the difference between self-esteem and self-respect: Esteem is derived from a word meaning to estimate, so self-esteem is our estimate of our worth, based on our innate talents and abilities and success in getting what we want. In comparison, respect means to look back. Self-respect arises from favorable retrospective assessment of one's effort and achievement. Esteem derives from what we have [in attributes], whereas respect derives from what we have done with what we have been given.



Thus, you can think a lot about yourself but have no true self-respect. Having such a deeply rooted sense of superiority and entitlement is common in individuals who have been over-indulged and overvalued for all their lives. Parents can inflate self-esteem by praising their child for looks, IQ and innate talents, all the things that the kid CAN'T legitimately claim credit for—they were born with thus qualities. At the same time, parents can hurt self-respect with a lack of recognition for effort, work, and perseverance. Or worse still, by avoiding the opportunities for them to earn that self-respect for themselves.

Sadly, it is common for even martial arts schools to fall into a similar, self-defeating rational* Other schools have bought into the “everyone gets a trophy” so no one loses philosophy. I have been at tournaments (as a guest) where divisions can only be 4 people or less so that no one comes home empty handed. I am also aware of schools where everyone gets promoted regardless of performance, because they don't want to hurt anyone's self-esteem. It might help their esteem, but does nothing for their self-respect, because deep down they know they never accomplished anything meaningful.

Rabbi and author Daniel Lapin explains the distinction like this: “Self-esteem is what you try to gain when you haven't achieved anything, and thus don't deserve any self-respect. By achieving something, you earn the esteem of OTHERS, thus gaining respect for yourself. Self-esteem is rising [in society], but accomplishment and responsible decision making has been on the decline.” Lapin makes an illustration by citing a recent math ranking among countries. US students scored at bottom of these math scores, but in the accompanying survey, we had the highest number of respondents who thought that they were very good at math (68%). By contrast South Korean students ranked at the top in performance but had the lowest percentage of students with the self-conceived notion that they were very good (23%). Lapin dryly remarks that this study demonstrates that we are a lot better at teaching self-esteem than we are at teaching math.

There actually was a concerted effort to teach self-esteem. There was a theory that a lot of violence and crime was a result of the perpetrator's low self-esteem, so school programs and task forces were formed to push self-esteem in schools and communities. Stephen Pincker comments on this policy thusly “perhaps the most extraordinary popular delusion about violence in the past quarter century is that is caused by low self-esteem.”

Violence is much more likely a result of having too much self-esteem, not too little. Someone thinks they are entitled to things, aren't accustomed or willing to work for things, or thinks that someone disrespected them (they fail to recognize respect from others, usually low based on their lack of accomplishment, should not be equal to their own self-inflated ego.)

Matt Thornton explains how martial arts training (with his BJJ slant) can actually help avoid getting caught up in self-esteem-based violence. “When a woman gets away from a man on the ground in BJJ or applies a choke to a resisting aggressor...She has no fantasy about what she can do, nor does she have to prove anything to anyone, as she does it regularly in class. So, she can remain calm and smart.” In other words, a person doesn't have to be goaded into conflict because of self-esteem but can walk away because of their self-respect. They can remain calm, instead of losing control in a self-righteous tantrum, and can walk away, while having the self-confidence to know they can defend themselves if the other person isn't as capable of self-modulation.

While not reaching the point of violence, we have certainly seen kids with a lopsided esteem/respect balance create tension in our classes as well. When a child thinks that they will rank up without actually earning it and get mad that they aren't...they think they deserve it without actually accomplishing (learning) anything. Or they think that their opinion as an 8-year-old yellow belt carries weight and we value their input on what training they should participate in.

I think most people have figured out where GMA stands on the whole self-esteem debate. Instead of constantly telling you that you have it in you...even you haven't done anything to prove to yourself that you do, we let you actually find out for yourself that you do. Sometimes, that doesn't happen the first time. And we believe that you will get it eventually, but we don't lower the bar, we make you rise to the challenge. To everyone who says kids are too young to learn that much material, to everyone who says that person is too small to break that many boards (or actual wood instead of the synthetic pressed crap that falls apart), or to the parent who says their kid can't stand still because of his ADHD, we believe they can. And more importantly, we believe our students need to learn how to meet those challenges, and we are glad to say they regularly do.

We are not like the US education system who tells people they are great at math when they can't multiply. We have way too much respect for our students to let them have such self-delusions. We have too much respect for them to



give them a belt instead of making them earn it, because we believe they can...eventually. There might be failure along the way. They might have to be self-critical*** and confront the notion that they are not as good as they thought they were. But when they do eventually see progress, they will know—deep down in their bones—that they actually earned those accolades and promotions. That creates true self-respect. And we have too much respect for our students to worry about their self-esteem along the way.

*That is a lot of self-words

** I am really just going to see how many self-words I can get in this one rant now.

*** Ten! I got 10 self-words in this one rant.