



# GMA NEWS

## November 24

**Congrats to our newest black belts: Mr Wyatt Northen, Miss Mikenna Kirk**  
**Congrats to our newest Lil dragon graduate—Willow Lambert**

### Upcoming events:

Nov 2 <sup>nd</sup>	Stickfighting make up date 9:00-11:30
Nov 9 <sup>TH</sup>	TKD tournament—Noblesville
Nov 15 <sup>th</sup>	TKD testing—no class
Nov 16 <sup>th</sup>	USHF seminar—bton 9:00-5:00
Nov 21 <sup>st</sup>	TKD Glow in BBC
Nov 23	Leadership team 9:00-10:30
Nov 23	Black belt prep 10:30-12:00
Nov 23	Black belt ceremony 12:30-1:30?
Nov 26 <sup>st</sup>	Holiday sale 9:00- evening classes.
Nov 27 -29 <sup>th</sup>	NO CLASSES—Happy Thanksgiving
Dec 7 <sup>th</sup>	Bton Open BJJ tournament
Dec 7 <sup>th</sup>	Leadership team outing TBA
Dec 7 <sup>th</sup>	BJJ team gathering/dinner
Dec 27-28 <sup>st</sup>	Martial Arts Movie/Stunt camp
Dec 30 <sup>th</sup>	Tai Chi curriculum camp
Jan 2 <sup>nd</sup>	Winter Weapons camp—Rope Dart
Jan 4 <sup>th</sup>	Catch up Camp 9:00-11:30
Jan 4 <sup>th</sup>	Spar Wars Kendo/movie choreography night 5:00-9:00

\*\*\*See our Winter Camp schedule below\*\*\*\*\*

**Holiday Sale** Get a jump on your holiday shopping with our annual holiday sale. Use the gift giving season to get them some necessities that they need anyway- like new sparring gear or uniforms, some extra training gear that will help them practice at home, or splurge on some fun seasonal items for their room that will help reinforce that they are part of a positive, powerful martial arts lifestyle. PLEASE ORDER as soon as possible to have a chance of getting it in time for Xmas, as certain items go out of stock, and this seems to happen earlier and earlier. We will be open during the day on Nov 26th from 9:00 through classes that evening, giving you the option to shop without the kids, so it can be a true surprise for them. There will be special sales for that day as well. Catalogs and ideas are also available now so you can research what your kids like and want.

### Winter Camps set

As always, we will be using the winter break in the school calendar to offer some unique camps during the holiday season. Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to learn something special. Don't forget you can also make it a X-mas present. Sign up at the front desk.

**Winter Weapons camp—ROPE DART Jan 2<sup>nd</sup>.** Everyone who participated in our summer rope dart camp loved it, so we are bringing Instructor Bensei back for a follow up one day workshop. If you missed the last one, there will be multiple levels to the class.



**Tai chi curriculum camp. Dec 30th.** We will be do a review/refresh as much of the tai chi curriculum as possible. It is not an attempt to teach everything, just to take an inventory and remind everyone of lots of things we haven't had a chance to do in a long time.

**Spar Wars Kendo/Saber Night** We will also be having a SPAR WARS/ parents' night out on Sat, Jan 4th from 5:00-9:00. Jedi and light sabers were largely based on Eastern martial arts themes and the art of Kendo. The night will include pizza, basic kendo instruction, sparring and games, and we plan to teach a choreographed light saber duel which you can film. The event will include an action flex light saber that is safe and durable for actual sparring (but unfortunately not cheap—this is an actual training weapon with a Star Wars theme). Participants are encouraged to dress up in a Star Wars theme as much as they want. There will need to be a minimum number of sign-ups, which must be done in advance to get the light sabers. Previous Spars Wars night or Weapons camp participants who already have the light saber will obviously get a huge discount. You can order the saber for Xmas!

Movie stunt camp

**A catch-up camp is also scheduled for Jan 6<sup>th</sup>.**

### **Holiday Class Cancellations and adjustments:**

No classes on Wed, Nov 27<sup>th</sup>, Thanksgiving (28<sup>rd</sup>) or Friday Nov 29<sup>th</sup>. Classes will resume as normal the following Monday. Have a happy Bird-day! Kids BJJ will have a joint class with adults on Tues the 26<sup>th</sup> from 7:45-9:00.

### **GMA Wishes a Happy Birthday to:**

Caitlyn Gibson	11/01	Eloise Overby	11/02	Emmett Green	11/06
Daniel Lauck	11/15	Isach White	11/19	Colt Goforth	11/21
Wesley Yoshida	11/24	Philip Salamander	11/26	Charles Branaman	11/26
William Yoshida	11/30	others			

### **Training Anniversaries**

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

Aleah Spires (TKD 15 yrs.)	Eli Elmore (HKD, 5 yrs.)	Don Woodruff (TKD 3 yrs.)
Dessy Rodebaugh (LD, TKD 2 yrs.)	John Gens (TCC 2 yrs.)	Nolan Tupper (TKD 2 yrs.)
Jayden Chaboya (BJJ 2 yrs.)	Katie Mason (KBJJ 2 yrs.)	others

### **Quotes of the Week**

With tournaments in both TKD and BJJ looming, we will be talking about proper sportsmanship, respect, and other ways to get the most out of the tournament experience.

### **Special recognition to our families:**

In addition to Thanksgiving, November happens to be family appreciation month, so we at GMA would like to do both—a special thanks to our families. Of course, we like to think of all of GMA as a family, and we have several pairs of siblings in the classes, but we would like to point out those families that need our family discount or those families with more than one generation involved.... Perhaps someone else in your family is ready to try it out?

Aleah, & Ryan Spires (TKD)

Master David Yoshida, Master Mandy Yoshida, Kylie, Wesley, and William

Mr. Sieg, & Donovan (BJJ), Jennifer (TCC)

Rebecca Watkins and Malachi Watkins (TKD)

Noel, Luke, Sarah, and Eli Voorhees (TKD)

Nick Lieffers (BJJ), Nora, Grace & Jonah (LD)

Alex La Pointe (BJJ), and Evan (KBJJ)

Kris Mallings (BJJ), Everett (LD) and



Chuck Goforth (BJJ) and Colt (KBJJ)  
Evelyn, Ruth, and Deborah Kaufman (TKD)  
Isach, Miylah (TKD) and Jaxson White (LD)  
Corbin Seacat (BJJ) and Willow (KBJJ)  
**Others**

**Special Thanks** Special thanks (in advance) to the parents committee and everyone who helped decorate, brought in candy, food, and other items, or worked the Halloween party!

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

Nov 9, 1978, Steven Lopez—one of the greatest TKD athletes of all time—multi world and Olympic champion

Nov 10, 1868-April 26, 1957, Shotokan founder Gichin Funakoshi—also taught CDK founder GM Won Kuk Lee

Nov 27, 1940- July 20, 1973, Bruce Lee

Movie releases include *Fist of Fury* (starting the Bruce Lee craze), *Missing in Action*, *Best of the Best*, *The One* and many sequels.

Nov 12, 1993—UFC 1 debuts and starts modern MMA in Denver, CO. Royce Gracie wins.

## Tournament results

Our BJJ competitors had a very successful showing at the FUJI tournament, placing either 1<sup>st</sup> or 2<sup>nd</sup> in every division we entered. Congrats on the following podium finishes:

Giddeion York	1 <sup>st</sup> gi	1 <sup>st</sup> no gi	Ezekiel York	2 <sup>nd</sup> gi	1 <sup>st</sup> no gi
Cameron Gregory	2 <sup>nd</sup> gi		Aubrey Ledford	2 <sup>nd</sup> gi	2 <sup>nd</sup> no gi
Colt Goforth	2 <sup>nd</sup> gi		Coach Clay Thackers	1 <sup>st</sup> gi	

And good luck to our TKD team at Master Crays invitational

There is a snarky T-shirt that has the Instagram logo and reads “Your BJJ only works on Instagram.” I was very amused and would have bought it if I thought my closet could fit even one more martial arts t-shirt in it.\* If I had thought of the concept, I think mine would have read “your self-defense only works on tic toc” I have certainly seen techniques that merit such comment on all social media, Youtube, and in person. There are the “McDojo” clips that are clear cases of charlatanism that make you wonder how anyone would fall for it. In others instances, it is clearly more movie choreography than actual viable technique against someone who isn’t cooperating. In still other cases, it at least seems legit. I say seemingly, because there are times that even I save a video to try it out...because it looks plausible but you need to feel it and test it. Sometimes, the minute you add an opponent with even a shred of knowledge, it becomes apparent that the obvious counter to the move in question is so easy, the technique would almost never happen, or would make you extremely vulnerable in the process.

What I find interesting is that while the technology has changed, the derogatory sentiment has existed in similar fashion for a long time. In the Filipino martial arts, one of the biggest slams for a technique was that it looked “good for the stage.” As the Spanish banned martial arts practice in the Philippines in order to limit rebellion, these bladed arts survived by hiding in plain sight. They preserved the art in the form of elaborately choreographed fight scenes in theater, which the Spanish allowed. Thus, the implication of the “dig” is that the technique may work in choreographed scenes, but had no practical value in a more martial context.

One of 1<sup>st</sup> Westerners to look at the Asian martial arts academically, Donn F Draeger, made a similar observation about jiu-jitsu in feudal Japan. Once the shogunate stopped most of the constant warfare and the country enjoyed an era of peace, the once battle tested arts lost their constant litmus test. Draeger used the phrase aesthetic jiu-jitsu to describe what developed in the absence of the ultimate BS meter.



The reason this insult is a recurring theme is that sometimes it is truly hard to determine effectiveness and what really works, and in the absence of this objective criteria, people have a tendency to overvalue performance.

The first part of the problem is the ability to pressure test—to make sure the stuff really works. Grappling arts like BJJ or judo are typically much better in this regard, allowing for more resistance between opponents. But grappling has other drawbacks for self defense and may or may not be the best solution in certain situations, could be weight dependent, and rarely is striking included in grappling matches. If striking is included, it is usually in a sport context like MMA, which restricts the most effective self defense targets like the brainstem or groin. Striking arts, generally have a harder time consistently pressure testing—you can only kick and punch people full force so many times—and again, to restricted targets

It is extremely hard to research the effectiveness of those techniques that are banned in combat sports. Most research ethics panels would frown at the proposal of lining 10 people up and slapping the ear as hard as you can to see how often it truly does leave permanent, debilitating injury. Should such a thing ever get approved, I suspect finding volunteer subjects would be equally difficult. So we are left with anecdotal stories of real life situations, which of course can have a lot of variables. Even if a technique works perfectly in your one violent encounter, how do you know you weren't just lucky? The who and why's of the encounter could also greatly influence the results. Breaking someone's nose might be enough in some circumstances, in other's it will only further enrage them.

So instead of trying to address all these variables of effectiveness while training, it is easier to change the criteria that can be more easily assessed, and that criteria is skillful performance. Suddenly style points matter. You might not be sure you could effectively beat a dedicated attacker in real life, but you can definitely outperform your training partner within the more limited confines of the mats.

What makes things even more convoluted is that you see this emphasis on performance influencing the way people approach combat sports. So in one arena that is touted "as real as it gets" the emphasis is now winning with style and excitement for the fans. What once was supposed to be one of the better laboratories to determine what works for real is also being redefined. Similarly, in TKD, the point system encourages the highlight real techniques, and the rules have changed the game to where only very limited parts look like it would transfer to self-defense.

Michael Vanbeek describes how some people are full of will but low on skill (I see red), and others seek skill with no will. But his point most relevant to this discussion is that there still others who are very willful about being skillful fighters. In other words, they are very their ability to outperform very seriously.

\*it doesn't help that I have Tai chi T-shirts that are older than some of our tai chi students, but at this point they are both collector items and proof of seniority, so I can't get rid of them.