



Gentry Martial Arts

announcements-- January

Upcoming news and events:

Demo Team Practices: Sat January 18th from 10-12 will be the next demo team practice, for all schools.

Starting in Feb, we will have a demo team practice every Friday after TKD and before Hapkido in Martinsville. Practice will be from 6:30-7:00. **Attendance will be taken starting in Feb. Students are expected to make the majority of the practices if they are to be considered for the actual performance.

Testings: Friday, Jan 10th—Hapkido testing, Martinsville

Sunday, Jan 26th—TKD testing at Ohio Valley TKD School. Test is at 1:00 pm.

Saturday, Feb 1st—Dragons testing for the SPENCER school. Test is at 10:00 am.

Nutrition Seminar: Jan 25th, 1:00-2:30/3:00pm at Martinsville school. We will have a certified nutritionist discuss eating and nutrition strategies not only for health in general, but more specifically how to improve performance in the martial arts (tournaments, testings, before and after class, etc.) Cost is \$10 per person to cover copy costs, etc. This seminar is free to black belt club members. Please sign up in advance so we can anticipate copy needs. Martinsville students sign up at the viewpoint area, other students please email. Space will be limited so all participants will have the opportunity to ask specific questions.

Rape Aggression Defense classes: Sat/Sun 11 and 12 and 18-19. The class will probably fill, but if you are interested in another class offering, we will be starting a waitlist for the next one. Open to adult and junior women only.

FAST is COMING!!!: The founder, Bill Kipp, will be helping us run FAST Defense classes on March 4 at DPU and March 5-6 at Martinsville. Mark your calendars now. This is the biggest thing to hit GMA to date! Adult classes will teach how to set boundaries against aggressive verbal assaults and prevent them from escalating to the physical, but will also cover full force techniques against armored assailants. Child classes will focus on both defending against bullying and child abduction scenarios both verbally and physically.

Parent/Student/Teacher conferences in Martinsville

This is our intermittent spot check where you get to tell us how we are doing and suggest how we can make our programs even better. Parents or students may sign up for a conference slot on the schedule that will be posted later this month; conferences to be held Feb 3-14.

Website announcements:

The GMA website has recently added new content and is in the process of adding more. Pictures from Ms. Gonin's trip to Taiwan and articles about her success are in the archive section, as well as more pictures from previous tournaments and events. In the near future, we hope to have all articles written by Mr. Sieg in these newsletters archived in the site as well. These articles were written for our students benefit and we hope you will take advantage of their easy reference.

We will also be offering special discounts in the pro shops and other benefits, only available if you print off the coupon on the website and bring it in. This is encourage people to come frequently check the site.

REMINDER: *If you haven't already signed up for the email announcements, please do so!*