



GMA NEWS

November 25

Congrats to our newest black belt: Alysha Patel

Upcoming events:

- Nov 1st USHF seminar in Bedford
- Nov 2nd Push hands seminar, Bloomington
- Nov 8th TKD tournament in Noblesville
- Nov 14th TKD testing (no TKD class)
- Nov 15th New Breed BJJ tournament in Plainfield
- Nov 15th Leadership team 9:00-10:30
- Nov 15th BB and stripe make/retest 10:30-12:00
- Nov 15th Black belt ceremony 12:30
- Nov 15th Stickfighting 1:30-4:00
- Nov 20st TKD Glow in BBC
- Nov 25th Holiday sale 9:00- evening classes.
- Nov 26 -29th NO CLASSES—Happy Thanksgiving
- Dec 6th Tentative Demo team TBA
- Dec 6th Tentative Leadership team outing TBA
- Dec 6th Tentative BJJ blue belt prep and class TBA
- Dec 13/14 GTU TKD training (BBC)
- Dec 23rd TKD 12 hour challenge
- Dec 29th Tai Chi curriculum camp
- Dec 30th Winter Weapons Camp—Irish Walking Stick
- Jan 3rd Catch up Camp 9:00-11:30
- Jan 3rd 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 25th 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.

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.

TKD 12 hour challenge Dec 23rd: Can you rise to the challenge? Our instructors have come up with a 12 hour (9:00 am to 9:00 pm) TKD session with hour long sessions that not only go over the basics and rank material, but lots of equipment, supplemental exercises, and fun competitions.

Winter Weapons camp— Irish Walking Stick (Shillelagh) Dec 30th While similar to other weapons we teach (stick, cane, etc) it is also unique in other ways. Guest instructor Patrick Kelly, who spends a lot of time in Ireland, will help us dive deeper into a weapon that complements or hapkido and stick programs, or just anybody else with a little Irish temperament.



Tai chi curriculum camp. Dec 29th. 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 3rd 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!

A catch-up camp is also scheduled for Jan 3rd

Holiday Class Cancellations and adjustments:

No classes on Wed, Nov 26th, Thanksgiving (27th) or Friday Nov 28th. 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 25th from 7:45-9:00.

GMA Wishes a Happy Birthday to:

Caitlin Gibson	11/01	Kolyton Asher	11/01	Eloise Overby	11/02	Janice Hoffman	11/02
Arie Amato	11/03	Emmett Green	11/06	Evalyse Jones	11/07	Sophia Cox	11/07
Benjamin Craven	11/08	Oscar Ridenour	11/15	Isach White	11/19	Colt Goforth	11/21
Wesley Yoshida	11/24	Ivy Cunningham	11/24	Phillip Salamander	11/26	Charles Branaman	11/26
William Yoshida	11/30						

Training Anniversaries

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

Aleah Spires (TKD 16 yrs.)	Dessy Rodebaugh (LD, TKD 3 yrs.)	John Gens (TCC 3 yrs.)
Nolan Tupper (TKD 3 yrs.)	Carter Craven (TKD 2 yr.)	Taylor Ham (BJJ 2 yr.)
Sadie Burgess (TKD 1 yr.)	Bethany Wangler (TKD 1 yr.)	Naomi Gluff (TKD 1 yr.)
Lori Overby (TKD 1 yr.)	Jameson Pruettt-Ison (TKD 1 yr.)	

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)

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

Nick Lieffers (BJJ), Jonah (KBJJ),

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

Chuck Goforth (BJJ) and Colt (KBJJ)

Isach, Miylah and Jaxson White (TKD)

Jamie Kirk (TCC), Tyler (BJJ), Braxton (TKD) and Jameson (LD)



Erica Jones (TCC), Alex and Evalyse (TKD)
Pete Green, Matson and Emmett (TKD)
Grayson (TKD), Elosie and Benjamin Craven (LD)
Janie, Maddox (HKD), Samantha Bradley (TKD)
Jaxson (TKD), Grayson Thomsen and Jaylea Morley (KBJJ)
Jinger, Augusta, and Archer Wagner (LD)
Geroge, Eddie, and Noel Cooley (TKD)
Janice (HKD) and Charis Hoffman (KBJJ)
Dusty, Sara (BJJ) and Simon Blair (KBJJ)
Nathan (HKD), Calum and Harper Todd (KBJJ)
Hadley Smith, Natalia Strait (TKD) and Aidah Smith (LD)

Special Thanks Special thanks 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. Congrats on the following podium finishes:

Brycen Byrum	2 nd gi	2 nd no gi	Cam Gregory	2 nd gi	3 rd no gi	Colin Stevens	1 st gi	1 st no gi
Gideon York	3 rd gi	2 nd no gi	Golt Goforth	2 nd gi	3 rd no gi	Ezekiel York	1 st gi	2 nd / & 3 rd no gi

And good luck to our TKD team at Master Crays invitational and BJJ at the New Breed tournament.

Can Turkeys see Blue Dots? Are We Being Alarmist When Preparing for Abductions and Other Threats?

We recently had another successful Stop Bullies FAST course, and although it isn't in the title, the course not only teaches concrete skills to deal with bullies but also child abductions. Most people would agree Bullying is a major problem, but the abduction side is arguably less so. I will be the first to note that the odds of being victimized by a family member is far greater than a child abduction, and that overall statistics show a child being taken is a very unlikely event...as low as only about 100 abductions a year in the entire country. Some would assert we are safer now than humans have ever been. And yet, as I was scheduling this past kids class, news broke of an attempted abduction at a movie theater just 30 minutes away. As I write this article, my Facebook feed is showing another alleged close call in a local parking lot. I typically don't use such incidents to try to sell the class...but it doesn't stop me from wondering if—knowing the statistics—I am still being an alarmist? A cynic might even say I am partially in the business of being an alarmist in order to sell the antidote that is self-defense classes. Could I be guilty of a tendency similar to what the media does, which Nassim Nicholas Taleb refers to as the “glorification of the anecdotes,” focusing on the sensational outliers that grab our attention?

There is a famous psychology study that supports a fancy term for the human tendency to seek the negative. More easily called the blue dot experiment, subjects were told to stare at a screen to observe dots of various shades of blue or purple—for a 1000 dots. If a blue dot appears, press the button for blue, if a purple dot appears, press not blue. When



there were plenty of blue dots, the subject hardly missed, but as the frequency of blue dots dwindled, the subjects started “seeing” or re-interpreting shades of purple as blue dots. In another version of the study, the dots were replaced with threatening versus neutral or friendly faces. The trend held—as the number of threatening faces dwindled, people started reinterpreting the neutral or friendly faces as hostile. The implication of the study is pessimistic and far reaching.

If we are focused on a particular problem, we tend to see that problem arise a lot more often. Rather than being happy that the problem isn’t prevalent, we create more instances of it occurring. Even though we are generally safer and more comfortable in the modern world, we will constantly find new threats. (NOTE, this also applies to and further extends to the redefinition of violence that I recently wrote about in the aftermath of the Charlie Kirk assassination). It seems we are conditioned to look for what is wrong, and even when things are great, we will stretch the boundaries of common sense to find something that is wrong. I believe it explains a lot of what is going on in society today, but back to my original question...am I guilty of seeing threats that aren’t really there?

On the other hand, we have had multiple students go through our Be Safe FAST classes because they have previously been targeted for such an attack, so the danger isn’t just urban legend. I just had an old black belt stop by to visit. He now lives in a city whose crime rate seems to be (although very quietly) escalating, so I asked him about it. He mentioned that he has had several close calls, but believes his situational awareness from training saved him from things becoming much worse. I have always maintained, that, is the best type of self-defense.

The aforementioned Taleb also observes that we typically do not celebrate the people who are successful by not having to do anything drastic. If someone collapses from a heart attack and a friend does CPR to revive him, that friend would be lauded as a hero. If the same friend simply bugged the walking coronary into making lifestyle changes that would prevent the heart attack, not only would he not ever be the hero, but may not even be as well liked as a friend for his nagging. The CEO who pulls the company out of bankruptcy is a genius who turns the company around; the manager who kept the company from being exposed to losses that could bankrupt the company in the first place only gets to continue to go to work unceremoniously.

Likewise, we have had a few “success stories” of people using their self-defense skills to protect themselves. We have many more stories like our black belt drop in—his is probably just the tip of the iceberg—of people using their skills to avoid things getting to the drastic level requiring true heroism, and then unceremoniously going on about their day.

Have I convinced these people to also see “blue dots?” Maybe. Am I telling everyone to be paranoid? No. By way of comparison, I also make it a point to not play golf in a thunderstorm. (I never make it a point to golf, but you get the idea). Education has taught me how to not tempt being tragically unlucky. Being paranoid would be calling off the back nine at the first sign of any white clouds. You must know the telltale signs (thunder, wind picking up, darkening skies), and how do you do that in regard to self-defense without education and training? It is interesting to think that there are golfers who won’t tempt fate when it comes to being struck by lightning but consider taking measures to protect themselves or their family from violence as being paranoid.

Just because it doesn’t normally happen doesn’t mean that it CAN’T happen. The farm turkey has a happy, comfortable life, with a nice man who comes to feed it every day. It would be convinced that this is the true nature of things...until Thanksgiving comes around. I am not sure that Turkeys have the same tendency to see blue dots, but if they were aware of the menu for the holiday feast, perhaps they would have many false alarms where they would interpret the actions of the farmers as proof the impending day had come. Some would argue that living in constant dread is no real way to live. Forgive me for mixing my bird metaphors, but they would prefer to put their head in the sand.

Others, however, would say they would prefer a few false alarms to be better prepared to know when they really needed to fly the coop to avoid becoming a meal. Those of us who have home security alarms are willing to put up with accidentally tripping it in exchange for its value in the unlikely event that it is actually needed.

And so it is with self-defense training. No one should be fearful to the point it negatively impacts their life, and statistics help us keep perspective. But at the same time, just like the turkey might appreciate knowing about Thanksgiving, we and our children should at least be aware and understand the nature of threats. Education and training help us be smart enough to postpone our golf plans when the skies darken and limit our risk to tragedy. Is it possible we reinterpret things and see more potential threats than there really are? Yes. But so long as we don’t overreact to them, it is a small price to pay to avoid the unlikely event from occurring.