

# RMC pummelled twice in the same day

By MANOJ PRAJAPAT

The York Yeomen rugby team, not missing a beat from last season, demolished RMC 52-3 in a pre-season game Saturday. York's second team also won convincingly, as they out-pointed RMC's second squad 24-8.

Yeomen coach Mike Dinning, now in the 10th year, likes what he sees.

"I'm very pleased with the team this year," said Dinning. "We're looking pretty solid."

The Yeomen are perennial power-

house in the OUAA. Last season, the team went undefeated on its way to the OUAA championship. (There is no CIAU championship for rugby.) Dinning attributes York's success to its excellent rugby program.

"We just have good players and that's because we have a great program here," Dinning said, noting "players are attracted to York by our reputation."

Two such players are rookies Scott Switzer, an inside centre and wing Spencer Robinson. Switzer did

not play in last weekend's game as he is also a member of Canada's national junior team.

The addition of Switzer and Robinson to an existing veteran squad leaves York as the team to beat this season. Especially when considering that there will be no major defections from last season's team.

"We're going to be a mostly veteran team," Dinning said. "Pretty much the entire nucleus is returning. I'm really looking forward to this season."

## York Aikido club offers self-defense with a difference

By EDO VAN BELKOM

Martial Arts in recent years has been given a great deal of exposure through film and television. Bruce Lee and Chuck Norris made small

fortunes portraying ultimate masters of Kung-fu. While this kind of showmanship is great for Hollywood entertainment it doesn't do justice to other moderate and less

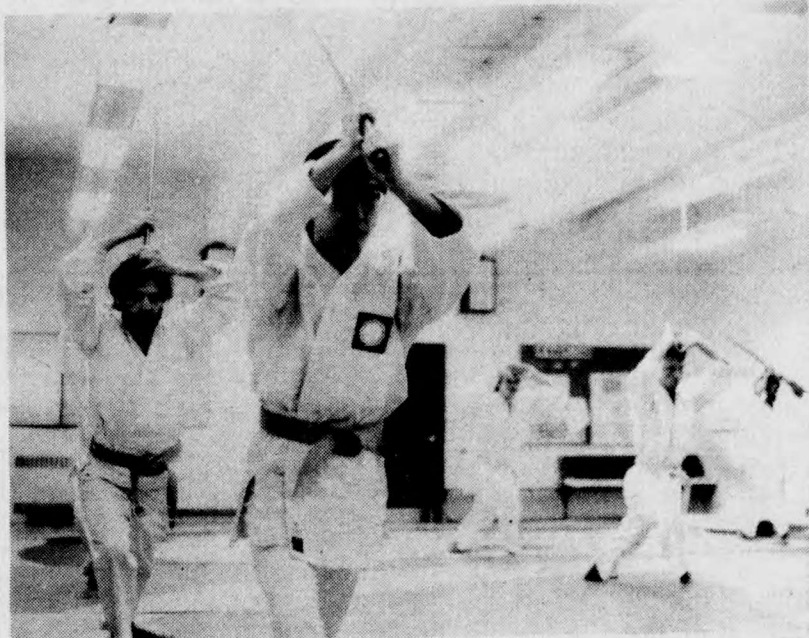
known branches of the martial arts.

Aikido is one such discipline that combines physical fitness, mental growth and harmony with specific techniques for self-defense. It is also a discipline that is not only applied while in uniform but must be applied in the individual's everyday life.

The philosophy of Aikido, according to the York Aikido Club instructor Alfred Choi, is of equal, if not more importance than its techniques of self-defense. "In maintaining harmony in his heart and with his partners in Aikido training, the student is taking a big step forward towards achieving harmony in his family, work and society."

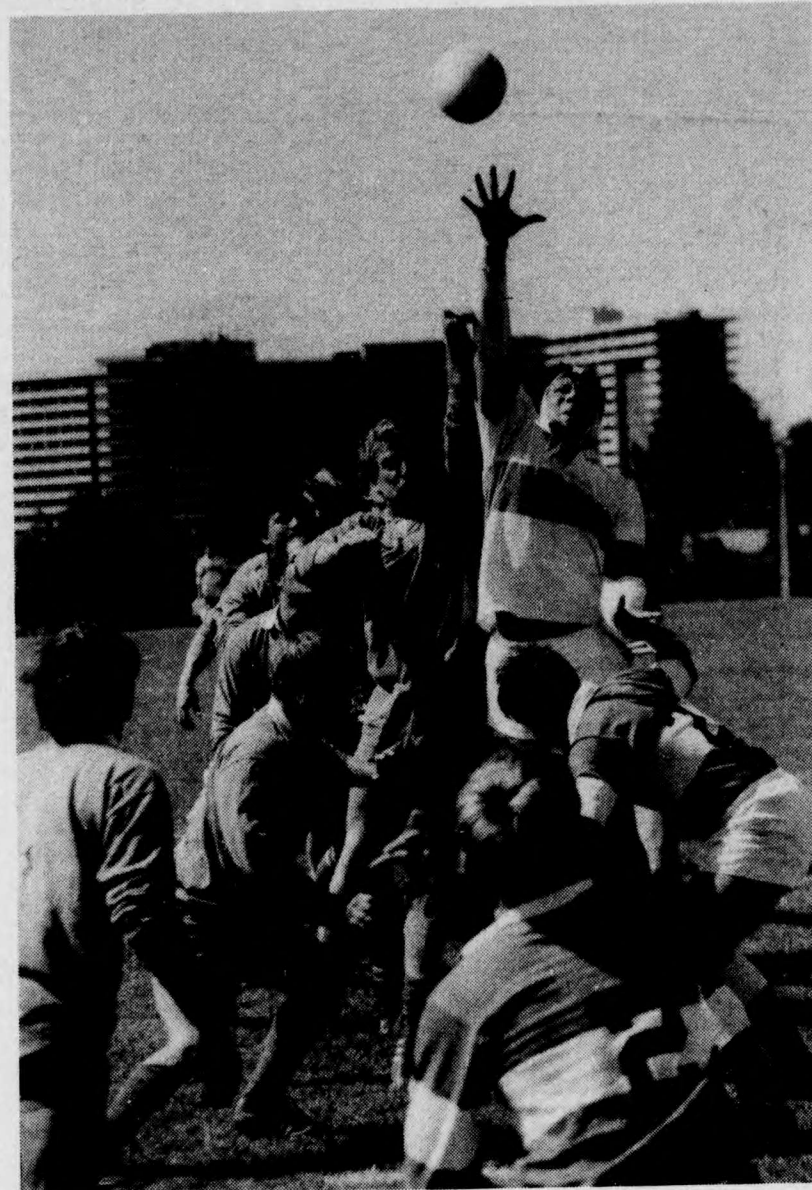
Aikido is not a crash course in self-defense; it is non-competitive. There are no champions. It is also non-aggressive—Aikido is used for physical defense only as a last resort.

It might have become obvious while reading this that there is far more to the discipline than can be communicated here—so for any interested parties, there will be an open demonstration of Aikido training September 19 at 1:00 p.m. in the Judo room of the Tait building.



ROBERTA DI MAIO

**AIKIDO:** The members of York's Aikido club meet in the Judo room of the Tait. A demonstration of the art will be put on today at 1 p.m.



ROBERTA DI MAIO

**UP FOR GRABS:** RMC has the upper hand in this photo, but that was the extent of RMC's dominance. York's A team whipped the Redmen 52-3. The B team also did well, winning 24-8.

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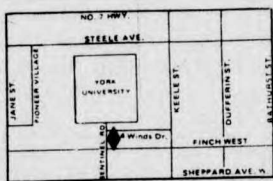


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- Her pregnancy test came back negative?
- Someone is tickling her?
- She's going to the JSF fall dance, September 28?
- All of the above?

If you said "D" you're right! (If you answered "E" ... we're surprised at you! A nice Jewish girl like Mona?)

Tickets on sale now: **\$4 in advance**  
**\$5 at the door**

**September 28, Winters College**  
**Jewish Standard Time - 8:30 p.m.**

For more info call the Jewish Student Federation 667-3647/3648