



Gentry News Jan 2026

****2026—Year of the Horse****

And the winners are.... congrats to our award recipients!

We want to thank once again everyone for the wonderful time at the annual Christmas party and awards banquet. This year we recognized the following students with our **annual awards**:

Most Improved Student—Dessy Rodebaugh
Competitor of the Year (TKD)—Isach White
Competitor of the Year (BJJ)—Brycen Byrum
Black belt of the Year— Jonas Stewart
Student of the Year—Miyah White

Congrats to our newest Hapkido black belt: Miss Jenna Berry

ALSO, CONGRATS TO OUR NEWEST LIL DRAGON GRADUATES: Ruby Bell, Sarah House, and Wyatt Kincaid

Thank you Mr. Cedeno, Welcome Mr. Voorhees-- Mr. Cedeno will be stepping down as an official instructor as he real job load increases; we thank him for the huge impact he has had. We also want to welcome Mr. Eli Voorhees who will be filling the role.

Upcoming events:

Jan 3 rd	Catch up Camp 9:00-11:30
Jan 3 rd	Spar Wars Kendo/movie choreography night 5:00-9:00
Jan 10 th	Leadership team 9:00-10:30
	Black belt prep 10:30-12:00
Jan 10 th	Be safe FAST Adult Basics Course 1:00-4:30
Jan 17 th	Demo team 9:00-10:00
Jan 17 th	Stickfighting 10:00-12:30
Jan 23 rd	TKD testing 5:30 No TKD class
Jan 31	Fuji BJJ tournament
Jan 31	Possible BB prep--TBA
Feb 7-8	GMA Hosts Scott Rodell—push hands and sword seminar
Feb 14-15	Hapkido Seminar with GM Ju—Northern IN
Feb 14 th	New Breed BJJ tournament
Feb 16	GMA Hosts GM JU from Korea for seminar here.
Feb 24 th	Demo Team Performance at Indian Creek HS

Catch up Camp

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 camp which also counts for three classes—we have kept it very affordable to let everyone be able to catch up or simply get a jump start on training in the new year.

Final Reminder about CC surcharge—

As discussed in the handouts in class, emailed, etc., a credit card surcharge will take effect on all tuition based fees (classes, camps, seminars, etc.) You have until your tuition comes due this month to avoid the surcharge as outlined in the other correspondence.



REVIEW and FOLLOW Campaign

We would appreciate it if our students/parents would leave more reviews on Facebook/Google, etc. This is important to reassure other perspectives who are checking us out, and it insulates us from trolls killing our rating (see the rant in last months newsletter). Some of our reviews are dated and we would like more fresh ones, so we are going to have a contest to help encourage participation. We will be having a drawing for a 100.00 Amazon gift card. Every review on google or Facebook recommendation will get you five entries. Subscribing to our YouTube channel will get you two entries and liking the GMAM Facebook page or following us on Instagram (if you haven't already) will get you one additional entry. Drawing will be at the end of the month. Please note, we must be able to recognize who you are in reviews/subscriptions/follows to give you credit, so if it isn't clear, message us or comment to clarify. And to those who have already done so, THANK YOU.



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at Gentry_MA

GMA Wishes a Happy Birthday to:

Alysha Patel	1/01	Elijah Kennedy	1/13	Brenda Huter	1/01
Gus Alvey	1/02	Maranda St. John	1/05	Calum Todd	1/06
Brentlee Adams	1/07	Miyah White	1/08	Brycen Byrum	1/08
Glaucia Henson	1/09	Jake Staker	1/10	Ryder Morris	1/11
Suzanne Gens	1/12	Jameson Kirk	1/14	Thomas Gray	1/15
John Hambrick	1/19	Beverly Goocey	1/22	Pebbles Jackson	1/22
Bethany Wangler	1/25	Easton Davis	1/30	Mikenna Kirk	1/31

Training Anniversaries

Ryan Spires (TKD 16 yrs.)	Caden Howe (TKD 5 yrs.)	Adrian Martin (TKD 4 yrs.)
Eli Voorhees (TKD 4 yrs.)	Sarah Voorhees (TKD 4 yrs.)	Chuck Goforth (BJJ 3 yrs.)
Eleanor Berninger (TKD 2 yrs.)	George Cooley (TKD 1yr.)	Charis Hoffman (KBJJ 1yr.)

Quotes of the Week

Since Jan is the time for New Year's resolutions, we take the chance to discuss goal setting. We will be getting everyone to share their goals through a homework assignment.

This Month in Martial Arts History

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

- Jan 7th, 1932-- Birthday for Jhoon Rhee—father of American TKD and Chung Do Kwan member
- Jan 17th, 1939—Birthday for Dr. He-Young Kimm—HKD master and Korean martial arts historian
- Jan 17th, 1970—Chuck Norris's last fight before retiring.



How a Martial Mindset Keeps Your Goals and Success from Becoming Perishable

It is once again the time of year where people tend to reflect on the past 12 months and set goals for the new year. It is a process we take seriously, and a task we do both personally and organizationally. The level of success that I have enjoyed on both levels is open to interpretation, but I consider myself blessed, and by many metrics, I and GMA reached new milestones this year. And yet, I continually practice what famous business author Jim Collins calls productive paranoia. Collins maintains all the long-term successful companies have the habit. I recently learned the term from his book, but I didn't learn the practice of it from business; I learned this success habit from my martial arts education.

Self-defense is not a "check the box" activity, where you take a single course and then are done. And sincerely being a protector means you are never able to rest on your previous laurels. It doesn't matter how fit or strong you were in college if you let yourself go and can't carry your injured loved one to safety now. It doesn't matter how good of a wrestler or black belt you were in high school if you can't do it now. Taking a first aid or tac med class doesn't matter if it was long ago and you can't remember your training. Martial arts, shooting, and fitness are all perishable skills and attributes and require maintenance. And yet when we have developed some competency in these areas, it is easy to become complacent.

Complacency and arrogance are cousins. We become comfortable with our success, which makes us prideful. And pride comes before a fall. In training. In business. In success.

In his book *The Talent Code*, Daniel Coyle notes that many of the best talent factories—places that produce vastly disproportionate numbers of elite performers in their fields, are rather spartan in their conditions. The premise is if you are at ease or comfortable, you have the ability become complacent in that comfort. If things are rough, you have an edge, a hunger...but if you are already in the country club, you don't have to necessarily get that good at golf. **

Jim Collins asserts that this is true for organizations as well, noting that a new building often causes stagnation in companies. The new structural testimony to their success sends the message that that the company and its people have "arrived," but quickly a malaise sets in, and new goals are not set.

As stated before, people who do martial arts and related activities are not immune to getting a little too comfortable, but I still maintain that legit martial arts training is the best antidote to complacency. For a second, you might think you have "arrived" when you put your new black belt on, and then the next sparring session you end up fighting for your life against a lower rank who comes out gunning for you. You may be "on top" and feel that you have made it when you win a tournament, only to lose the first round of the next one if you aren't careful. You regularly do well in training scenarios, but "die" often enough to keep a healthy fear and realize you are not invincible.

A businessman can learn the fact that half of all company bankruptcies occur the year after the company experiences record sales. But I would assert that knowledge is an abstraction. Martial arts teaches you that previous success doesn't guarantee anything the next time you step onto the mat. If you are constantly reminded of this, it is hard to become too complacent. *** Just like our protector skills, many of our goals and accomplishments in other areas of life are perishable. Being reminded that you can't rest on your laurels on the mats or the range helps make sure you don't forget that fact when it comes to other personal or professional



goals. I hope you had a great 2025, but now get ready to slay 2026, cause your opponents don't care whether you won the last round or not.

** So apparently the worst thing I could have done for GMA and our students was to build our current location some 15 years ago? I really don't think our students would be better off in a "dungeon dojo." And our facility is still nice enough that we are hosting 3 major events in the first half of '26 alone, opportunities that our students can take advantage of.

*** I took a break from writing this to go roll at BJJ open mat. With the holidays, I hadn't rolled this week. While there is still stuff I would have liked to have taken care of around the house, after writing about this, I certainly couldn't ignore my own advice