

**PhillyFit's  
Gamma Girl 3**  
Alison Hanusey  
aka "Ali"

TKD 3rd degree black belt  
4 gold medals in the 2007 US NATIONAL CHAMPIONSHIP  
Represented the USA in the 2007 ITF WORLD CHAMPIONSHIPS:  
World Champion- Female Team Power-Breaking  
Bronze Medal - Sr. Female Heavyweight sparring (-70 kg).



By Charles Peeples



Ali has seven brothers and sisters- a lot of people for one small row-home in Mayfair! Wonderful with small children, many of the parents of my students fight for her to baby-sit. We consider her family... amazingly well-rounded and grounded and she is a beautiful young woman who's not a party-goer or boy-crazy. Ali is always striving for improvement and helping others when she can.

A tiger in the ring, a lady outside it. Ali is the type I would want my daughters to emulate. She does not come from wealth and has had to support herself for many of her activities. Despite many difficulties at home, she always maintains a positive, "The world does not owe me anything" mentality. She has an outstanding work-ethic and dedication, is currently enrolled at CCP and trains TKD classes 6 days/week. Ali trained at 5:30 am three days/week in preparation for the World Championships and sneaks back at night to run on the treadmill or work on the heavy bag by herself. Fearless, a champion, a warrior, Ali has worked tirelessly at so many aspects of her persona to become a complete woman at such an early age - a feat that many adults, men or women, never achieve even late in life. Not only the 'go to' person on the team, but she is the peer example for others. In Taekwon-Do, she long ago erased from her own mind the distinctions of 'beginner' and 'advanced', or of 'male' and 'female', and simply pursued excellence. In her worldview, to be great you must push through what most people call 'pain' and realize that it's merely another sensation of feeling, such as hot or cold. To her, this sensation is something to be embraced and experienced as a milepost to greatness. She has faced opponents who would give any man pause for concern, and stepped up to the challenge when the rest of the team needed to see success in person. Ali balances both her physical and academic achievements with an uncanny maturity for one so young. Steadfast dependability in things large and small, a quintessential role model for young women, strong and quietly confident, Ali isn't swayed by peers or trends, instead naturally following a path built upon her beliefs and principles which she knows to be right. One feels that she isn't even consciously aware herself of her own poise or strength, and even if she were she wouldn't dwell on it. Ali is an example of what we should be striving to develop in our society.



Charles Peeples, NSCA-CPT, NCTMB, whose articles have appeared in numerous fitness and bodybuilding magazines, is a well-known proponent for girls' and women's physical advancement ([www.teamvalkyries.org](http://www.teamvalkyries.org)). In addition to being a Nationally-Certified Personal Trainer, he is a Nationally-Certified Massage Therapist ([www.yourlocalpersonaltrainer.net](http://www.yourlocalpersonaltrainer.net)).