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Martial artistry in Purchase

Heidi Goldstein-Sidley, executive vice president and managing director for Madison Pension Services Inc. in Purchase, is taking her martial arts avocation to a new audience.

Goldstein-Sidley is beginning the Concorde Martial Arts Center at the Purchase College phys-ed building beginning Aug. 31. Separate classes include instruction for: adults and adolescents mixed; women's self defense; children age 4 and up; and families. Classes run through Dec. 19.

The goal is to increase spirit, stamina and moral character.

Goldstein-Sidley, the married mother of two, has a pair of black belts and taught martial arts in Paris for six years. Her discipline originated in Vietnam and is called Cuong Nhu. It incorporates elements of several other martial arts, including aikido, judo and boxing.

Classes are evenings and dayside Saturdays. For costs and a complete schedule, email: Heidi@concordemartialarts.com.