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Inside This Issue:

1 Mike's Letter



2 Member of the Month:
 Chris Cheung



Coaches' Tips

3 Promotions/Coupons

4 Events

Season's Greetings From Mike Yang.....



Holiday Cheers, Members and Friends,

December is with us once again, and although the air is chilly with lots of bite, 'Tis the Season to be JOLLY indeed!"

Golden Gate Badminton Club, Menlo Park, and Oakland Emeryville, is proud to bring in the New Year by presenting you with our 1st newsletter amongst many more to come!

We would like to introduce this monthly issue of current events to keep our members informed of badminton news, Club events upcoming, promotions, and of

course, to serve you better.

I would like to Thank our GGBC Staff and Coaches for their participation, as well as Kwun Han for his exclusive column in our newsletter.

Lastly may I wish all of you, your friends and families, a very healthy, happy Christmas season and all of us at GGBC shall raise our glass to you on New Years Eve! Here's to a rocking, smashing, exhilarating Badminton year of 2008!!!
 Ho Ho Ho.....

Mike Yang,
 Founder / Owner



Platinum Friendship Tournament

GGBC is not only the first badminton club that has two branches, but also the first to hold inter-club tournaments where the main purpose is to promote friendships between its members.

The tournament has three age categories: Platinum Friendship (for 40 years olds and above), Gold Friendship (16-40) and Little Star Friendship (under 16).

The Platinum Friendship Tournament was held on November 18, 2007. The competition between the Menlo Park club (G1) team and the newly opened Oakland Emeryville club (G2) team was very close. Those who watched the games felt like they were at the Olympic badminton championship matches, with both sides neck to neck until the very end. Nine matches were played, with G2 coming out on top 5 to 4.



Since the tournament, many of the participants have been practicing and exercising more, preparing themselves for the next tournament. Even those who just watched are now looking forward to participating.

"The goal of this tournament is to have fun, build teams, and make new friends. Winning or losing is not important" said tournament organizer Li Feng Tan.

Since the tournament, many members have met new playing partners and played some challenging games.

The Gold Friendship Tournament took place on December 23, 2007 at G2. The results will be reported in the next issue. The Little Star Friendship Tournament is on January 20, 2008, Sunday, 1-4PM. Sign up deadline is on January 14, 2008. For more information, please visit www.ggbadminton.com.



Kwun's Column "The Spirit of Badminton"

One of the dangers when a sport like badminton grows so fast and attracting so many new players is that we will start losing sight of the defining character or spirit of the sport. Badminton has always been a sport where courtesy, fairness, honesty and friendliness is paramount. Next time you step into the courts, think about how you act aligns with the Spirit of Badminton. 🌿

- Taking turn to play in open gym. Other members are waiting and would love to play too.

- Let others people join your match even if they are not

as good as you are. There are always people better than you.

- Contribute a shuttlecock to each game. Always make sure you have enough supply.

- Help pick up the shuttle after the rally when the shuttle lands on your side of the court.

- Passes the shuttle above the net.

- Serve according to the rule, make sure contact point is below your waist and racket head below wrist.

- In is In. Out is Out. It is only a game.

- when in doubt, play a let.

- apologize when you hit a lucky shot, or when you hit your opponent with the shuttlecock.

- Be friendly and smile when you are playing or chatting on courtside.

- shake hands after a match.

- when not playing, make sure you don't step into other people's court, regardless of whether they are in the middle of a rally or not.



Kwun Han

Founder of the popular badminton website BadmintonCentral.com. Has played badminton for over 20 years.



Chris Cheung



Member of the Month: Iron and Racket Chef

Anyone who dines at Marica Seafood Restaurant in Oakland would be amazed by the "Iron Chef" quality of the meal, but what is more amazing is that behind the bar of this restaurant, there is a badminton racket. It belongs to the son of chef Chris Cheung.

Chris and his son are both members of Oakland Emeryville GGBC (G2). The 53-year-old father and his

23-year-old son play together often. An unexpected benefit has been that their relationship has become stronger as a result of spending more quality time together at G2.

The other reason Chris enjoys going to G2 is that he can always find a playing partner at his level. And when he eventually improves, he'll be able to find the right partners because there are members of all levels at the club.

Chris considers badminton the best exercise for him, but off the courts, his favorite hobby is cooking. He draws parallels between the two, "both are fun and require the proper technique to improve."

You can find Chris at G2 on weekdays after work from 10-11 PM. His restaurant is located at 5301 College Ave., Oakland, 510-985-8388.

Coaches' Tips

Hi, I am GGBC coach Jinsong Guo. I would like to share with you some strategic tips on doubles play:

1. **Attacking the weaker opponent.** This is a common strategy in doubles when the opponents have different skill levels.

2. **Attacking the center line.** Hitting the shuttlecock

between your opponents, causing them to either both attempt to retrieve it or to think the other will get it.

3. **Clearing** (hitting the shuttle deep to the opponents' back boundary line). This can be used when opponents are not good at smashing from the backcourt.

4. **Net kill** (the shuttle is aimed steeply dropping towards the floor, close to the net). This strategy requires good forecourt technique, quick footwork, and a good coordination between partners.

I encourage you to try out these strategies. They should bring you good results.



Jinsong Guo
1988-1993 member of China Junior National Team. Received Master of Sports degree in 1993. Won multiple flights at the Shanghai Games and Chinese National Championships. Has been GGBC coach since 2005.

Membership / Guest Passes

Join GGBC Annual membership & you will receive:

FREE*

1 HR Coaching or 1 GGBC Racket*
1 GGBC T-shirt
10 min Sport Massage Service
2 Guest Passes per month

\$1 OFF DROP IN FEE*

Offer Expires January 31, 08'
(Must present this coupon)

10%
OFF

**ANNUAL
Membership**

Offer Expires
January 31, 08'

(Must present this coupon)

\$5 OFF 10X GUEST PASS*

Offer Expires January 31, 08'
(Must present this coupon)

* Guest Pass : With purchase of 10 Time Guest Pass only

* Stringing labor and strings are not included

* Extra One FREE hour coaching or GGBC Racket* for Guest Card holder (Bonus with new membership only)

Pro Shop

10%
OFF **ALL Items***

Offer Expires
January 31, 08'

(Must present this coupon)

**UP TO
30%**
OFF **X'MAS Gift Set**

Offer Expires
January 31, 08'

* Not for birdies / food / beverages

* May not be combined with other promotions

Lessons

5%
OFF **5 HR Private Lessons***

Offer Expires
January 31, 08'

(Must present this coupon)

10%
OFF **10 HR Private Lessons***

Offer Expires
January 31, 08'

(Must present this coupon)

* Buy 5 hours private lesson get 1/2 hour free

* Buy 10 hours private lesson get 1 hour free

Services

FREE*

Introductory Class

Call Emeryville to find out schedule.

FREE*

Muscles Strain Assessment
Pre-Post Conditioning

20%
OFF For Sport Massage for GGBC Members

* Please call for appointment 650-838-9318 (Menlo Park) or 510-655-8989 (Oakland, Emeryville)



Events



Inter-Club Tournament

GGBCS Gold Friendship Tournament (Emeryville)

Date: Dec 23rd, Sunday, 2007, 1pm – 4pm

GGBCS Little Star Friendship Tournament (Menlo Park)

Date: Jan 20th, Sunday, 2007, 1pm – 4pm



Holidays Operation hours in December, 2007

Christmas Eve, Dec 24th, Monday, 10am to 6pm

Christmas Day, Dec 25th, Tuesday, CLOSED

New Year's Eve, Dec 31st, Monday, CLOSED



Holidays Operation hours in January, 2008

New Year's Day, Jan 1st, Tuesday, 10am to 6pm

Martin Luther King Day, Jan 21st, Monday, 10am to 2pm & 4:30pm to 11pm



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