



## DECEMBER NEWS LETTER

Gentry Martial Arts Inc.

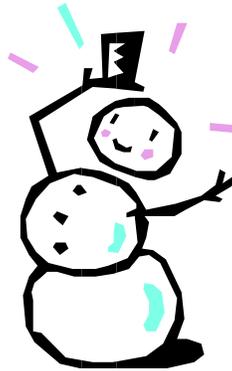
Volume 1, Issue 1

Newsletter Date

# Annual Christmas Party

The annual Christmas party/recognition banquet will be held Friday, Dec 13<sup>th</sup> at 7:00 at the Martinsville school. All GMA students from all schools are welcome and encouraged to attend. Both Hapkido and Tae Kwon Do will be having classes that evening from 5:30-6:30. As it is a pitch in- we have delegated certain aspects to certain classes/groups.

- *Dragons:* salads and breads.
- *Hapkido:* drinks, ice, cups, utensils, napkins, etc.
- *TKD yellow:* meats and other entrees



Annual Christmas Party

- *TKD green:* side dishes
- *TKD other* (white, purple, brown, black): desserts

Each class has a sign up sheet on the viewpoint at Martinsville. Please inform us of how many people in your group, and more specifically on what you are bringing (so every green belt doesn't bring Mac n cheese).

**Also, we will be in desperate need of tables and chairs, so if anyone can bring their own it would be appreciated.**



## BAD Weather Cancellations

With winter upon us, it is a good time to remind everyone of our weather policy. We basically follow the local schools' lead. If they cancel school or let out early, then our classes are cancelled. If they can make it, we will try also. We will try to make all such cancellations available by website/email and on our answering machine at the school(s). To receive email notification sign up by visiting the website, or give your email address to Mr. Miller and he will be sure to add you.

## Ms. Gonin Takes The Gold.

We just received word that GMA instructor Madeleine Gonin just won gold in her division at the international competition in Taiwan. We will give you all the juicy details once she is back in the country, but for now, check out the press release we wrote before her departure. See back page

## New Class Schedule

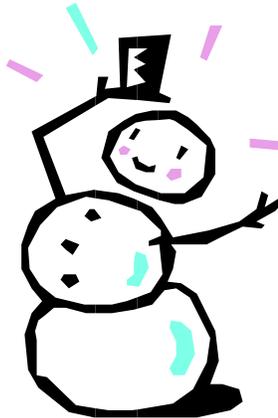
Our new schedule will start Dec 16th.

We are revising our class schedule to better suit our growth and demand. It will be a challenge for us to run some classes more efficiently, but we believe this to be the best way to improve our classes. Copies are available at the school and will be posted on the website



## Upcoming events, testing, and dates.

- **TTCA TKD Testing:** December 14<sup>th</sup> in Louisville, KY. Testing time is 1:00 pm. GM Choi' Christmas party is to follow that evening, and all students are invited.
- **Lil Dragons** testing in Martinsville: December 15<sup>th</sup> (sun) from 2-4. It is important that everyone makes up any outstanding stripes this coming week. Please let us know how many invitations you need printed as well.
- **Tai Chi seminar** with Master Chen in Indianapolis: December 8th. Flyers and information is available. Master Chen is coming practically straight from Taiwan to Indy.
- **RAD self defense** classes: We are finalizing a series on women's self defense classes (RAD program). Madeleine Gonin will be leading the classes, and we will finalizing the dates once she returns, but it will likely be on weekends in January.



Happy Holidays to you and yours.

## Leadership/Demo Team

March (our big demo) is quickly approaching. We are hoping to take advantage of the holiday vacations to get extra demo team practice. We have tentatively scheduled leadership and demo team meeting on Sat Dec. 21<sup>st</sup>. An extra demo team practice is also slated for Dec 28<sup>th</sup>.

## Holiday Schedule—Class cancellations

Please make note of the following class cancellations due to the holidays. We will not have class Dec 24, 25, or 26<sup>th</sup> on account of Christmas. We will not have class on Dec 31<sup>st</sup> of Jan 1<sup>st</sup> on account of New Years. All other days will have class as normally scheduled.

## Press Release: Madeleine Gonin

The local paper didn't deem Miss Gonin's team selection worthy of more than a one paragraph blurb, but we consider it a really big deal. We thought at least our students would enjoy reading the full press release that we prepared:

Local Tai Chi Ch'uan instructor Madeleine Gonin is preparing for an international competition to be held in Taiwan later this month. Ms. Gonin was selected from practitioners across the country to be a part of the delegation representing world renowned Tai Chi master William CC Chen from New York. They will be competing in push hands, a two person sparring event in which the object is to unbalance the opponent. Ms. Gonin recently returned from a training session in New York City with other team members—some of the best push hands players in the United States—in final preparation for the prestigious tournament held only once every two years. Both the team selection by master Chen and tournament participation are high honors for this relative newcomer to the sport.

Ms. Gonin started Tai Chi in 1997 as rehab for a badly broken foot that left her on crutches for three months. "I tried yoga for flexibility, but I needed something to help with the atrophied muscles in my foot," she explained. She soon realized tai chi had more to offer, "After starting the class I soon realized that it is a martial art. As a child I wanted to take a martial art, but was not allowed to do so. I was very intrigued by the many ways in which the body can move that you usually do not explore unless you are involved in move-

ment arts such as yoga, gymnastics etc. It amazed me how little I actually knew about my body. The movements looked so easy, but when it came to trying them I seemed less coordinated than I wanted to admit. I realized that many people live their lives without really knowing their potential capabilities as far as coordination, balance and control over the whole body is concerned." Within a year from starting, Gonin was training nearly twenty hours a week.

Ms. Gonin continues to train and teach locally. She is a regular teaching assistant for the Tai Chi Ch'uan classes and club at Indiana University and is an instructor with Gentry Martial Arts in Martinsville. She has particular experience instructing older populations, noting that one of the advantages of Tai Chi is that anyone can do it, regardless of age or fitness level. "It is a very diverse art that can accommodate many needs: stress relief and relaxation, balance, control, self defense, etc." The 26 year old Gonin played other sports as a

child in South Africa and was also an avid chess player. She likens push hands to a sort of physical chess game, citing the intellectual side as an additional attraction to the art. She came to the US to study at Indiana University in 1994 and takes great pride in gaining her American citizenship.



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