



GARDNER MARTIAL ARTS

VOLUME 2, ISSUE 6

NOVEMBER 14, 2011

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MO State Tournament results

Kansas was well represented in the MO State tournament bringing home 18 trophies, with each of GMA's 13 competitors bringing home at least one top place finish.

There were over 300 competitors on the day starting at 10am and wrapping up around 7pm. There were 10 rings running for most of the day with competition in forms, sparring, creative/speed board breaking, power board breaking, and weapons.

From GMA, we had Aaron and Gina, along with Jennifer and Mason, who have been training and helping as part time instructors since early this year competed in the black belt divisions. Ryan, Lisa, Michaela, and Dakota Konzem made the trip along with



Our 9 colored belts brought home 12 trophies!

Crystal and Noah Wise, Brian and John McGuire, and Ben Har- ing rounded out our students in the colored belt division.

Jennifer brought home 1st place in forms in her division, while Mason earned a hard fought 3rd

place trophy for sparring in his division. Gina grabbed 3rd place in creative/speed breaking and 1st place in power board breaking in her division. Aaron earned a solid 3rd place after narrowly losing a tie break in forms in addition to a 3rd place finish in power breaking.

Our students contin- ued the winning

streak with 4 out of the 5 kids winning first place in forms. Dakota, Michaela, Brian, and John all stood tall on the podium. Noah went on to fight 3 hard matches, and grabbed himself a (cont. on page 2)

Boo Bash

We completed our 3rd Boo Bash with Parks and Rec at Celebration Park a few weeks ago, hope- fully we got to see you and say hi!

We saw around 500 kids in a little over 2 hours. If you visited our booth you got to try your



hand at our ninja star game and should have walked away with a glow-bracelet.

If you missed us, be sure to mark it on your calendar again for next year, we'll be there!

Testing in Gardner!



Testing is always an exciting time for us and our students, but it was particularly exciting because GMA and Wheatridge Middle School played host to this month's test! We had 16 students test this cycle, with family and friends turning out in full support!

Mike, Jennifer, Shannon, and Makenna kicked off the night, powering through their white belt test earning their yellow belt.

Garland earned a 2nd stripe on his yellow belt, while Mikul and Noah turned their 2nd degree yellow belts into green belts.

Dan and Dakota worked hard to earned a 2nd stripe on their green belts, while AJ, Veeren, Ryan, Lisa, and Michaela all turned blue.

Shaunak joined the high ranks in class by testing for and earning his 1st degree red belt.

Our last student on the night was Crystal. As a red belt, testing cycles no longer fall on

a bi-monthly cycle for students who are ready. Instead, they must show exemplary character and focus on training, in addition to a significant increase in skill. Typically testing cycles for red belts are 4-6 months, but through Crystal's dedication and determination, Master Natalie recommended that she test after only 2 months. Crystal did an outstanding job and is now a 2nd degree red belt...our highest ranking colored belt. Great job by everyone that tested.

*"Victory is reserved for those willing to pay its price."
-Sun Tzu*

Tournament (cont. from pg.1)

2nd place finish in sparring.

Not to be shown up, each of the adults earned 2nd place in their forms divisions. Ben, Lisa, Ryan, and Crystal faced tough competition. They then turned around and sparred that competition. Ryan picked up a 1st place trophy while Lisa and Crystal both earned 2nd place.

It was a great day of competi-

tion and fellowship. We got to meet a man who trained with Grandmaster Han before he left Korea and heard stories of real hard core training. The best part of tournaments are meeting and seeing our extended family again.



The 4 black belt competitors brought home 6 trophies!

GMA Out and About



Beau and Gina performing Tai Chi also participated in

As we mentioned in the last newsletter, October and November proved to be busy months. In October, we participated in the Meadowbrook Rehabilitation Hospital Health Fair and at the Parks and Rec Boo Bash.

In November, we also participated in

the Matheny Chiropractic Wellness Open House.

As the weather turns colder, the opportunities to get out in the community decreases, but be on the look out. You never know if you'll see us performing a demo at your next event!

If you are interested in having

us participate or help out your group, please feel free to drop us a line. We would love the opportunity to partner with you.

Parks and Rec—Fall Session

The fall session of Parks and Rec wrapped up the same weekend as this testing cycle, and what a great time it was!

Our Warrior class was full of some determined little warriors who worked hard for 8 straight weeks. They learned that martial arts is more than just kicks and punches, having learned and practiced our 6 training principles. Be Polite, Be Patient, Be Alert, Be Brave, Do Your Best, and Respect Yourself and Others.

The family class was exactly just

that! We had several families with a moms, dads, sons, daughters, brothers and sisters, which gives families an opportunity to practice and spend time together.

The WOMAN class had a handful of determined ladies who learned to kick, punch, block, and defend themselves in some sticky situations.

This is our third year of teaching classes through Parks and Rec and have had a great time and well

over 100 students that have come through during that time. We have been extremely fortunate and appreciate the feedback. As we always say, the best compliment we can get is a recommendation from a student.

You can now register for our January session. If you are interested in one of our other classes or have a friend that is interested, we would love a recommendation from you!



Above: Family Class
Below: Warrior Class



Testing Photos

For the rest of the photos of these events, become a fan of Gardner Martial Arts on Facebook. More photo's are uploaded there for viewing as well as updates and goings on in between newsletters. Check us out, click "Like" and leave a post on our wall.
<http://www.facebook.com/gardnarmartialarts>



Above (L to R): Green belts galore at various points in their tests! Shaunak stands ready and Crystal is congratulated on her stripe
Below (L to R): White and Yellow belts punching and kicking their way through test





Here We Grow Again



extra class time will allow them to keep their skills sharp, as well as offer more opportunities during the week for detailed adult instruction.

So, regardless of age or rank, we will have a chance to work with each student. It's important to us to work closely with our students so that they will know how important they are to us. So, starting in January, be prepared to stay and work a little longer! See you then!

If you have been following along on our crazy journey, you will have noticed that GMA has continued to grow by leaps and bounds!

Over the years, have changed our class nights and hours to meet the needs of our students. With our growth in 2011, we are again changing our class times to keep our

students at the top of their game.

Starting in 2012, while our locations and days will remain the same, we will be extending our class times to 6-7:30 pm. The additional 30 minutes each class night will be focused to adults and higher ranking students.

Our lower ranking students

will continue to work hard in the first hour. But adults, regardless of rank, and our higher ranking kids will be able to continue training to get more one-on-one focus from us.

Since our high ranking students help teach during our regular class period, they sacrifice their training time. The

New Faces at Gardner Martial Arts

We continued our growth spurt, adding 4 new students since our last issue. We have also had several people trying class lately, and we very well may feature them next time! But for now, look for these faces in future issues as they progress.

Shannon and Makenna joined us right after our last newsletter and worked very hard getting ready for this test and are sporting new yellow belts.

Chase and Matthew are currently hard at work learning and per-

fecting their white belt technique in hopes of testing next time around. Will you join us in time to test along side them?



L to R: Makenna and Shannon, Chase, and Matthew. Hope we see you next time!

\$100 Sign Up Special

Monthly tuition only \$50/mo. after first month with discounts for multiple family members

Classes Locations/Times:
Edgerton —Monday 6pm
Gardner —Tuesday 6pm
Gardner—Thursday 6 & 7pm

Sign up Includes:
Uniform and Belt
Association Uniform Patches
Beginner's Curriculum Handbook
Lifetime Association Membership
First Month's tuition

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