



Sept 25 NEWS

**Congrats to Lucas Stapleton and Emmett Green on graduating lil dragons
Congrats to Wesley Yoshida for making the semis and 7th place finish at Parkour Worlds**

Upcoming events: ** No, We do NOT have class on Labor Day ******

Aug 31st Paragon Parade 6:00 (arrive Paragon Elementary 5:30)
Sept 1st No Classes. Happy Labor Day
Sept 6th Catch up camp 9:00-11:30
Sept 6th Demo Team 12:00-1:30
Sept 6th Black belt prep 1:30-3:00
Sept 12th Random Act of Kindness Campaign starts
Sept 13th CPR/SFA staff training—others are welcome to join. 8:30-1:00
Sept 20th Leadership Team 9:00-10:30
Sept 20th Demo Team 10:30-12:00
Sept 20th BB prep 12:30-2:00
Sept 26th TKD testing (No TKD class)
Sept 27th Tentative stickfighting 1:00-3:30
Sept 27th Join us at downtown as we sponsor the free movie night at the Venue—the original Karate Kid
Sept 30th Promotion night in Adult BJJ
Oct 3-5 Logic BJJ Summitt in Philadelphia. No Friday BJJ classes
Oct 11th Fall foliage demo 5:00 pm Demo meets here at 3:00
Oct 12th Fall foliage parade

T SHIRTS FOR FALL FOLIAGE

Additionally, as usual we will be wearing our Hero in Training T Shirts for the fall foliage parade. We will order some extra, but we really would appreciate it if the majority would pre-order to make sure we have the right number/sizes. Please order by Sept 18th in order to guarantee we have one for you.

Catch up camp!

Summer disrupts routines, and we have lots of students who need a little extra help to get back into the swing of things. Others just want some extra help with their testing requirements. Or if you just want to get a head start on new stuff or extra practice....whatever your goal, we are offering a mini camp that is solely focused on rank requirements to get people polished up on their core material. We keep it super cheap to give as many people as possible a chance to catch up, and also counts for three classes! Sept 6th. Cost is \$20.00

CPR/FIRST AID

Our staff and instructors will be renewing their CPR/SFA certifications, and this time a stop the bleed section will also be included. Other students or parents are welcome to join us. The cost is 60.00 and must be pre-registered.

GMA Wishes a Happy Birthday to:

Kylie Yoshida	9/1	Kris Malling	9/6	Dusty Blair	9/8	Clay Thacker	9/8
Stella Couch	9/9	Lily Rogers	9/9	Kailor Resingler	9/9	Hadley Smith	9/11
Sara Moore	9/13	Aubrey Britt	9/13	Jon Henry Payne	9/13	Ben Isaac	9/14
Nash Perry	9/18	Caden Howe	9/21	Augusta Wagner	9/23	Wyatt Northern	9/23
Nellie Bales	9/23	Malachi Watkins	9/24	Gabe Wilson	9/26	Sawyer Cox	9/28



Training Anniversaries — Special congrats for everyone who is celebrating a year or multiple years of training.

Kellan Gray (LD, TKD 6 yrs.)	Patrick Hersman (BJJ 6 yrs.)	Silas McCalden (TKD 5 yrs.)
Cameron Gregory (KBJJ 4 yrs.)	John Hambrick (TKD 4 yrs.)	Bryan Bolin (BJJ 4 yrs.)
Ethan Jackson (TKD 3 yrs.)	Jonah Lieffers (LD, KBJJ 3 yrs.)	Grace Lieffers (LD, TKD 2 yrs.)
Nick Lieffers (BJJ 3 yrs.)	Ronnie Sachs (LD 3 yrs.)	Michael Heady (TKD 3 yrs.)
Braxton Kirk (LD, TKD 3 yrs.)	Avery Jette (KBJJ 2 yrs.)	Glaucia Henson (HKD 1 yr.)
Gus Alvey (LD 1 yr.)	Simon Blair (KBJJ 1 yr.)	Ethan Ennis (BJJ 1 yr.)
Rylan Gillespie (TKD 1 yr.)	Colin Stevens (KBJJ 1 yr.)	Tyler Kirk (BJJ 1 yr.)

Quotes of the week/ Mat Chat

As anyone who has been with us for over a year may recall, September is the month we do our Random Acts of Kindness Campaign. As will be explained in class, this is a response to the President's call following the terrorist attacks of 9-11, and it is our way of showing a little patriotism, remembering the tragedy, and helping others at the same time.

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

Sept 14, 1902 (Oct 7, 1994).	Carlos Gracie Sr. birthday—founder of BJJ
Sept 15, 1938,	Fumio Demura —Karate Master, author—greatly influenced Mr. Sieg
Sept 1954	CDK member GM Tae Hi Nam breaks 13 roofing tiles in front of President Rhee, compelling President Rhee to order all ROK army troops to be trained.
Sept 14, 1961,	Pivotal meeting in the government ordered unification of the kwans under the later named Korea TKD Association.
Sept 9 th , 1966, Sept 1, 1973,	Bruce Lee debuts on TV as Kato in the Green Hornet, and Enter the Dragon opens, resp.
Sept 17 th , 1988,	TKD unveiled as a demo sport in the Olympic games in Seoul—huge demo in opening ceremonies.
Sept 2000	Unified rules that govern modern MMA are adopted.
Movie debuts: ---The Protector (Tony Jaa), Fearless (Jet Li) Rush Hour (Jackie Chan) Kickboxer and Knockoff (JCVD)	

What Does It Take to be Better at Violence?

My wife got me shirt, from a brand that I rep often, that says, "I mean, sure, we can resort to violence, but I am better at it than you." Obviously there is only a limited number of places that I can wear that shirt (side note, WAY too many people fail to take into account the challenges or information they give off with their tough guy or tribe clothing. Often it is an ego thing, but while you are "looking tough", you are giving your would be opponent plenty of information on how to defeat you.) This particular shirt also raises quite important questions...how do you exactly measure being BETTER, and why should a person strive to such a goal in the 1st place? Those are very loaded questions that can't be fully addressed in a short rant like this, but I will attempt to get people at least thinking.

The most obvious way to measure "better" is by experience. If you are special forces, a mob enforcer, or prison yard lieutenant, and are still alive, then you are probably better at violence. But that isn't a very fair, apples to apples comparison for most of the people who are reading this article and want to protect themselves without having to join the mafia or a gang. While I admittedly think about self defense a lot more than most, and while I am obviously biased in that everyone should have at least some familiarity with the subject, I will try to focus our discussion on the average person.



And the average person has a very limited or unhealthy view of violence. Wolfe Lowenthal, in a balanced perspective you would expect from a tai chi master, summarizes the situation of most people thusly: “Arrogant people employ violence as a threat, timid people fear to confront it. Both conditions are out of balance and creates trouble.” I would further point out that both extremes are equally ignorant on the subject. Many experts would tell you that people who threaten violence (posturing) really aren’t very good at it; people with a true propensity for violence won’t give away their intentions or the element of surprise. Again, I am biased, but I think everyone should have at least some education to avoid making mistakes in both extremes (our Be Safe FAST course deals with avoiding both ends of the spectrum.)

Of those people who do decide to become more educated, I have heard it said (I cant give credit to anyone) that people who train have 3 types of relationships with violence... 1)those that love it (the exhilaration and/or challenge), 2) those that fear it but want to be able to control it, and 3) those who are both. I think most people fall into group number 2. I think I initially did, a long time ago. I also think it is possible for both groups 1 and 2 to become the third group. People in the second group can grow to appreciate the challenge as they continue to train, and I sincerely hope that people in the first group develop a healthy respect and fear of violence as they become more familiar with it. Those who are good at violence, those who are better than most everyone else, are group 3.

But while growing and evolving by training is certainly important, we must be careful that it doesn’t give us a false sense of security. Here, I think Varg Freeborn’s distinction between being “qualified” for violence and being prepared is the most helpful.

There are lots of ways to acquire qualifications...from various types of training, some of which might come with certificates of completion, or more extended training that come with black belt certificates or diplomas. Admittedly, I have several of those on the wall and in my CV. One can supplement those with reading, podcasts, etc. to make oneself feel even more qualified (how do you think I can reference Freeborn?...from studying the OODA loop). Perhaps even qualified enough to write on the subject—don’t worry, the irony is not lost on me. One hopes that such training adequately prepares you for the real thing, but you truly don’t know if your education and simulation has prepared for you for the real thing until you have to fly solo or when the bullets start flying (in this case, possibly literally.) The person with zero official training or qualifications, but who grew up in a violent environment may be far more prepared than the so called qualified.

Being prepared also includes the mind-setting that should accompany physical training. The internal work that gives you permission to use the skills that some people learn but remain fearful to try to use. A gangbanger or hooligan might be delusional in his skills, but if he has tapped into some type of warrior mythology he identifies with (such as he is destined to die young as part of his lifestyle), he will be far more prepared for violence than the person who has a certificate on the wall but still has doubts.

A recent incident further points out this distinction. One of our senior martial arts students is now working in a local school district and had to undergo their “safety training.” Our student simulated attacking a colleague a little too energetically, and was told it was too scary and not to do that again. Both the colleague and the school district can check the box that she has been trained, but when this teacher can’t handle the air beside her being punched too hard, is she really prepared for much of anything?

So how does one become better prepared for violence? Well, one way, somewhat paradoxically, is through better qualifications and training—training that includes mind-setting to better prepare you for an encounter. From people who have real world experience and are battle tested, so we can benefit from that learning curve (even better, learn from the people who the people with experience learn from). And in order to stay around long enough, you probably need to have a little of the previously referenced group 3 in you (but anybody who sticks around to train for any length of time has at least some).



As we frequently remind our students—as anybody in group 3 that keeps a healthy fear of violence should keep in mind—none of this is a guarantee of your safety...but is better than remaining ignorant, arrogant, or fearful. We might not want to wear the t-shirt, but we all can personally be better and more prepared than we were before. And sadly, that is better than most.