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# Doings at Dalplex

TRAINERS - MANAGERS - INSTRUCTORS WANTED

## WELCOME

The Athletics and Recreational Services Department at Dalhousie University would like to extend a warm welcome to new and returning Dalhousie students. We hope you had an enjoyable summer and wish you all the best for the upcoming academic year.

## FOLLOW THE TIGERS

We also hope that you will find time to follow the Tigers' various sports teams throughout the 1984-85 season. Students will remember

that last year's teams were extremely successful, with no less than four teams claiming AUSA championships.

This year should prove just as exciting.

The Men's Cross Country, Men's and Women's Volleyball and Women's Swim Team will all be out to defend the AUSA titles, while the rest of the Tiger teams should make strong bids to become the best in the East.

As well as a mascot, the Recreation department is also looking for managers and trainers for the varsity sports teams. Be part of the teams' home and away games. Are you a hockey player? We also need hockey camp instructors. Call Nina Hoffman at 424-3752 or drop by the Dalplex.

## FALL SPORTS

In the immediate future, the Field Hockey, Soccer and Cross Country teams will swing into action. All three squads qualified for post-season action last year and should be competitive again this year.



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## Hey! More action

The Dalhousie Karate Club will be holding their annual Karate demonstration on Tuesday, Sept. 18 at 9:15 p.m. in the Studley Gym. Interested students and faculty are invited to attend free of charge. The Dal club has been in existence on campus for over four years with a membership of over sixty students. The club practices the Shotokan style of karate, and is part of the Japan Karate Association (J.K.A., 6 million members world-wide) and the International Shotokan Federation (I.S.K.F., over 50 thousand members in 12 countries of the Western hemisphere).

Shotokan karate is the most popular karate style in the world as well as being the most traditional. Modern karate has its roots in China but was not introduced to Japan until the early 1900's by the late Master Cichin Funokoshi.

Essentially karate-do is the "way of the open hand," utilizing both hand and foot techniques. Training consists of kihon (fundamentals), kata (forms) and kumite (sparring), all of which form an integrated program designed to promote physical and mental development. Shotokan karate can be practiced by both young and old alike.

The club has been successful in tournament competition. Instructors Danny and Tony Tam are second degree black belts with over 18 years combined teaching experience. The instructors are Maritimes forms champions as well as silver medalists in kumite. In addition they have been bronze medalists nationally in team forms competition for the last 3 years.

Additional instruction is periodically provided by third and fifth degree black belts from New Brunswick and Ontario. This year they are also being visited by 3-times All-Japan Karate champion Master Tanaka.

The Dal Karate Club is a non-profit organization, with all membership dues (\$20.00 per year) used to fund training clinics and to purchase equipment. New members are welcomed this semester for the beginners' class of karate and self-defense. Training this term will be Tuesday 9:00 p.m. and Saturday 3:00 p.m. on a weekly basis. Registration will be taken at the demonstration.