

Martial Arts on UNB's Campus

By MIKE SAAD

When you hear the word Karate, what flashes through your mind? A mysterious Oriental man with a sleek, hardened body, capable of fending off legions of opponents in a weaponless confrontation; someone capable of destroying countless blocks of wood with his hands, feet or head; or perhaps you picture someone who is gentle, unselfish and who epitomizes the utmost in humility and courtesy. Many wrongly believe Karate is merely a means of learning how to fight. This is unfortunate. Karate is a way of training the spirit and the body for the purpose of maintaining justice and perfecting one's character.

Modern Karate, as a martial art, was developed by Gichin Funakoshi who, at the age of 90, died in 1957. To him Karate was a way of life.

Gichin Funakoshi began his Karate training in secret. He was introduced to one of the greatest Karate adepts in Okinawa, Master Yasutune Azoto, by the master's own son. At the time, Karate was banned in Okinawa by the government. Funakoshi was thus forced to travel by night



Grant Ogilvie and Dale Weldon are shown practicing their sparring tactics.

and practise by moonlight in Azoto's backyard. Funakoshi, a frail child from birth, upon realizing his health had improved due to training, "began seriously to consider making Karate-do a way of life."

In 1922, Karate was introduced to the Japanese public by Master Funakoshi who was requested to instruct at various universities. As a young man, Funakoshi enjoyed meditating and writing poetry among the pine trees on Mt. Torao. He signed all of his poetry with the pen name

"Shoto," meaning "pine waves." Students who greatly appreciated Master Funakoshi's life time efforts in Karate responded by naming the first true Karate dojo (place of training) the Shotokan; the "house of Shoto."

Today, Karate is by no means restricted to the Japanese. It first spread to America after the Second World War when Master Funakoshi was asked to tour the United States. He brought with him three assistants, one of whom was Masatoshi Nakayama, perhaps his most favoured pupil. Nakayama, presently a ninth degree black belt, is now chief instructor of the Japan Karate Association. Master Nakayama is a director of physical training at Takushoku University in Japan and has been instrumental in developing Karate as a sport. He writes, in his text "Dynamic Karate," of Master Funakoshi's philosophy:

"To the master, Karate was a martial art, but it was also a means of building character. He wrote: "As a mirror's polished surface reflects whatever stands before it

and a quiet valley carries even small sounds, so must the student of Karate render his mind empty of selfishness and wickedness in an effort to react appropriately toward anything he might encounter. This is the meaning of kara, or 'empty', of Karate."

Karate originally was written with the Japanese characters meaning "Chinese Hand." Funakoshi attired the characters to translate into "Empty Hand."

Here at U.N.B., our club, known as the Kenko Karate Club, is an affiliate member of the J.K.A. At present there are about forty members. Our chief instructor, Ray Butler, holds the rank of second degree black belt, is currently training in Japan for a year.

Each September, at the beginning of another school year, there is a large turnout of beginners, sometimes as many as forty new members. People join for a variety of reasons: to stay in shape; make friends; learn self-defence, or to learn to fight. Unfortunately, most people don't realize what training in Karate truly in-

volves. When you enter the dojo you will not be shown ancient secrets of long dead

masters or what nerve to touch in order to make someone fall helplessly to the floor. Shotokan Karate consists of speed and power, agility and body control, and courage gained only through endless practice, stretching, sweating and aching. It is no wonder that out of the forty new members who began in September only seven or eight will still be training at the end of the year, and only one or two, if any, become a black belt. It requires a special kind of person. One who will attempt to learn humility and respect. At the end of each class, following a short period of meditation, students repeat the "Dojo Kun" (rules of the dojo):

- 1) Seek perfection of character.
- 2) Train hard.
- 3) Be faithful.
- 4) Respect others.
- 5) Refrain from violent behavior.

Karate creates no heroes, there is no glory to be had. The battle is a personal one.

"The ultimate goal of Karate is not victory but to know oneself."

Gichen Funakoshi

Kenko
Karate
Club

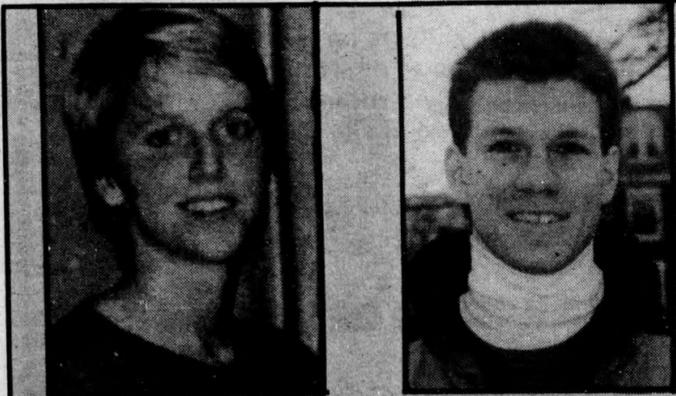
REGISTRATION HOURS

Tuesday 9 to 11
Thursday 9 to 11
Sunday 2 to 4

South

Gym

For more information call:
Grant Ogilvie: 455-9301 or
Dave Weldon: 455-5457



Athlete's of the Week January 5th

Two basketball players were named this weeks athlete's of the week following outstanding tournament play.

Alison Kent, 21, excelled for the Red Bloomers at the McGill invitational tournament scoring a total of 70 points. The feat was achieved against some of the nation's top competition including 16 points against top ranked Laurentian University, 19 against U.B.C., 19 against Alberta and 16 points against Concordia for an average of 17.5 points per game. Coach Claire Mitton was enthusiastic about Kent's performances claiming "that to be consistently good against this calibre of competition was a great achievement."

Andy Hayward, 21, made his mark for the Red Raiders this weekend scoring a total of 70 points which helped them to an 86 - 65 victory over Lakehead University in exhibition play and to an 89 - 83 win over Queens and an 81 - 69 win over Ottawa in the Holiday Classic. Hayward shot for an average of 23.3 points per game scoring 51 percent from the floor and 76 percent from the free throw line. Coach Don Nelson remarked that "it was a pleasure to have a player who is as capable in the classroom (G.P.A. = 3.67) as he is on the court (season average = 17 points per game)."

Sweet Revenge For Devils

by TIM LYNCH

The UNB Red Devils commenced the new year in fine fashion. Last Sunday they captured the St. Thomas Hockey Tournament with a convincing 7-5 victory over the St. Thomas Tommies.

Paul Loggie scored three times for the Red Devils. He

netted his second goal of the game at 7:20 of the final frame to ensure the victory.

The Red Devils, who trailed 4-1 after the first period, scored four times in the second to take a 5-4 lead. By virtue of their 5-2 victory over the St. John Vitos of the New Brunswick Senior Hockey League on Saturday, the Red Devils earned a berth in the championship game. St.

Thomas had previously upended Minto 8-5 to advance to the final.

The Red Devils are currently 4-6, 14 points behind the MacAdam Division - leading Blue Eagles from Moncton. In order to make the playoffs, UNB must finish no worse than second in their division. The Red Devils will be on the road tomorrow to play the Mount Allison Mounties.