



GMA News June 26

Congrats to our newest black belts: 1st Dan Isach White and 4th Dan (Junior Master) Kylie Yoshida

Break-a-thon Results

Thank you to everyone who worked extremely hard to make our break a thon and annual picnic a success. Our final total neared a record \$5000. Thanks to all the parents who also helped serve or set up, etc. to make the picnic awesome. In fact, you know of a candidate for the program, please reach out to us.

SUMMER ATTENDANCE REWARD and Referral Program

As usual we have our summer attendance reward program starting in June. Look for details on how you can be a part of a celebration at the end of the summer for strong attendance during the hot summer months.

Upcoming Events

June 5 th	TKD testing 5:30—no TKD class
June 8-12	TKD camp 9:00-3:30
June 13 th	Demo Team 9:00-10:30
June 18-19	BJJ camp 9:00-3:30
June 20 th	Leadership team 9:00-10:30
June 20 th	Demo Team 10:30-12:00
June 20 th	Black belt prep 12:30-2:30 ish?
June 22-25	Fathers join us for class.
June 22-23	HKD camp 9:00-3:30
June 27 th	Fuji BJJ tournament
July 3 rd	Closed for 4 th of July
July 6 th	Lil dragon testing beg/int 4:15 adv 5:30
July 7-9	Lil dragons camp 9:00-1:00
July 17 th	TKD testing 5:30- no TKD class
July 25 th	Be Safe FAST Adult Basics Course 9:00-12:30
July 27-31	TKD camp

Father's day invitation

After inviting the mothers to join the kids in class for Mother's Day, we would be in trouble if we didn't offer the same to our fathers. Dads, Grand-dads, Uncles etc. are welcome to join their kids in class the week following Father's Day—June 22-25

Training Anniversary

Congrats to those students who are celebrating a year or multiple years of training with us:

Clay Thacker (BJJ 11 yrs.)	Caitlin Gibson (TKD 8 yrs.)	Matson Green (TKD 4 yrs.)
Jaxson White (TKD 4 yrs.)	Emmett Green (LD, TKD 3 yrs.)	Ezekiel York (KBJJ 3 yr.)
Gideon York (KBJJ 3 yrs.)	Brandon Rogers (BJJ 3 yr.)	Evalyse Jones (TKD 2 yr.)
Alex Jones (TKD 2 yr.)	Erica Jones (Taichi 2 yrs.)	Pebbles Jackson (LD 1yr.)
Boston Baird (LD 1 yr)	Stella Couch (LD 1 yr.)	

Happy Birthday to these students

Pete Green	6/06	Boston Baird	6/07	Rowyn Strachan	6/08	Zayn Poff	6/08
Kelsey Bai	6/09	Kathi Guffy	6/12	Ezekiel York	6/15	Sarah Voorhees	6/21
John Hirt	6/21	Braxton Kirk	6/23	Silas McCalden	6/25	Naomi Gluff	6/26
Liam Shepperd	6/26	Audrey Hawk	6/26	Scott Phillips	6/29		



Please keep us posted.

A reminder as summer approaches: if you have vacation plans, we would appreciate being kept informed, so we don't worry if we miss you in classes. Fridays are great days to make up any classes that you miss while on vacation. Thanks.

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

June 15, 1917, Birthday of American jiu-jitsu pioneer Wally Jay
June 1961 Black belt magazine is founded.
June 1978 “Good Guys Wear Black” first features Chuck Norris as the star
June 22, 1984, Karate Kid debuts—forever changing the perception and demographics of martial arts in America.
Karate II and III are released in June 1986 and 1989, respectively. As well as the remake in 2010. Other June movie releases include *Mulan* (1998) and *Kung Fu Panda* (2008).

Our Classes Teach Children to Protect Themselves—from Low Expectations

An occasional objection we receive is that we expect too much from our younger students. I believe the societal trend and more common occurrence is that we have progressively expected less of adolescents, and I believe they can do more than what most people think.

As Alex and Brett Harris points out in *Do Hard Things—A Teenage Rebellion Against Low Expectations* (we give a copy to all of our adolescent black belts), the concept of a teenager has only existed since the early 1900s, and the actual term is even more recent. Throughout much of history, even in relatively modern history, there were only children and adults. Cultures around the world hold ceremonies to symbolize the transition for both men and women from being a child to an adult, and I am unaware of any rite of passage for becoming a “tweener.” When you hit puberty, you could get married, join the army, or go to university.

Civil War hero and our Nation’s 1st admirable, David Farragut was a naval cadet at age 10, saw battle at age 11, and was given command of a captured vessel, along with its POW crew, at age 12. Clara Barton began her nursing career during a smallpox epidemic at around age 14. Joan of Arc was 17 when she led France. Augustus Caesar was 18-19 when he returned to Rome and began to wrestle back control of the Empire after the assassination of Julius Caesar.

And perhaps the most relevant example for our TKD students is the example of the Hwarang, the warrior corps named the “flowering youth” because of their young age (14-17 years old.) who are credited (albeit in a romanticized version) with protecting the Kingdom of Silla and unifying the country that became Korea. These “kids” led men into battle, used their martial arts in up-close, life or death struggle, and cemented a code (their “5 rules”) that is one of the oldest warrior ethos in the world. In contrast, today we occasionally have students—who are only a few years younger than the Hwarang themselves—complain that the testing requirements of having good technique (in air and not on the battlefield, mind you) and writing a 2-page paper those same 5 rules is too much to expect.

As the Harris brothers further elaborated on the recent concept of teenagers, in an effort to curb the child labor problems of the Industrial Revolution, mandatory attendance through high school was implemented. This had the unintentional consequence of creating a poorly defined category between childhood and adulthood with increasingly lowered expectations. When you treat potential adults more like children, it is natural for expectations to fall.

I occasionally get flack for the “contract” I make our black belt candidates sign—if they miss a deadline, they get rolled back into the next class 6 months later. In an age where everyone can turn in assignments late, this might seem extreme, but they signed their name to the agreement. By comparison, many of the signers of the Declaration of Independence would be college “kids” today— only a few years older than some of our black belt candidates who have to sign those mean ole contracts. Furthermore, contrast how we celebrate the sacrifice and foresight of the signers of the



Declaration, with how we currently bemoan that similarly aged “kids” can’t be held responsible for signing their student loans because they can’t be expected to realize the full consequences.

And when we lower the expectation of our adolescents, it is no surprise that we further lower the bar for younger kids. Do you think requiring a younger kid to break a board, or expecting a kid to stand at attention and follow other rules of etiquette is too demanding? Spartan boys were taken from their families and entered military training at age 7. The training they endured at age 10 might kill several adults today.

Perhaps some of my examples oversimplify the comparison, but a lot of it simply does come down to expectation. There are numerous studies similar to the following: a group of similar ability kids are divided into two classes. Teachers are told one group is the gifted class and the other group is the remedial class. Unsurprisingly, it doesn’t take long for the two groups to start performing at the level matching the teachers’ preconceived expectations for them.

Though less scientific, I think a similar example is one I share each October when we march in the Fall Foliage Parade. In our first year of participating, when I announced our plan to have the kids actually march rather than ride on floats, many people objected that we couldn’t make small children march that far. I joke that my answer was “sure you can, you just need a sharp enough stick.” Joking aside, I had confidence and the expectation that our students could do it. I also routinely point out that not only has our group done it for decades, but because we showed it could be done, other groups have their kids walk the event as well.

So how is this a martial arts rant instead of just a rant by a Gen X grouch lamenting about kids these days? Ok, maybe it is both. But I believe martial arts can be the way to protect kids from the continual erosion of expectations on our youth. I am not really advocating for making child soldiers commonplace again, but I believe martial arts can instill fighting spirit in its absence. I don’t believe adolescents should go back into the mines or into sweatshops, but martial arts has an expectation of a work ethic that youth aren’t often held to. Martial arts, as an individual activity, teaches a personal accountability and responsibility that is required to live by and stand up for your cause at the risk of self-sacrifice, even at a “young” age.

Many people choose to learn martial arts to protect themselves against threat, and perhaps there is no greater threat to our youth than the increasingly lowered expectations of society. Our students are learning how to fight against the current trend of underperforming. I didn’t say it would be easy—I never marketed martial arts as being easy—but life change rarely is. But over 25 plus years, we can point to literally hundreds of examples of kids who were able to overcome low expectations and achieve what the objector thinks their own kid can’t do.



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