

**Ali Katz**  
 THE PLACE IN EDMONTON  
 10148 - 105 Street Restaurant & Lounge 421-9317

**DANCE 7 NIGHTS PER WEEK**  
 Until 3:00 a.m.

Lots of Fun, Friendly Atmosphere.  
 Ladies Night Every Tuesday  
 All Male Staff

Free Ali Katz Membership Cards  
 for all U of A Students.

**U of A KUNG FU CLUB**  
 Winter Class Registration

*For fitness, self-defense, meditation and self-confidence*

**Registration Times:**  
 Saturday, January 14; 1 pm.  
 Wednesday, January 18; 8:30 pm.  
 Saturday, January 21; 1 pm.  
 In Judo Room, Physical Education Building

Ask for Master Chiu Lau, Chief Instructor  
 Co-ed Classes; no previous training required

**WORK-OUT SCHEDULE:**  
 Every Wednesday, 8:30 - 10 pm.; Saturday 1-2:30 pm.  
 in Judo Room

## Five fight for two GFC seats

A General Faculties Council (GFC) by-election for Arts Reps will be held on Friday, January 20 to fill two positions left vacant due to resignations.

Five candidates are contesting the two seats: Carol Hays, Candice Turner, Wesley Clavey, Lois C. Dayes, and Stephen Lynch.

As the main academic legislative body at the university, GFC is one of the most important organizations at the U of A.

GFC acts as a clearing house for final approval of recommendations regarding issues such as: quotas, marking systems, standards and policies for admission, and the general supervision of student affairs.

Because the GFC has such a large mandate, Arts students are being encouraged to vote to ensure they are properly represented, said Arts Students Association treasurer Sheila Brown.

John Collinge and Rick Thomas resigned from GFC last term, making the by-election necessary.

A forum featuring the five candidates - Hays, Turner, Clavey, Dayes, and Lynch - is set for the Humanities Centre, lecture theatre one, at 4:15 on Thursday, January 19.

UNIVERSITY OF ALBERTA

**sub theatre**



co-sponsored by **Alberta** CULTURE

fri 20



*There's a time for playing it safe and a time for...*  
**Risky Business**

Friday 8:00 p.m. - **RISKY BUSINESS** - 1983 USA, 90 min. Dir: Paul Brickman Cast: Tom Cruise and Rebecca De Mornay. R.

sat 21



**WAR GAMES**

Saturday 8:00 p.m. - **WAR GAMES** - 1983 USA, 114 min. Dir: John Badham Cast: Matthew Broderick, Dabney Coleman, John Wood, Ally Sheedy and Barry Corbin. PG.

## Course shows self-defense for women

**by Gunnar Blodgett**

With the growing concern over physical abuse and attacks on women, demand for women's self defense courses is being met by more and better instruction.

A pair of University of Alberta students are offering such instruction in what they describe as "a different approach to self defense."

Jacques and Kathy St. Onge teach what appears to be a very integrated curriculum, ranging from mental preparation to coping, first aid and legal implications.

Using films and a text, they instruct women on the physical, emotional and psychological aspects of assault and self-defense - from the perspective of both the assailant and the victim.

The practical end of the course resembles a gymnastics instruction manual, as women are taught the effectiveness of self confidence, surprise, precision, power and continuity in hand-to-hand combat.

As well, there are sections on defense against knives and handguns.

Participants are also taught a twenty movement "pattern" to retain their physical conditioning and preparedness.

Kathy emphasizes the element of mental preparation in effective self defense. She says that many women do not resist assault because they feel they are physically incapable, or that they don't have the right to refuse a man.

By the end of the course, the women prove their confidence and ability by defending against a mock "attack" from a well-padded black belt fighter.

The course is offered on Sundays, starting this week, at the Faculte St. Jean. Call 432-9547 after 4:00 PM for details.

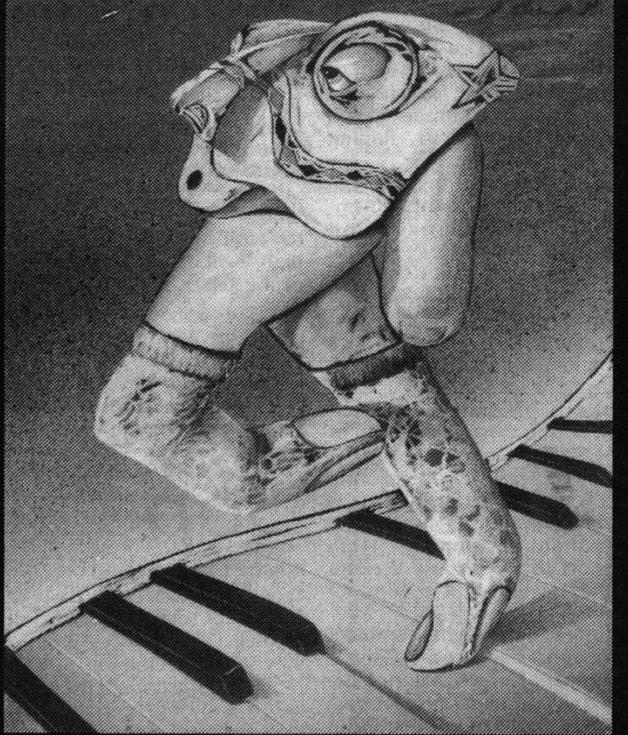


DANSE MUSICALE POST-MODERNE

**BUSINESSMAN**  
 in the  
**PROCESS**  
 of becoming an  
 angel

**JAN 26/27/28** Thursday, Friday & Saturday 8:00 p.m. - SUB Theatre presents LA LA (Human Steps)/LOCK DANSEURS performing **BUSINESSMAN IN THE PROCESS OF BECOMING AN ANGEL**. Chalmers award winning choreographer Edouard Lock and his Montreal troupe present the newest in post-modern dance. Tickets \$10.00 Available at all BASS Outlets, charge-by-phone 424-3355.

**LES BALLETS JAZZ DE MONTRÉAL**  
 ARTISTIC DIRECTOR GENEVIÈVE SALBAING



**sub theatre**  
 FEBRUARY 7 - 11 8:00 PM  
 SUB THEATRE, U OF A

Tickets at Bass; Charge-by-phone 424-3355  
 For more information 432-4764

**Albera** CULTURE