



DECEMBER 24 GMA NEWSLETTER

Congrats to our newest 3rd dan black belt: Miss Holly Brown.

Congrats to our newest lil dragon graduate: Jasper Scott, Cole Frye, and Thomas Otero

Thank you to Miss Kathi, Welcome Miss Katia

Miss Kathi will be retiring the first part of the year. We want to thank her for over 5 years of service and being a part of the team. We would like to welcome Katia Voshell, who will be filling her shoes.

Upcoming events:

Dec 7 th	Demo Team 9:00-10:30
Dec 7 th	Leadership team outing 10:30-12:30 ish
Dec 7 th	BJJ team training and dinner 1:30-3:30
Dec 16 th	GMA Xmas party and Awards Banquet at fairgrounds 6:00 pm (No classes)
Dec 18 th	Lil dragons testing 4:15 and 5:30
Dec 21 st	Demo halftime performance, Indian Creek HS Demo meet at school @ 5:30
Dec 24-26	No Classes—Merry Christmas and Happy Holidays
Dec 27-28 th	Martial Arts Movie/Stunt camp 9:00-3:30
Dec 30 th	Tai Chi curriculum camp 9:00-3:30
Dec 31 st -Jan 1	No Classes-Happy New Year (BJJ open mat will be discussed in class)
Jan 2 nd	Winter Weapons camp—Rope Dart 9:00-3:30
Jan 4 th	Catch up Camp 9:00-11:30
Jan 4 th	Spar Wars Kendo/movie choreography night 5:00-9:00
Jan 11 th	Demo team 9:00-10:30
Jan 11 th	Black belt prep 10:30-12:30
Jan 18-19	GMA hosts Edge Weapon Countermeasures course and instructor training
Jan 25	Be Safe FAST Adult Basics Course TBD

Xmas Party, Dance and Awards Banquet

This year's Christmas party/awards banquet and dance has been scheduled for Dec 16th at the Morgan County Fairgrounds. Arrival and set up will be from 5:30-6:00. Following the awards, there will be some games and a dance that will continue until 8:30 or 9:00 pm. This is a chance to join in some fellowship, recognize some key students and parents. There will be a pitch in for dinner, and signups will be posted soon. We also need a very close idea of people attending for seating arrangements. No classes will be held that day. We hope everyone will be able to share in our annual event. We also need sign ups to set up at the fairgrounds that morning.

Winter Camps Coming Up Fast

Rather than having the kids sitting around stuffing themselves with candy, we take the vacation time to offer something special. Don't forget you can also make it a X-mas present, and you can put the gear under the tree!

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.

Movie/Stage combat camp Dec 27-28th. Things that look good on the big screen aren't always what they appear. Come see how they do the stunts without getting the stars hurt. Mr. Yoshida, who has worked on martial arts films and done fight choreography, will show some secrets. Participants will make their own movie fight scene, as part of a larger, tongue in cheek production. Great for anybody in demo or anyone with interest in movies/theater, stage combat, etc. Spaces are limited. Only a few can become action stars on the latest Yoshitech production!

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.



Winter Weapons camp—ROPE DART Jan 2nd. 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.

Catch up camp Jan 4th. As always, we are offering people a chance to get back into the swing of things and catch up on missed classes over the holidays in our TKD catch up camp. All rank material will be covered in this 2.5-hour intensive course which also counts for three classes—we keep it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

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!

And the NOMINEES are:

This year we are announcing those students who are nominated for our yearly awards:

Student of the year: *Evalyse Jones, Nick Liefers, Willam Yoshida*

Black Belt of the year: *Nathin Plummer, Caliegh Allender, Kylie Yoshida*

Most Improved Student: *Carter Craven, Corbin Seacat, Aedric Hogan, Wyatt Northern, Eleanor Berninger*

Competitor of the year (TKD): *William Yoshida, Aleah Spires, Isach White, Kylie Yoshida*

Competitor of the year (BJJ): *Giddeon York, Ezekiel York, Aubrey Ledford, Colt Goforth, Cameron Gregory*

Please Plan ahead for Xmas Items

If you have any last-minute Christmas shopping to do (don't we all) or need that stocking stuffer or whatever, just a reminder to please plan in advance. Many of our suppliers go out of stock of seasonal items and we want to make sure we minimize the delays in getting any special orders to you! *The last day to order Xmas items to ensure shipping (assuming availability) is Dec. 9th. Keep in mind, some things are already back ordered past the holidays.*

Give another person the chance to “be more” this Christmas.

Don't forget that you can get a gift certificate for a uniform and month of classes –130.00 value, for only 35.00 cost to you (BJJ uniforms more). If you know anyone who has ever “thought about” doing martial arts, or if there is someone you know who “this would be good for,” this is your chance to get them off the fence and really reap the benefits of training.

Quotes of the Week: This month, with goal setting around the corner in Jan, we will be talking about the differences between the habits and behaviors of successful people and unsuccessful people.

Training Anniversaries

Kylie Yoshida (TKD 16 yrs.)

Casey Lafary (BJJ 2 yrs.)

Connor Ennis (TKD 2 yrs.)

Isach White (TKD 2 yrs.)

Miyah White (LD, TKD 2 yrs.)

Everett Malling (LD 2 yrs.)

GMA Wishes a Happy Birthday to:

Rebecca Watkins 12/02

Austin Schneider 12/02

Simon Blair 12/02

Joseph Runnebohm 12/07

Everett Malling 12/08

Ethan Ennis 12/08

Luna Walker 12/12

Casey Lafary 12/13

Lily McDonald 12/14



Annika Gray	12/17	Edit Vagedes	12/17	Wyatt Kincade	12-17
Noel Voorhees	12/19	Eli Voorhees	12/25	Jaxson White	12/25
Mrs. Yoshida	12/26	Dakota Stroup	12/26	John Gens	12/29
Faowyn Mascoe	12/29	Aiden Maxwell	12-29		

Class Cancellations for Holidays, class adjustments, and general policies

- No class on Tuesday, Dec 16th on account of the Christmas party...see you there.
- Holiday class cancellations: No class on Dec 24th-Dec 26th on account of Christmas. Classes will resume Dec 27th. No class on Dec 31st-Jan 1st on account of New Year's.
- Also, a reminder of our general policy regarding severe weather. We try to follow the lead of local schools—if they cancel school that day, cancel evening events or let out early, so do we. If there is a morning delay, we will meet as normal. This applies to universal problems such as snow and ice, not things like flooding or other issues that may be more regionalized. The only exception to this may occur when the school cancels in advance of a huge storm and the forecast is *clearly* incorrect, or when crews have all day to work on the roads. When in doubt, simply call, check the website and Facebook, check your email for announcements.

Tournament results

We had 12 students take home a total of 14 medals at the Crays Covid Cup tournament in Noblesville: good balance with 7 forms and 7 sparring medals. Congrats to the following:

William Yoshida	2 nd forms, 3 rd sparring	Aleah Spires	2 nd forms, 1 st sparring
Luke Voorhees	3 rd forms	Jenna Berry	2 nd forms
Nathin Plummer	2 nd forms	Isach White	2 nd forms, 1 st sparring
Miylah White	2 nd forms	Jonas Stewart	3 rd sparring
Eli Voorhees	2 nd sparring	Haley Pries	3 rd sparring
Alysha Patel	3 rd sparring		

BJJ Competed in the Grappling Industries Tournament, and despite having only a few kids compete, they still took second in team points!

Brycen Byrum	3 rd gi	Cameron Gregory	1st gi	Ezekial York	3 rd gi
Giddeon York	2 nd gi	Brandon Rogers	3 rd gi		

Musings on the 5 Tenets Vs the 5 Virtues Vs the 5 Rules

You can find the five “tenets of Taekwondo” in a lot of places: on posters and walls of many TKD schools, on T-shirts, in advertisements and social media posts. Maybe you don’t even know they are the “tenets” but recognize them when listed out: Courtesy, Integrity, Perseverance, Self-control, and Indomitable Spirit. It is hard to argue with that list as a good qualities to aspire towards. We have certainly made mat chats concerning each of these attributes. One could argue that they have been (more or less) universally embraced within the TKD community...except here.

Not that I am opposed to any of the principles in concept—quite the contrary. But the tenets were developed by a TKD pioneer (I will not use the word founder) Gen Choi Hong Hi.* For once, I won’t go into the history, but let’s just say that Gen Choi remains a controversial and polarizing figure in the history and development of TKD. And while we are all human, there seems to be plenty of evidence to suggest he didn’t always live those tenets out in his own martial arts career. His legacy and “style” of TKD (the ITF) is now more associated with North Korea. For these reasons, I have been a little reticent to fully embrace the tenets, and am surprised when I see other schools blindly adopt them, especially when I know for a fact that there lineage and tradition has no real connection to General Choi (or possibly an antagonistic one)

Kukkiwon has similarly promoted their 5 virtues of TKD, perhaps in an effort to provide an alternative to the tenets. Despite being an organization that eclipses the ITF in size, reach, and significance of activity and purpose, the virtues are not nearly as well known as the tenets. In fact, google keeps trying to correct me and asking if I meant the 5



tenets. But as our black belts hold Kukkiwon rank and our instructors are certified KKW masters, I feel like we should do our part to give the virtues equal footing.

The KKW focuses on two main outcomes of TKD training, which they call TKD spirit: the idea of self-improvement or self-betterment, and by extension of this growth, becoming more impactful in the world as a force of good or inspiration (my interpretation, and kind of sounds like being Gentry, doesn't it?). The five virtues are said to be the skills or ways to put those two elements of TKD spirit into practice.

Innae—Perseverance

Yonggi—Courage

Yeui—Courtesy (this also implies a great deal of humility)

Jeong-ui—Justice

Bongsa—Volunteering (also implies sharing, which is a bigger part of cultural etiquette in Korea than here)

Obviously, there is a lot of overlap between the virtues and the tenets. It is also worth noting that there is a lot of correlation between the virtues and the 5 rules of the Hwarang--the warrior ethos in Korea martial tradition that we require our students to learn. Perseverance and Courage relate to “never retreating in battle.” Justice is the essence of “make a sensible kill.” Courtesy is at the heart of the Confucian concepts that the Hwarang were espousing in “obedience to parents, honor to friends, and loyalty to king.” One could extrapolate volunteering to also being in service of the king (nation)

In the end, the real moral to the story is that regardless of what you call them, everyone has recognized that developing these attributes are an important part of personal growth and integral to what it means to be a protector. And that martial arts like Taekwondo are great vehicles to learn, practice, and instill those virtues. While the tenets might look good on a t-shirt or on a wall, we need to do more than give lip service to them/ We try to give our student the chance to actually put them into practice, and expect it them to do so.** Instead of a list of five tenets, virtues, or rules, we sum it up in just one—Be More, Be Gentry.

*Please do not confuse this name with my teacher, GM Choi, whom I frequently reference, which would be like seeing the last name Smith and assuming it has to be the same person.

**A long time ago, we had a tradition/policy that if it was brought to our attention that one of our students did something exemplary outside of martial arts class, something that was an embodiment of one of the tenets, we would recognize it in class and give them a sticker of that particular tenet...just a simple gesture to commemorate our students taking what they learned on the mats into the world beyond. I can't find virtue stickers, only tenet stickers, but I feel we should bring back that tradition. So, this rant allows me to reintroduce this policy. This doesn't mean we are going to recognize every little thing all of our students do—our instructors must agree that the act was truly an exceptional example of one of the tenets.