

# Kicking old habits

## Karate clubs have image problem

By MARY FERGUSON  
Times staff writer

Karate clubs are trying to kick an old and incorrect public image out of their ranks without also sending away their patrons, said Kai Shin karate instructor Gerard Hebrard.

Mississauga's Kai Shin club has maintained its numbers throughout the martial arts craze of the early seventies and through the sport's current obscurity, Hebrard said. Although the media has lost interest in the spectacular techniques of karate superstars, like the late Bruce Lee, the public has failed to follow suit, Hebrard said.

In the past three years almost 75 per cent of karate and martial arts clubs in the Toronto area have folded, Hebrard said. The number of new recruits is often high but most quit when they discover karate is a physically and mentally draining art form requiring stamina and concentration, he said.

Hebrard and his 50 students have kept Meadowvale's Kai Shin Club alive with bi-weekly practices in the basement of the Eden United Church, at the corner of Derry and Copenhagen Roads.

During a 90-minute class 20 youngsters, aged four to 13, sternly executed a series of punching, blocking and kicking motions in silent concentration.

After warm-up exercises and kata drills, which are routines of blocks and counter-blocks, they practised duelling sessions for a weekend competition.

Lead by his instructor, seven-year-old Shawn Hildebrandt studiously followed the rituals and physical exercises. Although he may not understand the meaning behind the ritual, his mother, Sigrid, said the bi-weekly sessions have helped him improve his attention span and self-discipline.

"The classes have built up his self confidence and get his muscles working. It's made him more outgoing and gives him the feeling of security

which lets him stick up for himself in a crowd of children," she said.

Older students, like Lucie Couture, 26, joined the club to learn self-defence but now practise to improve their physical fitness and concentration.

"I found it difficult at first to be aggressive enough to be in a competitive fighting situation," Couture said. "It's just a matter of repetition and learning the technique. It's easy to learn if you like sport and once you understand it, it no longer seems violent or difficult."

Hebrard said a great deal of class time is used to teach students that karate is to be used only as a sport or art form and not as a method of street fighting.

"With good supervision there isn't much chance a student will get hurt. In eight years as an instructor I have never had an injury in class. It's a matter of using your energy constructively," he explained.

"Our students aren't allowed to use it on the street. Once they use their energy here, we think maybe they won't feel as aggressive in everyday situations," he added.

Karate's self-disciplinary emphasis was an important factor in its national status in Japan, he said. Until the early seventies Japanese universities required students to have basic karate training, more as a mental exercise than anything else, he said.

North American adaptations have relaxed the disciplinary aspects of the art to make it more appealing to a wider audience, he said. Kai Shin, which translates as open minded, is an offshoot of the Japanese school which required 24-hour devotion to the karate club, he said.

The sports greatest adherents are men and women aged 18 to 35, said Hebrard. Although more men join beginner classes, women have a greater tendency to stay in the clubs longer, progressing to their black belts and higher levels.



Lucie Couture kicks Brigitte Simard

## Types of martial arts

Many forms of martial arts exist but the public often confuses them or considers them to be one and the same, said Kai Shin karate instructor Gerard Hebrard.

The differences are as follows:

**Karate** — a Japanese art form in which technique is 50 per cent leg movements and 50 per cent hand movements. In literal translation karate means "empty hands."

**Tae Kwon Do** — a Korean martial art relying 75 per cent on leg motions and 25 per cent on hand motions.

**Kung Fu** — a Chinese martial art using 75 per cent hand movements and 25 per cent leg movements.

**JiuJitsu** — also known as Jujitsu. A Japanese system of hand-to-hand fighting based mainly on flipping, throwing and arm locks. Considered by some martial art disciplines to be more of a self-defence method than a martial art, which combines physical ability with mental control.

**Judo** — an offspring of jujitsu, developed during World War II to kill or maim an opponent.

# Tigers share points in win over Bucks

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Five Streetsville players scored in double figures as Streetsville defeated Brampton 74-62 in Peel high school senior basketball action last week.

Bo Davey scored 21 points for the winners while Kirkham added 16, Armstrong 13, Dineley 12 and Cunningham 11. Swartz scored 32 points for Brampton and Woods added 10.

In earlier action, Streetsville defeated Brampton 50-40 with Kirkham scoring 18 points and Armstrong 10.

In other senior games, J.A. Turner downed North Park 44-32 but lost 48-34 to Central Peel; Port Credit dumped Glenforest 57-28 and Bramalea won twice, 54-39 over Morning Star and 78-44 over Chinguacousy.

Scott Ginther scored 17 points and Jim Cassidy 12 as Turner defeated North Park.

Bill Young scored 16 points in each of Bramalea's wins. Kevin Stewart added 16 and Chris DeSouza 10 against Morning Star. Rick Briscoe scored 21 against Chinguacousy while Stewart scored 12, Donovan Thomas 11 and Gary Kynoch 10.

In junior play, Gordon

Graydon got 15 points from Ron Mainse en route to a 57-39 win over Port Credit. Whyte scored 16 points for Port Credit.

In other games, Turner defeated North Park 70-43 and Central Peel 63-51; Bramalea got by Mayfield 56-39, Morning Star downed Humberview 60-29; Erindale edged Clarkson 47-41 and Clarkson beat St. Martin's 69-41.

Dan Tinaidic and Hue Chaffe scored 17 and 14 points respectively as Turner defeated North Park. John Smith had 11 for North Park.

Derek Alphonso scored 17 points for Morning Star, Nanda DiBenedetto scored 14 and T. Peluso 10 as they whipped Humberview.

Westwood midgets had an easy time with Bramalea, winning 79-37. Zeayen Khan led all scorers with 19 points for Westwood.

In other midget games, Graydon defeated Port Credit 56-30, Glenforest handed Port Credit 42-23, Streetsville downed Brampton 75-22 and 56-23; Morning Star dumped Westwood 61-39 and Humberview 60-17; and Clarkson lost twice, 73-33 to Erindale and 64-56 to St. Martins.

Floyd Salazar scored 13 points and Bern Hugglestone 12 in Graydon's win over Port Credit. Luscombe had 10 for the losers.

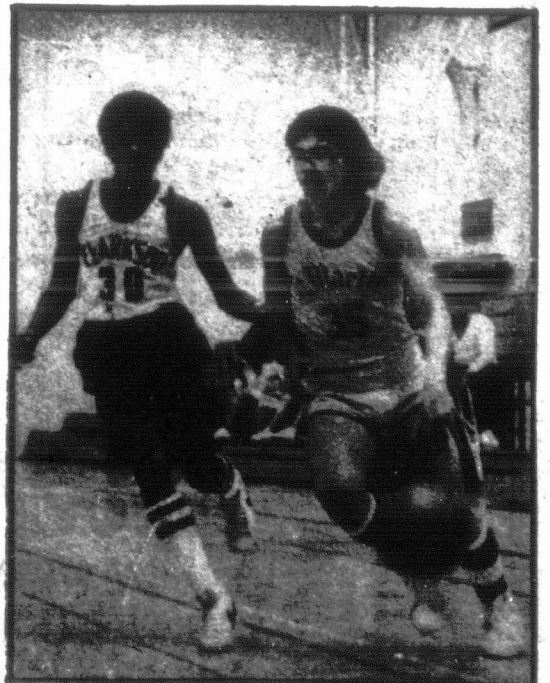
Allan Crosby scored 19 for Glenforest in their win.

Chris Hannaford led three Streetsville players in double figures with 16

points. John Bashford scored 14 and Peter Luik 13.

Bashford netted 12 more and Luik 10 in Tigers' second win over Brampton.

L. Minott scored 23 and D. Papadatos 13 in Morning Star's victory over Westwood. Khan had 17 for Westwood.



St. Martin's Raul Tolentino chased by Mark Douglas