

Eeeeeeeeeeeeyaah! Karate chopping class teaches women confidence

by Kevin Law

Eeeyaah! That's the stereotypical sound of an attacking karate student. Women who enroll in the campus self-defense course called "Fear into Anger" may not learn it, but they will learn to face fear with confidence.

The course is taught by qualified instructors Tracy Lock and Kathleen Wiggins of the Wado-Kai karate club. For ten weeks, women who enroll in the course learn to defend themselves in physically threatening situations.

"We teach them a few simple but effective techniques so they know how to fight back properly if they have to," said Lock. "For some, it is the first time they face their fears," she noted, adding, "they learn to use that energy positively."

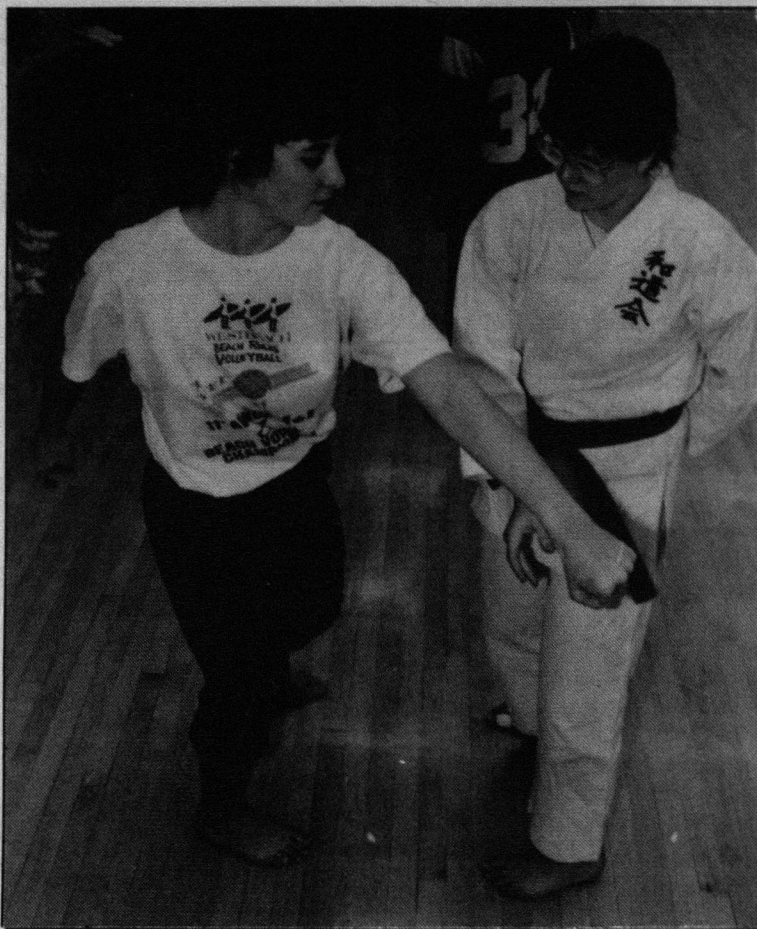
Hard work and practice is the key to learning the techniques said Lock so that they can "commit

themselves to attack if necessary."

Lock also explained the course tries to teach women to walk tall with confidence. "Sometimes women can avoid situations with a strong presence," she said. "We teach not just physical strength, but a sense of mental strength and learning limits, because face it, we (women) are smaller and can be passive."

"But it's also about expanding your limits," said Lorraine Durand, a participant in the program. "We learn to become accustomed to fighting situations."

Half way through the course a woman from the Edmonton Sexual Assault Centre comes to speak to the participants, and then at the end of the course, men from the Wado-Kai club come and spar with the women, giving them an opportunity to apply the techniques they have learned.



It's Chop Sue!

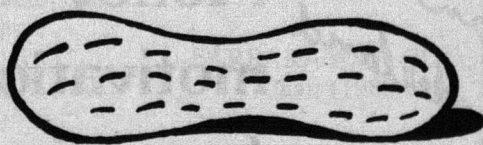
Colin Northcott

1st year science student Shannon Steward gets some instruction on effective self-defense from assistant instructor Kathleen Wiggins.

Tres Important!

If you can read this and have contributed to the paper, then please attend The Gateway meeting on Tuesday March 2, 5 pm. A new constitution is on the agenda.

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Challenge '89

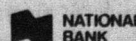


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