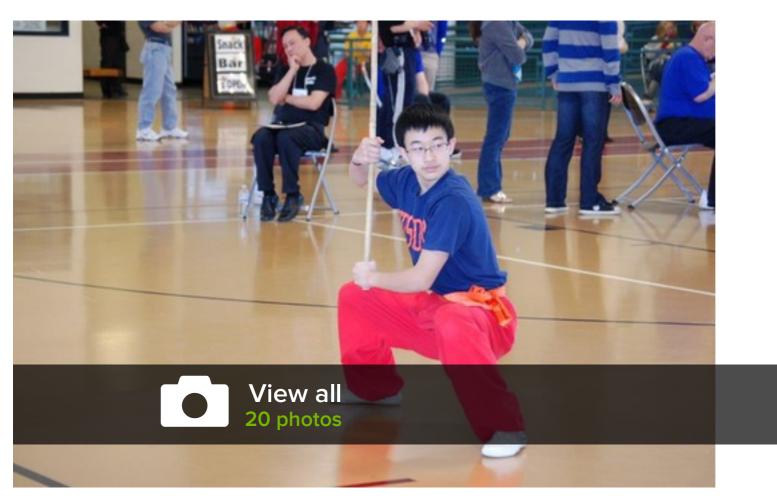
LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

The 2nd annual Gateway CMA Championship in St. Louis grows

April 14, 2013 5:36 PM MST

Last year, the 1st Gateway CMA Championship was held in St. Louis, Missouri. Even though it had great support from the leadership of **International Chinese Martial Arts Championship (ICMAC)** and regional martial art masters and senior instructors, the number of the competitors was relatively low due to short lead-time. Nevertheless, it built a foundation for the future. This year's tournament took place on Saturday April 6th and the number of competitors increased by approximately 50% and established St. Louis as a four-star regional city among a dozen other cities in the nation within the ICMAC franchise.



Highlights of 2013 Gateway ICMAC Champions Missing Tripod



Missing Tripod

Under the leadership of **Grandmaster Ray Hildreth** of Tulsa, Oklahoma, 30 judges from eight states volunteered at the event. Forty schools participated in the competition. The enthusiasm among the athletes was high and the majority of them competed in more than one division and about a third of them contended in at least three divisions. Altogether there were 86 individual competition divisions in the categories of Shaolin, Long Fist, Southern Fist, other Traditional Chinese Kung Fu, Tai Chi (Taiji), other internal styles, Chinese Kempo, Continuous Sparring, Push Hands, Light Sanda (no full-body contact) and others. It was nice to see that many of the winners came back from the last year's tournament to compete in a higher-level division or a different division (e.g. a different weapon form) to test their skills as they advanced.

ICMAC is a quality circuit for Chinese martial art competitions. To meet the required standard, the Gateway tournament also included Master workshops by Sifus Huixian Chen and Greg Butler as well as Master Demonstrations. Sifus Tim Bruewer, Chris Whitsett, Greg Butler, Violet Li, Truman Maxey, Herb Parran, LeRoy Alsup, Shang Gao, Huixian Chen and Xin Xue's performance provided entertainment as well as education for both contestants and spectators. Sifus Nick Givens of Springfield, Missouri and Vince Cabais of St. Louis, Missouri delivered exciting Lion Dance performances.

The people who attended the tournament were grateful that Ray put this event together. This tournament offered an opportunity of serious contests, friendship exchange, and learning for masters, judges, challengers and even the audience. They were especially thankful because the tournament date of April 6th was Ray's 66th birthday. Even with a good planning, it was unavoidable for a large event like this one to encounter some unexpected situations. Ray walked back and forth on the tournament floor and got everything taken care of and the event went smoothly. He finally broke a

smile once the tournament was over. I think it was a very good birthday for him after all.

See below for the entire list of winners. Also you can see an event slide show of over 200 pictures photographed by **Missing Tripod**, Xiaoyan Liu, Shirley Cheng, Mimi Huang and Lisa Paczkowski via a link here http://the2ndgatewayicmactournament.shutterfly.com.

2013 Gateway Winners (in alphabetically order by first name)

Aaron Jaben - 2 S Albert Li - 3 G Alexa Lowry - 4 G Alison Smith - 1S Amanda Kellogg - 3 G Andrew Lambeth - 1 S Andy Zhang - 1G, 1S Angela Liu - 2 S Avery Rahden - 1 G Benedicto Vasquez - 2 B Beth Engelking - 3 G Bob Algeo - 1 G, 1 S, 1 B Brian Frew - 1 S, 1 B Brigitte Tarashchuk - 3 G, 1 S Bruce Hardy - 1 S, 1 B Bryson Liang - 2 G, 1 S Candace Holloway - 3 G Carl Hoeninger - 1 S, 1 B Chanae Morris - 2 G Charles Wang - 1 G Charlie Stevenson - 1 S Chris Whitsett - 3 G, 2 S Christine Zhang - 1 B Christopher Flippo - 2 G Dalton Pierceall - 2 G Daniel Chiodini - 1 G Eddie Breeding - 1 G, 1 S, 1 B Emily Tran - 2 G Emily Wang - 1 B Emily Xiao - 1 B Emma Zhang - 1 B

Eric Gesinski - 1 G, 1 S Evan Zhang - 1 S, 1 B Frey Jackson - 3 G Grace Koo - 1G, 1S Jaedon Deskins - 2 G Jake Cheung - 1 G James Wu - 2 S Jeff Craddock - 1 S Jeffrey Dong - 1G, 1S Jeffrey Hoffman - 1 S, 1 B Jeremy Fisher - 1 G, 1 B Jerry Zhang - 1G Jim Kellogg - 2 G, 1 S Joan Wang - 2 G, 1 S John Pendleton - 1 S, 1 B John Piper - 3 G, 1 S Josh Young - 1 B Judy Luo - 1 G, 1 S, 1 B Kyleena Xin - 1 B Lily Childs - 2 G Lizzy Taggart - 2 G, 2 S Luca Watkins - 1 S Lucy Yue - 1B Marilyn Maxwell - 1G, 1S, 1B Marvin Robinson - 2 G Max Yue - 1G, 1B Michael Alegeo - 3 G Michael Esler - 1 G Michael Ge - 1 G, 2 S Mikayla Algeo - 3 G Mike Springer - 2 S Miles Atum - 2 G Mimi Huang - 1 G Ming Wong - 1 S Nicholas Alsup - 2 G Nick Ford - 1G Nick Ori - 1G Nicole Paczkowski - 1 B

Oddie Adkins - 1G, 1S Rae Xin - 2 G Rich Dalton - 1S, 1B Richard Baldwin - 1G Richard Green - 1G, 1B Richard Huang - 1G Roarke Unrau - 1G, 2S Rob Bohlsen - 2 G Sam Eads - 1G Samuel Cantanzaro - 1 B Sanjin Zigic - 2 G, Sarah Ning - 2 G Seth Kasper - 1G, 2B Suzie Anderson - 1S Tara Wang - 1 S Tim Metcalf - 3 G Travis Ning - 1G, 1S Tyler Bannister - 1 S William Spry - 1G, 1S Willie Bledsoe - 1 G Yifu Zhu - 1G, 1B Zi Wang - 1 B

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St. Louis Tai Chi Examiner

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