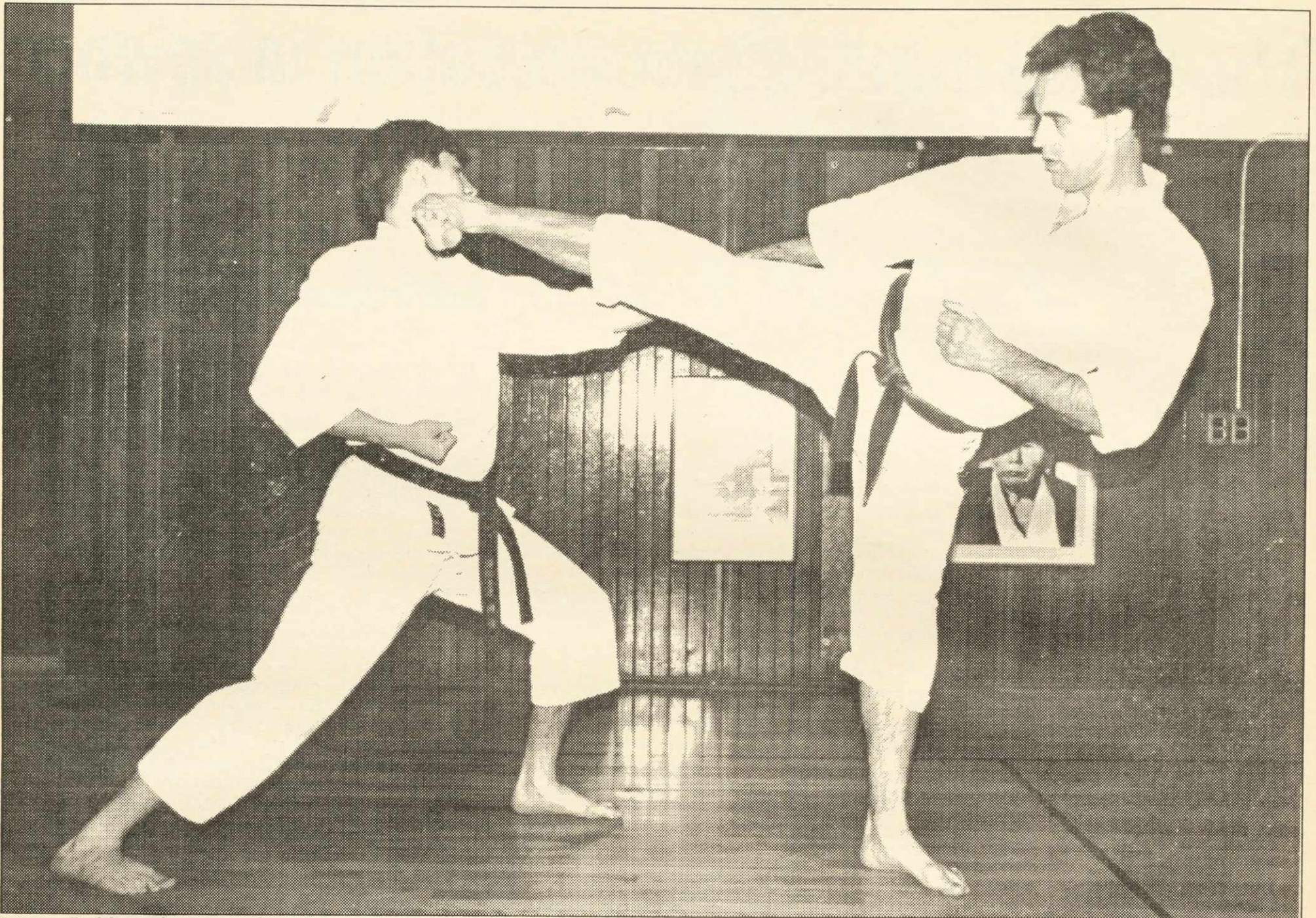


sports



Instructor Paul Gareau demonstrates a karate kick on student Steve Tan.

PHOTO: FRANK MACÉACHERN

It's more than just a boot to the head

It wasn't long before Selina Tejani dropped the more contemplative nature of yoga for karate this year.

"I dropped out after the first two lessons. It was just too calm and peaceful and I just ended worrying more about more homework."

Tejani is one of the many new and

older Dalhousie students who joined the Dalhousie University Karate club.

Now 12 years old, the club is dedicated to the promotion of Karate-do—Way of the Empty Hand—as founded by Master Gichin Funakoshi.

Tony Tam, a Dal alumnus, is Chief Instructor. He's a fourth-degree black

belt who's taught Shotokan Karate for more than 20 years. Danny Tam, another alumnus, is the assistant chief instructor.

Shotokan Karate has its origins in Okinawa, a tiny island off the coast of Japan.

It was practiced secretly for genera-

tions until the early 1900's, when a young poet and elementary school teacher from the island sought to bring an old martial art form—known as Okinawa-te—to the outside world.

In 1922, master Gichin Funakoshi traveled from Okinawa to Japan proper to demonstrate this martial art to Ja-

pan's Emperor and the Royal Court.

Even though she's just studied karate since she came to Dalhousie in September, Tejani is hooked on it.

"They teach more or less how to be focussed and how to concentrate. I find that they teach you that karate is a way of life."

Three swimmers qualify for nationals

by John Yip

The weekend at Dalplex was a-buzzing with activity.

Upstairs in the gym, Christmas goes shopping quietly at the craft fair while down below, three Dalhousie Tigers swimmers qualified for the CIAUs at an explosive meeting between the Tigers and the Halifax Trojans Aquatic club.

The national university championships will be held in Victoria in March.

Ian Jackson, Carla McDougall and Sarah Woodworth qualified at the meet Saturday which pitted some of the top

Atlantic University Athletic Association swimmers with Canada's premiere age-group swimmers.

The competition was used as a final opportunity to race before exams and gave all the swimmers a gauge of where they stand at this point in the season.

On the women's side, Woodworth went under the CIAU qualifying time of 5:12.77 in the 400 individual medley. Woodworth's time clocked at 5:07.44 was far beneath the standard and showed Woodworth's outstanding level of fitness. The second-year math major, a former Canada Games synchro

team star, swam competitively in the summer swim league at the Waegwoltz Club.

Under the tutelage of Tiger alumnus, Louis Beaubien, Sarah excelled in the league, winning several titles.

After graduating from Queen Elizabeth High here in Halifax in 1992, Woodworth made the Tiger varsity swim team. Her first year at Dal showed her potential as she qualified for the CIAU championships in Toronto and captured the team's Most Improved Swimmer.

Teammate Carla McDougall joined Woodworth by qualifying for the CIAU championships in the 100m breaststroke.

Paced by a strong Trojan swimmer, McDougall swam a strong last 50 metres to touch at 1:17.32 - 1.1 seconds underneath the standard.

Captain McDougall attributes her early season accomplishment to her long season.

"Last year my season began in September and ended in August of this year. I swam through the AUAs, CIAU championship, the Canada

Games Trials and the Games itself in Kamloops, BC. The intensive training during this prolonged period of time prepared me for the upcoming AUAA swimming season."

Other highlights were Cheryl Woodman and Donna Phelan's races in the 50m free. Woodman's time of 28:01 narrowly missed the standard by 6/100ths of a second. Phelan too, missed the mark by the slimmest of margins. However, both Woodman and Phelan joined Alex Howard and

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Dalhousie Athletes of the Week

* JENNIFER CLARK *

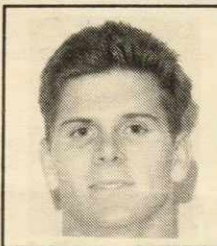


WBB: 1 Win - 1 Loss

Player of the Game
* two time recipient

Nov. 22 - 29

* CHRIS SCHWARZ *



MVB: 2 wins

Player of the Game
* 32 kills, 4 st. blk

Follow the Tigers

Quote of the Week

"Not a lot to say today. Just about everything that could go wrong...did."

—The almost speechless men's basketball coach Bev Greenlaw after the 89-62 drubbing at the hands of Saint Mary's last Sunday.
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