

Wen-Do self defence program at UNB

Press Release

Convincing women that they are capable of defending themselves is the one of the biggest obstacle in teaching self-defense.

But one unique course has a very high success rate at doing just that. The course is called Wen-Do.

Wen-Do is a Toronto-based self-defense course with a strict woman-only policy. The course is being brought in by the UNB Student Wimmen's Collective the weekend of Oct. 31 and Nov. 1.

"Last year when we brought the course, none of the women believed me when I told them that in 48 hours they would be breaking a board with their bare hands," says organizer Valerie Kilfoil. "But at the end of the second day every woman in the course broke a 10 by 10 inch and one inch thick board with her bare hand."

Kilfoil says she didn't believe she could break one board with her bare hands the first time she took the course in Toronto. "Actually, I missed the first day of the two-day course. So, I was

really shocked when I broke the board. All I remember is the instructor telling me to tap into my inner strength and the next thing I knew the board was lying in two pieces on the floor."

Kilfoil says the main difference between Wen-Do and other self-defense courses is that Wen-Do was designed specifically for women and is taught by women only.

"People often forget how important the psychological aspect of self-defense can be. If a woman really doesn't believe she can protect herself, then all the techniques in the world aren't going to help her," says Kilfoil. "Wen-Do puts as much emphasis on the psychological aspect as it does the techniques."

Kilfoil says she's taken other self-defense courses as well as Wen-Do, but found them lacking.

"In one course, the male instructor told a female student that, according to studies he read in textbooks, that it was impossible to be raped in the position she described, even though she said she would have been if someone hadn't entered

the room at that moment. I found his attitude totally appalling.

"In another course I took, the techniques and situations described were just not ones that women usually find themselves in. Women normally don't get into barroom brawls," says Kilfoil.

The Wen-Do course is designed to be taught as a 15 hour seminar - either during a weekend or over a five week period. Since there are no qualified instructors in New Brunswick, the Wimmen's Collective is flying in an instructor from Toronto for the weekend of Oct. 31-Nov. 1.

Kilfoil says the techniques that are taught are very simple and very effective. "Some of them are so common sense that you wonder why you never thought of it before," says Kilfoil.

The course is also designed to allow women time to talk about things that may have happened to them. It also attempts to break down myths and stereotypes.

For example, Kilfoil says, one common defense myth that women are told is to kick a guy

in the groin. In reality, there are much more painful areas where a woman can kick that will disable the guy longer and give a woman more time to get away, says Kilfoil.

"There are two problems with aiming for the groin. One is that the guy expects it and two, often a woman will put herself off balance if she goes for the groin," says Kilfoil.

Kilfoil says other techniques are as basic as learning to make a proper fist.

"I would bet that if the women reading this article right now tried to make a fist, the majority of them wouldn't know how to do it properly," says Kilfoil. "Women are not socialized to be aggressive so we often don't even know the most basic techniques for fighting back. And, when you see statistics like one out of three

women will be raped, it is becoming painfully obvious that we have to learn to protect ourselves."

Kilfoil says there are other techniques taught that women are asked not to talk about outside of class. "Unfortunately, with the increasing amount of violence against women, it can be a matter of life or death for some women, and Wen-Do also deals with these situations."

The Wen-Do course will be held from 9:30 a.m. to 5 p.m. on Oct. 31 and Nov. 1 on the UNB campus.

Registration for Wen-Do will be held Oct. 5 from 12:20 to 1:30 in Room 103 of the Student Union Building. The cost is \$35 for students and space is limited. If you cannot register at that time, call 457-4456.

Capital Film Society screenings

Press Release

The Capital Film Society will be screening two films on October 5th and October 6th.

The showings will be held at the Saint Anne Community Centre. The October 5th showing will be "Buried On Sunday" in its first screening since the Atlantic Film Festival.

The film, starring Maury Chaykin, Paul Gross, Denise Virieux, Henry Czung, Jeff Yeder and Tommy Sexton, was directed by Paul Donovan.

This political comedy takes place on a fictitious island which secedes from Canada and becomes the world's newest nuclear power. The inhabitants of the mythical island of Solomon Gundy announce their independence following the federal government's suspension of their fishing rights. During the process of separating from Nova Scotia and Canada, the island declares itself a tax-free state and a military nuclear power, thanks to a disabled Russian nuclear submarine equipped with cruise missiles, recently abandoned in their harbor.

The second film to be shown is entitled "Léolo". The show, which is French with English subtitles. "Léolo" is directed by Jean-Claude Langon and stars Maxime Colin, Ginette Reno, Julien Guiovan, Pierre

Bourgault, Giuditta del Vecchio, Denys Arcand and Roland Blouin.

This is the films first showing in English Canada.

Alone in the middle of the night, the child Léolo opens his chest of memories. With candour, he inscribes his observations on the ways of the world in a little notebook. His memories speak of the tenements of East Montreal, of laundry on clotheslines swaying gently in the fumes, of a nearby factory, and of a family plagued by madness. In his dream world, Léolo has a notion he is indeed born of the sun, or maybe of a tomato carrying the sperm of a mischievous Sicilian peasant. Day to day, he lives among strangers: a father who is obsessed with the health of the family's bowels, a brother whose obsessive body-building barely hides his fear of people, two sisters who spend more and more time together in the psychiatric ward, and a grandfather who is held responsible for the genetic failure of the whole family. Only Léolo's mother is sane, a sweetly mountainous figure sailing onward through troubled waters.

Shows will start at 8:00 each evening. Admission is \$3.00 for members and \$5.00 for non members. Student memberships for a year cost \$18.00.



Andrea Hunter, Shawn Pleunis, Jeff Czopor, Jon Dickinson and Tim Sears are all AIESECers who were involved in the group's annual Career Days September 23. Kevin G. Porter photo.

AIESEC holds annual Career Day

by Jeff Czopor

Career Day, the annual job finding event presented by AIESEC UNB, once again welcomed companies to set up booths in the blue room in order to inform students about their companies.

Shawn Pleunis, Career Day Coordinator, was proud to announce some of the following companies for the event: NB Power Corp., NB Tel, Dept. of External Affairs, Northern Telecom and Bell Northern, Summit Investment, and Revenue Canada Taxation, etc. Even the Faculty of Business Administration made an appearance to further the student's knowledge on the MBA Society and program.

As predicted, Career Day was successful in creating a communication between the student body and the business community. Personal handshakes, business cards and phone numbers all are beneficial to enthusiastic students looking for jobs. As well, businesses are made more aware of the calibre of students at UNB. Needless to say, many companies were impressed with the professionalism of the students in general.

Although times are tough, and the recession is on everyone's mind, jobs are still available. Career Day demonstrates that there still is hope for students to find good jobs—even amidst bad times.

Eighteenth Annual Coaster Derby

by Kayleigh Freeman

The eighteenth annual Coaster Derby will be held this Saturday, October 3rd at 11:00am.

The derby, which is part of UNB's Engineering Week, is sponsored by the EUS, the Student Society of Mechanical Engineers and O'Leary Pontiac Buick GMC Ltd.

Jeff Gallant, who is co-chair of the organizing committee with Rod Greene, explains that the event, which will host around a dozen participants, is open to anyone in any faculty. He says this year they anticipate entrants from UNB, UNBSJ, St. Johns Tech, and perhaps TUNS, the Technical University of Nova Scotia.

The cars are powered by gravity. Construction costs range from \$50 to \$100. Prize money, which can help to cover the participants' building costs is contributed by the EUS and the sponsoring dealership.

The course of the race is the same as in the past: cars begin at The Aitken Centre and end up at the Lady Beaverbrook Gym.

NOTICE



Students intending to apply for entrance to medical and dental schools are requested to make appointments for the purpose of having the personal interview which is required for admission. Interviews will begin as soon as possible.

Please apply at Rm. 109, Physics & Administration Building Office of the Dean of Science

DR. M.C. SEARS, ASSISTANT DEAN OF SCIENCE