

# Martial arts classes open

by Alexia Barnes  
and Kevin Moore

"Martial Art". An aquired skill pertaining or suited to war. A useful defination? In some cases, yes. Regardless of what system or style, it is definately a skill taking much time to aquire.

For war? Well, for self-defense would probably be more appropriate. Except that many styles are practised as art forms with self-defense and physical conditioning coming second.

Then there's those styles that have been so modified as to become sports that they hold little self-defense methods although are perfect for good health.

Regardless of the reason, martial art have picked up much publicity and students. These students, having worked in a style for a period of time will not likely change. For that reason, this article is written not for them but for that large number thinking of starting in on something new.

Books? Forget it. Instruction is necessary if you want to lear properly.

Books have their place. To the novice who worries about remembering a name, then a book will help localize that knowledge. Even your sensi will agree that Kuzure-Kamishihogatame takes a whole to learn. In any case, all names seem to come natural with little or no reading. Of course, such as many things, it has become popularized. There are few stores in the Halifax/Dartmouth area that don't carry a series by a very popular author, who'll remain anonymous, because Tegner wouldn't like it if he knew that most speak negatively of his books.

In some cases, a book means only to be general (eg. **Asian Fighting Arts**, Drager & Smith), and results in interesting reading while others hold some characteristic that also makes them worth reading. Such is **The Complete Kano Jiu-Jitsu (Judo)** by Hancock and Higashi, a re-issued version of a 1905 publication showing great differences between the styles of then and now.

But reading, although a useful function of a person's training, is second to actual instruction. Remember that a good instructor does not have to be a good showman and vice versa. Most styles will lead you to approximately the same end if your sensi is good. If poor, you'll be led nowhere.

Following in alphabetical order are the nine alternatives that one has to chose from in the Metro Area. Look around. Visit each dojo and talk to the students and sensi about their style. Make sure that you find which suits you best.

Final warning; and it is meant as such. Women, although on the whole you have nothing to worry about with fellow dojo students,

watch out. You'll find THEM everywhere, even here. (Read "Fighting Woman's Column" in September, 1974 issue of **Black Belt**.)

## Boxing

Rumors going around that classes will be available. I was put onto G. Taylor (454-1064) but no information was available at present time.

## Judo

Taught almost everywhere. Halifax YMCA probably has the greatest variety of classes and Dalhousie has its own team and classes. Stadacona; Bedford, Rockingham, and Dartmouth YMCA's; St. Mary's University, etc. Check at that particular institution that interests you for details.

## Jiu-Jitsu

Offered only on Tuesday nights at the Halifax YMCA. There are woman's beginning men, and advanced men's classes.

Sensi: Austin Murray

## Karate Chito-Ryu

The Atlantic Karate Club. Main dojo is in the Industrial building at the Halifax Forum. Second location at Hawthorn School, Dartmouth. Classes held for beginners and colored belts at

various times on week-days. Check for details. 454-1155. Sensi: John Shaw

**Karate Shorinjiryu Kenkohan** Dalhousie University. Check with the Physical Education Department for details as days and times not finalized at press time.

Sensi: Dr. R. Adamec

## Karate Tae Kwon Do

Kim's School of Tae Kwon Do, 1585 Barrington Street, Halifax. 423-8401. Classes again are held at various times throughout the week and information is available at the dojo.

## Karate Uechi-Ryu

Jim Maloney's Karate Do, 5238 George Street, Halifax. 425-5231. Beginners and advanced belt classes held week-days and Sunday. Information available at dojo.

## Karate Wado-Kai

St. Mary's University. Same hassal as at Dal. Nothing finalized at press time.

Sensi: Dominique Tremblay

## Wrestling

Offered at Dalhousie, St. Mary's, and Halifax YMCA as well as most high schools and a few other locations. Check with that institution that interests you for details.

Any omission are accidental.

## Fencing's started too

Dalhousie Fencing Club is a new and active club on campus. It was formed two years ago through the efforts of D. Ray Pierce, who is now President of the Nova Scotia Fencing Association. At the moment the Dalhousie club boasts a membership of more than fifty people, a large percentage of whom are female.

This summer Nova Scotia sent a congeigent of nine fencers to the Canadian National Championships in Toronto. These athletes included D. Ray Pierce, David Green, Barbra Daniel, Peter Brand, Paul Donovan, Denise Mullen, Alan Finlay, Mark Billard, and Paul LeDaire.

Paul Donovan placed highest amongst all Nova Scotia fencers being among the top twelve in Junior Olympic Men's foil. Peter Brand, presently New England Champion also scored well, and hard working Dave Green, President of the Dalhousie Club was a third bright light.

Dispite misconception fencing is a difficult and strenuous sport.

In order to prepare for tournaments members run three miles a day, stretch every day, spend several hours a week doing reflex exersives, and go through greuling repetitive techniques being sure to train every muscle to the limit.

But there is another side of fencing and that is going to the Dal Lower Gym every Tuesday at 9:30, Thursday at 7:00, and Saturday at 2:30 for recreation. You may go there and learn the fine art of fencing while gaing restful and beneficial exercise. Members enter the local tournaments and good trips and much fun is had by all.

Despite the large membership, new members are always welcome and the Dalhousie Fencing Club hopes to see you in the gym brandishing your sword sometime in the near future.

## Tigerettes Dump Memorial

by Catherine J. Campbell

"Dal looked sharp—everything clicked," was the comment from **FIELD HOCKEY** coach **NANCY BUZZELL** as the tigerettes defeated Memorial in 2 straight games in Newfoundland last weekend.

The score of the first game was a 1-1 tie until Dal won on a corner count (2-0) after overtime and sudden death play. Centerforward, **HELEN CASTONGUAY**, scored for Dal, and **Kathy O'Brien** for

the losing squad. This game was dominated by the Tigerettes, with Ms. Castonguay scoring three other goals, disallowed due to a "stick" violation.

In the second game, inner, **HEATHER SHUTE** came through with the big one to bring Dal to a 1-0 win. Goalie, **KATIE BELMORE DIDKOWSKI** registered the shutout for the Tigerettes.

Let's go tigerettes  
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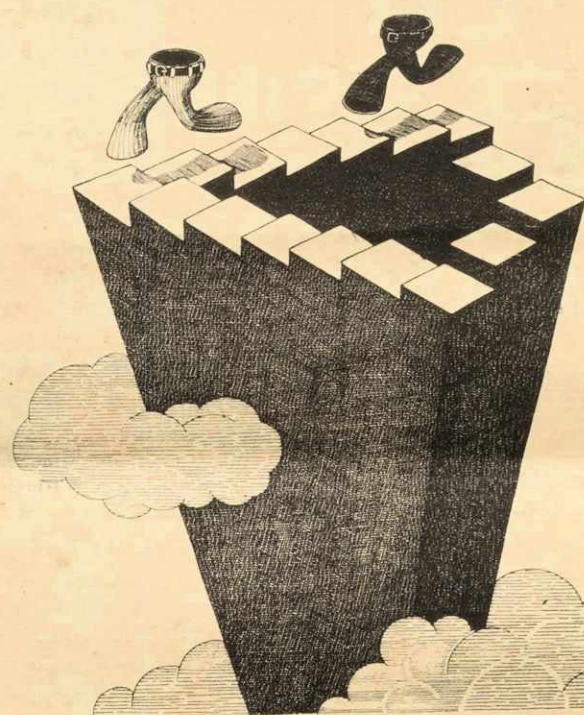
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