



Dave Deveau: Dal Photo

Dal Karate Club members Mike Ackerman, left, and Danny Tam "focus on building humanity" at the Studley Gym.

Club softens karate's hard kicks

Many people may think of karate as a way of getting attention. Maybe they think it's useful for late night walks to the corner store in total safety. Or maybe they've seen too many Bruce Lee style chopsocky movies where legs fly every two and a half minutes.

But too often the basic principle of karate is forgotten: to refrain from violent behaviour and seek perfection of character. That's something the Dalhousie Karate Club wants to change. They're holding a demonstration of karate techniques tonight at 7:30 in the Studley Gym Dance Studio.

The Dal Karate Club, founded nine years ago by brothers Tony and Danny Tam, follows the principles of Shotokan Karate-do as laid down by the original master Gichin Funakoshi in 1922. That was the year he demonstrated his personal finesse in the martial arts, based partly on the teachings of Funakoshi's own teacher of Te, Kendo, Archery and Horsemanship, Yasutsune Azato.

The principles of karate focus on building humanity, respect, honesty and hard work so that the mind is as strong as the body, allowing both to respond instantaneously and execute lightning-fast karate moves.

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Mizuno volleyball superskills camp

The Dalhousie Tigers will once again host their annual Mizuno Superskills Volleyball Clinic. On Friday, September 16, the session will take place from 4-10 pm while Saturday's hours will be from 9 am - 5 pm.

This clinic is a great way for Junior and Senior High School players to brush up their skills for the upcoming season.

For more information contact Dalplex at 424-3372.

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Women's volleyball team

First team meeting, Monday, September 19, 5:00 pm, Room 223 at Dalplex. Pre-season training will begin September 20 and tryouts will start October 3 at 5:30 pm. Anyone interested should attend this meeting or contact Karen Fraser at 424-2128 or in person at the Dalplex.

WELCOME BACK!



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Women's Soccer: Sat. Sept. 17 St. F.X. @ Dal 1pm

Thurs. Sept. 22 SMU @ Dal 4pm

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BREAK FAST

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