

SPORTS

Aikido is activity without competition

by Michael Skeet

All *Star Wars* hokum aside, there is a force within each of us of which few are aware. It is toward the control and utilization of that force that the discipline known as Aikido is devoted.

The force is known as 'ki', says Dan Holmberg, *sensei* (teacher) of the Aikido Club at the U of A. A rough translation of the Japanese work Aikido is 'the way of harmony of spirit,' and the thing that makes Aikido differ from most of the so-called martial arts' is its non-violent, purely defensive nature.

Contrary to what you may have been told, most of the Japanese martial arts are of comparatively recent origin. All are descendants of the traditional battlefield arts known as 'Ju-Jitsu', which were declining at the turn of the 20th century. Such arts as Judo were developed in the late 19th and early 20th centuries as replacements.

Aikido was developed by one Uyeshiba Morihei (keep in mind that the Japanese place the family name first), who studied several different styles of Ju-Jitsu, distilling from them a philosophy that went in a different direction than did Judo. Aikido is one of the

youngest of the new arts, dating from about 1920.

Aikido is "One of those arts that's a little different for everybody who practices it," says Holmberg. The U of A Club emphasizes physical development, self-defense, and, especially, the development of the internal energy known as 'ki.'

Ki as a concept is not easily defined. "In Aikido, what we're trying to do is use the attacker's energy to (cause him to) throw himself," Holmberg explains. "When we speak of the energy, we're speaking more of the mental energy than the physical energy."

There are a number of exercises, techniques and tests to help develop control of ki, but all emphasize relaxation and a dependence on spiritual, rather than physical, strength. Despite the spiritual emphasis, claims Holmberg, Aikido still promotes a fit body, making its practitioners loose and limber in the process. The increased abilities to concentrate personal energy and to relax also have many practical applications.

continued on page 16



Sensei Dan Holmberg and students demonstrate one of the many relaxation and concentration exercises of Aikido.

M

Intramurals

Womens' flag football and outdoor soccer entry deadline: Sept. 22, 1:00 p.m.

Stamp Around Alberta begins Sept. 23, 1:00 p.m. (and a reminder that the Turkey Trot is Sat. Oct. 3).

Mens' golf tournament entry deadline is Sept. 22.

Mens' and Womens' Golf Clinic: Sept. 21, 1:00 p.m.

Fall Fitness Program entry deadline: Sept. 23, 1:00 p.m.

Whoops!

An apology to any Calgary Dinosaur fans out there. In Tuesday's *Gateway*, we reported that Saskatchewan Huskies had beaten the Dinosaurs 25-5. In fact, the Dinosaurs beat Saskatchewan by that score. Last time we go to the *Edmonton Sun* for out-of-town scores.

sprots

Once upon a time (said the face on Dewey's floor) there lived in the outlands a terrible Beast. He was notorious for the manner in which he lived, demolishing many a hapless keg of beer for the sheer sport of it, and leaping through previously-quiet woodland glades on feet so big that their prints often trapped unwary smaller animals.

The people living in the surrounding countryside were justifiably terrified of this beast, and many an hour was spent, and many an elbow bent, in an attempt to find a way in which to dispose of this menace.

The beast was not so much furry as fuzzy, being still in the throes of adolescence, and this led some to suggest that sex would be the ideal means of quieting the Beast, if not of giving him a heart attack or a socially-embarrassing disease.

"Sacrifice a Beauty to the Beast," went the suggestion, "And that thryoidal thingie will darken our doors no more." Fortunately, the beauties had all caught wind of this scheme at an earlier date, and by the time a search for beauties could be started, they had all left to start rewarding careers in investment management in Calgary, Toronto, and Kitsilano.

It was at this time, when things looked their darkest, that a Booty appeared. Angus J. Booty, to be precise. Owing to a typographical error, Booty had responded to an ad requesting beauties interested in short-term sacrifice. When Booty heard why the ad had been placed, his face lit up. For a ridiculously small consideration, he agreed to rid the area of the perfidious Beast.

Finding the beast was easy; Booty simply followed the trail of dented, shattered and completely drained beer kegs. At last, turning into a glade, Booty came face to face with the monster.

Huge he was, and fuzzy (as previously noted). "Poor Beast," commiserated Booty, "You have no purpose in life, nothing to which to dedicate yourself." The Beast, taken aback by this show of concern, began to sniffle.

"Fear not, carnivorous carpet," comforted Booty. "I can make you human again!" At this, the Beast's ears perked up. "I am, in my spare time, a recruiting agent for a prominent Western Canadian university football program," said Booty smoothly. "Kid, I think you've got something, and I'm going to help you prove it."

And then in a twinkling, or a season, Booty took the Beast to previously-unreachable heights of fame. The beast's prowess as a defensive lineman was unsurpassed, and opposing backs learned to dread the pounding of his 37 ZZZ feet thundering into the backfield.

Not all fairy tales end happily ever after, though and in his second year at the university, somebody gave the beast a book by Rene Descartes. In another twinkling, the beast became a philosophy junkie. He gave up football, switched programs, and took a BA (Honours). After graduation, the beast found his predatory instincts permanently dulled by four years of philosophy. He attempted to make a football comeback of sorts with a football team of sorts, to wit, he Toronto Argonauts. But it was not to be, and so, a sadder and infinitely wiser Beast now drives a cab in Vancouver, wondering just what the heck went wrong.

More intramurals set to start

by Garnet DuGray

With the excellent fall weather so far, it makes the outdoor intramural activities that much more to look forward to and with that in mind, the women's softball afternoon will go on Saturday, September 26. The fun-filled afternoon runs from 1-4 p.m. at Windsor Park school and will include a picnic as well. Depending upon the number of entries the office will try to run a round robin tournament with both diamonds in use. In the event of rain, the games will be rescheduled to Saturday, October 3, so get those entries in to the women's office by 1 p.m. on Tuesday, September 22.

The women's flat-football kicks off on Monday, September 28 and will run Mondays and Wednesdays until October 7. All games are between 5-7 p.m. at the

Windsor Park school grounds and entry deadline is one p.m. on Tuesday, September 22.

Finally in the women's intramural news, the women's soccer season will run between 5-7 p.m. Tuesdays and Thursdays from September 29 - October 15. All games are held at the Windsor Park school grounds with the "Famous Gold Cup" up for grabs in Tuesday's competitive league. Entry deadline for the soccer is set for Tuesday, September 22 at one p.m. in the women's office.

The new non-credit instruction program got off to a good start as Lorne Swanson led 13 beginners and 12 advanced players in two separate sessions last Saturday. Advanced archery classes are to be held next Tuesday, September 22 and Thursday, September 24 still have some room left in so drop by the

men's/co-red or the women's office and sign-up.

Fourth-year physiotherapy student, Brent Kassian, a member of the U of A track team will be running a beginner's jogging clinic on Wednesday, September 23 from 12-1 p.m. Kassian will be running the clinic on the outdoor track to teach the basics of jogging and to answer any questions about the sport.

Golf clinic instructor, Dave Strelieff, says entries to his beginners and intermediate golf clinic are limited, so hurry and sign up now. The clinic will be run from 5:30-7:30 p.m. on Thursday, September 25 at Victoria Driving Range. Lastly, in the noncredit instruction department the Fall Fitness Program is in the planning stage and will begin on Monday, September 28 so stay

continued on page 16

Sports

Quiz



Okay kiddies, here's this week's collection of aggravating annoyances! This time around, a particularly obnoxious aggregation of pointless reminiscences dealing with two of the best-loved

1. An easy one for a start, this one's in 2 parts. a) What was the name of the sole Canadian franchise in the WFL (keeping in mind that said ones never played a down in this country)? b) What were the names of the two Canadian franchises in the Continental League?

2 Match the following CFL players with their WFL teams:
Art Cantrelle (Ottawa)
Bob Wyatt (Calgary)
Rocky Long (BC)
Sam Scarber (Edmonton)
Dick Thornton (Winnipeg-Toronto)
Greg Barton (Toronto)
Rick Eber (Saskatchewan)

members of the gridiron graveyard — the World Football League (Wiffle to its many aficionados) and the Continental Football League!

3. 1966 was a banner year for a couple of future CFL performers. As I'm sure you all know, Tom Wilkinson was the Continental League's Rookie-of-the-year in '66, but how many of you can guess the name of another Schenley-winning QB who was the Continental's 1966 Most Valuable Player?

Houston/Shreveport
Birmingham
Memphis
Chicago
Detroit
Detroit
Portland

4. In its only complete season, 1974, the WFL, no doubt in an attempt to boost publicity in as many cities as possible, gave the Most Valuable Player Award to not one, not two, but three people! What's more, all three were rookies. Who were they, and for what teams did they play?

5. The Toronto Argonauts paid a lot of money to lure this dud away from the New York Jets. At first glance, it seemed to make sense. In 12 games with Southern Cal of the WFL in 1975, he gained 1200 yards rushing, caught 40 passes, returned 9 kickoffs (one for a touchdown), and scored an amazing 133 points! So who was he?
6. Name the WFL's last commissioner. (His self-named plan to ensure that the league operated within its means was a cleverly-conceived idea that might have worked a year earlier.)

answers on page 16