



SPORTS



Pandas split and Bears come *very* close



Pandas in action against Vikettes.

Gateway sports services.

"It was a case of playing the National Champions." This was the reason given by Pandas coach Debbie Shogan after her team was thumped 83-47 by the Vikettes from Victoria, Friday.

"All we told the team was to go out and play the darn game." This was the same coach talking after Saturdays game. In a fantastic comeback the Pandas rebounded and defeated the Vikettes 53-50.

"Victoria came out flat but they put alot of pressure on us in the dying moments and we didn't wilt," said Shogan.

The difference in the two games was amazing. According to Shogan the Pandas didn't play well at all on Friday. They shot poorly and controlled the ball



Bears in action against Vikings.

badly. On Saturday they totally reversed that situation and shot well and defended very well.

On Friday, Luanne Hebb led the Vikettes with 24 points but on Saturday the Pandas assigned Toni Kordic the job of covering Hebb and she did the job very well. Hebb did not figure in the high scores for Saturdays game.

This was the first loss for the Vikettes in conference play this year and is a tremendous boost for the Pandas. In Saturdays game Sherry Kanutsvig led the team with 10 points and on Friday it was Toni Kordic with the same point total.

"We realized that it is a game of circumstance and if we take advantage of circumstances presented, anybody can win." finalized Pandas coach Debbie Shogan.

The Golden Bears took on

Pandas and Bears do well on track

Over this past weekend the University of Saskatchewan and the University of Alberta held their annual track meet in the Kinsmen field house. The U of Calgary also took part.

Both the Bears and the Pandas performed very well winning the meet.

The final standings were for the Pandas: U of A 98 pts., U of S 77 pts., and U of C 57 pts.

For the Bears the final standings were as follows: U of A 118 pts., U of S 102 pts., and U of C 60 pts.

The Pandas came away with six wins out of eleven events and the Bears won seven of thirteen.

Winners for the Pandas were: Jane Feiling in the 60m. hurdles in a time of 9.1 seconds,

the Vikings and had a similar time of it as did the Pandas. Unfortunately the Bears fell short by three points Saturday, 68-65, after being blown out 86-65 Friday.

Bears coach Brian Heaney was unavailable for comment however, some aspects of the game were available. The most displeasing part of Saturdays game was the fact that four of the Bears key players fouled out of the game. Leon Bynoe, Shawn Izzard, Blaine Haines and Grant Ashlee all fouled out of the game. Perhaps with those players in the game the score could have been turned around.

But stil the bears must have gained even more confidence in themselves as a team and have to be happy with Saturdays performance. A bright future seems inevitable for the University of Alberta Golden Bears basketball team.

Tae Kwon Do wants you

by Andrew Watts

The Martial Arts. Visions of Bruce Lee probably dance in your head. Mention the Martial Arts and people will start to think of arts such as Kung fu and karate and judo but there is one of the martial arts that doesn't get much print, however it is unique within this area. The Korean Martial Art of Tae Kwon Do.

Here at the university there is a rather large club which is planning on an even larger recruitment night on Wednesday, January 6th at 6:30 p.m. The affair will be held in the Dinwoodie lounge.

According to club president John Chapman the interest in this art has risen sharply in recent years and the club here is the biggest in Western Canada and one of the largest in all of Canada. A large contributing factor to the rise in interest is due to the fact that the sport will be officially introduced into the Olympics in 1988 in Seoul, South Korea.

"Because of the big interest in Tae Kwon Do we have had to set a quota upwards of 200 members," says Chapman.

At the present time the club has 150 signed members and a class size of about 80 - 100.

Like most of the martial arts Tae Kwon Do has six levels of belts that a person can attain: white, yellow, green, blue, red and black. But the similarities appear to end there. What sets this

martial art apart from the rest is the variety of kicks utilized. Almost 70% of the moves are made up of kicks. In this manner, says Chapman, the hands are left free to block.

"With all the kicks we use it makes it something really good to watch," comments John Chapman.

The club, in its fourth year of existence, has recently upped its training schedule to five workouts a week. This makes the training gruelling but if you are willing to stay with it you learn an awful lot in a relatively short period of time. If you can space three workouts through the week this is considered fine. Most of the people in the club come to get in shape and learn something of self-defense as well.

"In every class we free spar so the people are able to learn a variety of moves quite quickly," Chapman says.

Free sparring, explains Chapman, is no contact fighting and provides the students the opportunity to practise what they have just learned. The entire process is taught by five black belt holders so instruction is excellent.

An interesting aspect of Tae Kwon Do is the fact that this martial has the highest enrollment of women of any.

"Approximately 20% of our club are women and I think this is due to the large repatoire of kicks," offers Chapman.

The club at the present time is busy planning for an exchange trip with the University of Korea that would see five members go and learn first-hand from the best.

"The trip is really a fantastic opportunity because we will be totally immersed in the culture," Chapman says.

The selection of the five members will be performed by a selection committee and will be based on experience within and contributions to the club.

So that's Tae Kwon Do, the Korean Martial art of self-defense. Grace and beauty in an almost balletic style. If you are interested, the physical conditioning is excellent. Remember the recruitment night on Wednesday January 6th at 6:30 p.m. in Dinwoodie Lounge.

Lastly, there is an added incentive for Wednesday. According to President John Chapman, the five black belt instructors have been working on a big demonstration. There will be demonstratitns on defense against a knife and demonstrations specifically for women. The 'coup de gras' so to speak will be the black belts displaying their art with numerous board breaking and impressive kicks, both standing and flying. It should be very impressive and well worth the time to see it. Be there.



This is a black belt. You wouldn't want to meet him in a dark alley.

peoples
pub

THIS WEEK'S
ENTERTAINMENT

"Carmel
Watters"

Jan 7, 8, 9

REDFORD
IRMS

10620 82 (Whyte) Ave.

• No cover Mon-Tues
• Wed. is Ladies night &
U of AO Pub Night
(Admission free to U of A
students with I.D.)