

SPORTS

Deadline: Monday 5pm

Just for kicks

By MIKE SAAD

When you hear the word Karate, what flashes through your mind? A mysterious Oriental man with a sleek, hardened body, capable of fending off legions of opponents in a weaponless confrontation; someone capable of destroying countless blocks of wood with his hands, feet, or head; or perhaps you picture someone who is gentle, unselfish, and who epitomizes the utmost in humility and courtesy. Many wrongly believe Karate is merely a means of learning how to fight. This is unfortunate. Karate is a way of training the spirit and the body for the purpose of maintaining justice and perfecting one's character.

Modern Karate, as a martial art, was developed by Gichin Funakoshi who, at the age of 90, died in 1957. To him Karate was a way of life.

Gichin Funakoshi began his Karate training in secret. He was introduced to one of the greatest Karate adepts in Okinawa, Master Yasutune Azoto, by the master's own son. At the time, Karate was banned in Okinawa by the government. Funakoshi was thus forced to travel by night and practise by moonlight in Azoto's backyard. Funakoshi, a frail child from birth, upon realizing his health had improved due to training, "began seriously to consider making Karate-do a way of life."

In 1922, Karate was introduced to the Japanese public by Master Funakoshi who was requested to instruct at various universities. As a young man, Funakoshi enjoyed meditating and writing poetry among the pine trees on Mt. Torao. He signed all of his poetry with the pen name "Shoto," meaning "pine waves." Students who greatly appreciated Master Funakoshi's life time efforts in Karate responded by naming

the first true Karate dojo (place of training) the Shotokan; the "house of Shoto".

Today, Karate is by no means restricted to the Japanese. It first spread to America after the Second World War when Master Funakoshi was asked to tour the United States. He brought with him three assistants, one of whom was Master Nakayama, perhaps his most favoured pupil. Nakayama, presently a ninth degree black belt, is now chief instructor of the Japan Karate Association. Master Nakayama is a director of physical training at Takushoku University in Japan and has been instrumental in developing Karate as a sport. He writes, in his text *Dynamic Karate*, of Master Funakoshi's philosophy:

"To the master, Karate was a martial art, but it was also a means of building character. He wrote: "As a mirror's polished surface reflects whatever stands before it and a quiet valley carries even small sounds, so must the student of Karate render his mind empty of selfishness and wickedness in an effort to react appropriately toward anything he might encounter. This is the meaning of *kara*, or 'empty', of Karate."

Karate originally was written with the Japanese characters meaning "Chinese Hand." Funakoshi altered the characters to translate into "Empty Hand."

Here at UNB, our club, known as the Kenko Karate Club, is an affiliate member of the J.K.A. At present there are about forty members. Our chief instructor, Ray Butler, holds the rank of second degree black belt, is currently training in Japan for a year.

Each September, at the beginning of another school year, there is a large turnout of beginners, sometimes as many as forty new members. People join for a variety of reasons: to stay in shape; make friends; learn self-defence, or to learn to fight. Un-

fortunately, most people don't realize what training in Karate truly involves. When you enter the dojo you will not be shown ancient secrets of long dead masters or what nerve to touch in order to make someone fall

helplessly to the floor. Shotokan Karate consists of speed and power, agility and body control, and courage gained only through endless practice, stretching, sweating and aching. It is no wonder that out of forty new

members who began in September only seven or eight will still be training at the end of the year, and only one or two, if any, become a black belt. It re-

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Swim team needs you

By JONTY B. SKINNER

If you've ever swam competitively before, even if it's been in the distant past, and you're looking for some competition, comradery, and some hard training, I've got just the thing for you. UNB's mighty swim team, the Beavers, need a few good recruits for the '87-'88 team. Coach Bruce Fisher, in his second year at UNB, says the squad this year is stocked with some powerhouse athletes including Co-captains Kelly Cuddihy and Brent Staeben, both AUSA gold medalists last year plus '87 CIAU finalist Jackie Hatherly and the return of '86

CIAU qualifier, AUSA double silver medalist Jeff-the Crusher-Barkhouse. Of course these are just a few of the dedicated swimmers that make up the Beavers, but as in any athletic program - be it the Montreal Canadiens to the Miami Dolphins - a team is always looking for new talent and new faces.

"The foundation is in place from last year", says Coach Fisher, "but we'll certainly welcome anybody in for the first couple of weeks and see how they look. Yes, the work is hard but the time restrictions aren't that bad and the team atmosphere is great. Plus we've

got the added incentive of a training camp in southern Florida at Christmas and, to top it off, AUSA's are here in our home pool in February."

What looks like an extremely bright year for the Beavers, begins with a team organizational meeting on Sept. 14 at 7:30 p.m. in Rm. 114 in the Phys. Ed. building. If you think you're up to the challenge or maybe can be coaxed out of retirement, come to our meeting or drop by and see Coach Fisher in Rm. 205 upstairs in the Phys. Ed. building (tucked away upstairs by the Dance Studio). Why no GO FOR IT!!

New volleyball coach

Alice Kamermans has been appointed to the position of head coach for the UNB Lady Reds Volleyball Team, Athletic Director Jim Born announced today.

Ms. Kamermans is a native of Newcastle, New Brunswick and graduated from Miramichi Valley High School. From there she progressed to UNB where she obtained a Bachelor of Education degree with a major in physical education in 1983.

Ms. Kamermans was herself an outstanding volleyball player. In 1979 she played with the New Brunswick Canada Games Team. This was followed by a distinguished university playing career which culminated in an AUSA Cham-



ionship, AUSA MVP honors, and being selected as a CIAU All Canadian in 1983.

Since graduating Ms. Kamermans has gained some valuable practical experiences. She has

coached at summer camps and in 1984 took charge of a girls varsity program at Millbrook High School in New York. She returned to Fredericton last year where she managed to utilize both her academic and practical backgrounds. She was appointed as the Executive Administrator of Volleyball New Brunswick and was assistant coach to Sonny Phillips with the Lady Reds.

It is with great pleasure that the staff of the Athletics Department welcome the arrival of such a quality individual as Ms. Kamermans to the coaching staff. It is with renewed confidence that the Lady Reds supporters can now look forward to the start of a new varsity season.

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