

Close but no cigar

by Ray Kelley

In the final analysis, this year's CWUAA wrestling championships will be considered a loss by the three time defending champions. Nothing could be further from the truth.

The Bears were a team of misfits and cripples, eight freshmen, two sophomores and two veteran co-captains. They didn't lose one match that they were supposed to win and won ten that were doubtful. When the final points were in, the Bears were only four points behind the Saskatchewan Huskies (62-58). UBC was third with 45 pts. and Calgary last with 43.

Highly favoured University of Calgary combined bad luck and bad wrestling to push Saskatoon over the top while Alberta's

wrestlers watched the championship slip away.

Scott Tate continued to amaze the western Canada wrestling world. Not only did he pin Mark Jodoin, Lakehead's best wrestler and team captain, but he won his fifth consecutive CWUAA title at three different weight classes (112, 118, 126 lbs.).

Scott was also the recipient of the CWUAA outstanding wrestler, an award he has won two years in a row and three of the past four.

Mark Yurick also won his weight class (167) for the fourth time. His incredible determination with badly injured ribs allowed him to win a stunning, come from behind thriller against Sean O'Heany of Lakehead with only 10 seconds remaining.

Mike Payette, our outstanding rookie this year captured his first CWUAA title at 119 pounds and will hopefully take over where graduating Scott Tate left off.

The Bear's biggest surprise, heavyweight Blake Dermott showed why he failed the Dale Carnegie course. He literally beat up Calgary's Blake Nill for a 10-2 victory and his first CWUAA wrestling title. (Nill had pinned Dermott in their previous 3 matches).

Although Alberta will have only 4 wrestlers representing them at the upcoming CIAU championships, coaches John Barry and Dowbiggan feel optimistic that Payette, Tate, Yurick and Dermott will represent us well.

Bears obliterated

The Golden Bears flew to Victoria over the weekend and lost twice to the No. 1 ranked Victoria Vikings. Nothing ever changes.

On Friday the Bears were absolutely obliterated 107-68.

"We were close at the half but in the second half we turned the ball over and they just ran up the score," coach Brian Heaney commented.

Unfortunately basketball consists of two halves and a team must play consistently for both if they hope to win anything.

High score for the Bears this night was Leon Bynoe with 15 points, Shawn Izzard followed with 12.

The Bears shot an appalling 38% from the floor as compared to the Vikings 54%.

On Saturday the team was, in

coach Heaney's words, "much more competitive."

They still lost.

The Victoria Vikings came up with a 79-66 victory. The Bears did manage, however, to improve their field goal percentage to 43% with Leon Bynoe again coming up the high score with 25 points. This total led all players on the court. Shawn Izzard followed Bynoe's total with 17 of his own.

This coming weekend the Bears take on the Saskatchewan Huskies in Varsity Gym. The Huskies come into this weekend of play the number five ranked team in the country.

The Bears have been playing exciting basketball and these two games should be excellent to watch.

Karate: a consummate exercise for everyone

The University of Alberta Karate Club provides an excellent opportunity for students to encounter the reality of a martial art. Karate is a challenging and demanding art and its popular image as a sport of violence bears little resemblance to the physical, mental and spiritual discipline that is the true essence of karate.

Wado Ryu, which means "way of harmony", is one of the four major styles of Japanese karate and the one practised by the club. The formal techniques of Wado Ryu are based on the teachings of Sensei Otsuka who is Grand Master and founder of the Wado Ryu System. At 91 years of age, Horoneri Otsuka is the only living tenth degree black belt in the world. To date, Sensei Otsuka teaches three hours a day.

Masaru Shintani is the Grand Master of North America and an eighth degree black belt. He has been a student of Sensei Otsuka for the past thirty years and is in his early sixties. He too maintains an active schedule, teaching three hours daily and training on his own. Sensei Shintani's quiet humility and gentle way are the profound qualities of Wado Ryu.

Joseph Paul is the instructor of Wado Ryu at the University. He is a first degree black belt and has been a student of Sensei Shintani for the past seven years. He places emphasis on etiquette and vitality in his teachings of Wado Ryu.

All aspects of self-defence are explored by the club. Since karate instructs a science of movement devoid of strength or size requirements there are no physical limitations to practising karate. It is not power or speed but the "principle of the willow" that makes karate such an effective method of defence. This principle, which derives its name from the willow which bends and sways in the strongest of winds but does not fall, is that of yielding to an opponents strength and using it against him.

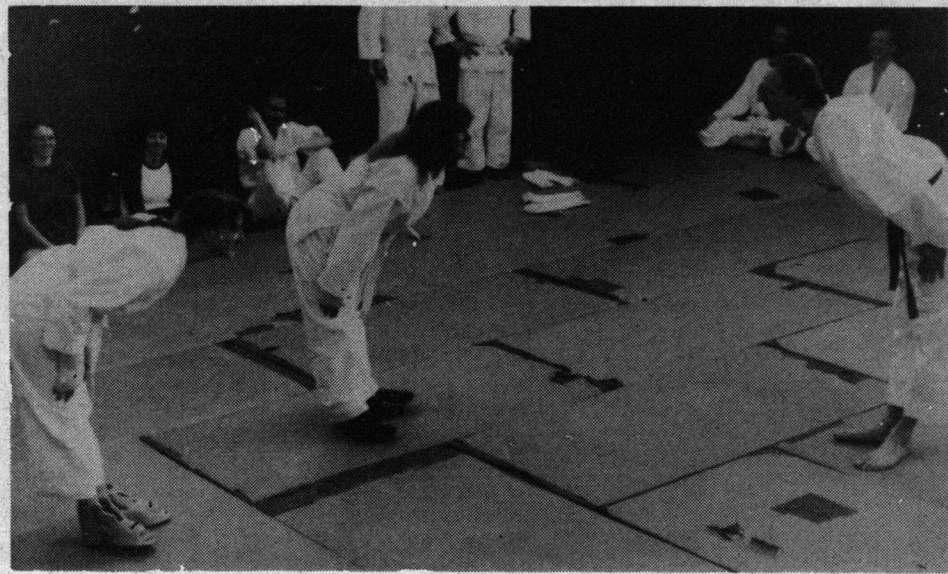
Kata forms the essence of Wado Ryu instruction. Kata and the correct technique of kata have their roots in ancient forms of exercise. The harmony of motion in kata reflects the harmony of mind and body for which the student is striving.

Emphasis in class is based on gaining a thorough grounding in the basic techniques. While working the basic stances, turns, kicks and punches the student works at keeping his mind as calm as a mill pond. This principle of keeping ones mind calm and clear is very important in karate, for it heightens ones sensitivity and improves perception and reaction. The beneficial effects of this extend beyond karate practice as one learns to become more relaxed and perceptive in all daily

activities.

Class begins with meditation based on respiration and its relation to the rhythms of contraction and relaxation. Meditation is followed by a period of stretching. The importance of flexibility in preventing injury, improving performance, and enhancing body tone cannot be over-emphasized. Formal technique follows based on Sensei Otsuka's teachings. The emphasis is constantly on the basics and on maintaining a calm and perceptive state of mind.

Classes are held every Thursday (2:00 - 4:00); Friday (6:00 - 8:00) and Sunday (1:30 - 5:00) in the Fencing studio located in the main athletics building. For more information please do not hesitate to call 437-3965.



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Athlete of the Week

SCOTT TATE
Golden Bears Wrestling



This week's Boston Pizza Athlete of the Week is Scott Tate, a fifth year member of the Golden Bears Wrestling Team. At the 1982 CWAU Wrestling Championships held at UBC in Vancouver this past weekend Tate won the 57 kg. weight class championship. This victory gave Tate his fifth consecutive Canada West championship. In his five year career with the Bears Tate has been named the outstanding wrestler at the CWUAA Championships, winning the Beaumont Trophy three times.

Scott will now begin preparations for the CIAU National Championships to be held in Regina on Feb. 26-27. For his outstanding achievement this past weekend Boston Pizza is pleased to announce Scott Tate as the University of Alberta's Outstanding Athlete of the Week.

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