

# sports and recreation

Strength not a major factor

## Getting a kick out of York

By Kim Llewellyn

"It is untrue that once you learn a martial art you can go down the street and beat up anybody you want," says Bob Morrison, Karate instructor here at York.

"Of course anybody who reaches the level of black belt should be able to handle himself but it is strictly up to the individual how he fares."

In York's three martial arts courses—Karate, Judo and Aikido—the emphasis is on self-defence and fitness.

"Strength is not a major factor in these courses," says Morrison.

"Lack of strength would not stop anyone from getting a black belt because it is an art form rather than muscle building activity. Women can get them just as easily as men."

Starting September 27 Women's Self Defence joins Judo, Aikido and Karate as a fourth self-defence course available to the university community.

Paul Johnston, the instructor of the course, has designed this course after years of experience in the field of martial arts. The course is set up as a series of simple self-defence movements which are easily learned and can be effectively employed.

According to Johnston the Japanese systems of martial arts are very difficult to learn in terms of time necessary to become effective.

In the Women's Self-Defence program Johnston is prepared to offer an alternative to the discipline and time involved in the Judo, Karate, or Aikido.

Johnston is a second degree black belt in Judo and a first degree black belt in Jujitsu. He began teaching Judo in 1963 and spent five years in Barbados where he founded the Barbados Judo Institute and trained the Barbados Police Force and the St. Vincent Police Force in self defence.

The Women's Self-Defence

course at York, consisting of 10 one hour lessons at \$15, is oriented toward the beginner.

Classes are Tuesdays and Thursdays, 4 to 5:30. Course 1 runs from September 27 to October 27. Course 2 runs from November 1 to December 1. All classes will be held in the wrestling room in Tait McKenzie.

This is the seventh season Judo has been offered at York. All levels of instruction can be obtained in this class.

"Judo involves timing, balance, and throwing techniques," says Ron Muirhead, instructor of the course. "It is a sport which involves complete body contact. I like it because it involves so many different sports and can be practised to its fullest extent."

Muirhead began training in 1959. He now has his third degree black belt and is a member of the Ontario Judo team. In 1972 he came fourth in the Canadian Judo Championships.

York hosts an annual Judo tournament in which various Ontario universities compete. York has always done well in this tournament, usually placing among the top three. Although Judo is not sanctioned by the Ontario University Athletic Association the majority of Ontario universities compete in this tournament.

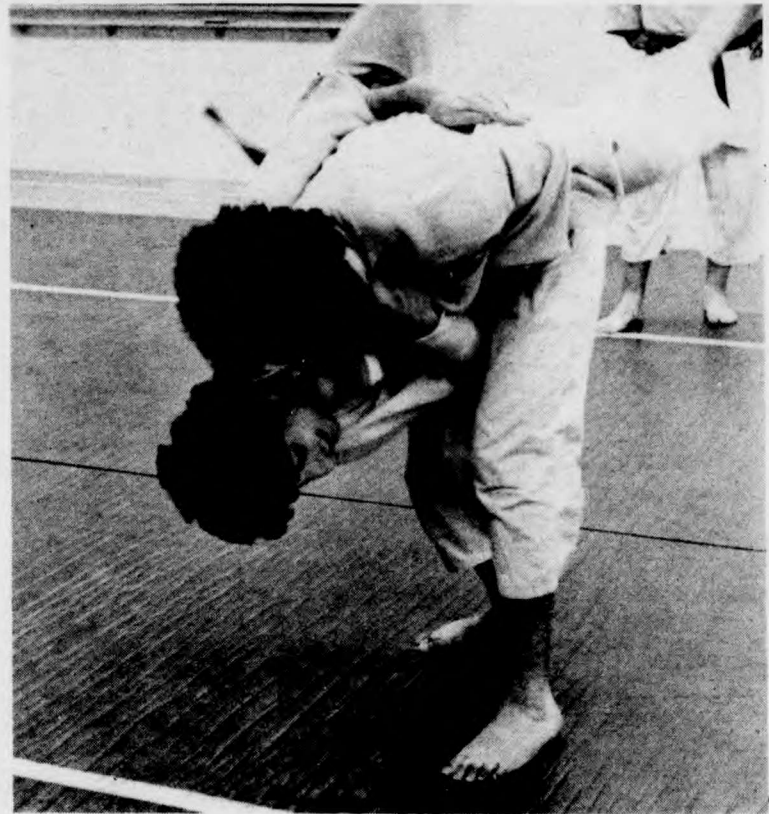
Judo is 7:30 to 9 pm on Mondays starting September 19 and on Wednesdays starting September 22. Other courses start in January. Cost is \$10.

According to Morrison the difference between Karate and Judo is like the difference between boxing and wrestling.

"Karate is involved with punching, blocking and kicking, Judo is more throwing," he says. "Which you choose is a matter of personal preference."

Morrison has trained since 1963 and holds the second degree black belt in Karate. He has taught the Karate program at York since 1968 and has taken several students up to the brown and black belt levels.

Morrison operates out of the Higashi club at 832 Eglinton Ave. E. Those who begin their training at York can continue training down at the main club.



Gakeshi Kameda demonstrates Aikido technique to student.

Frank Giorno photo

According to Kameda Aikido is a martial art for people who do not have a great deal of strength, the strength to deal a significant blow or throw an opponent.

"It is based on the principle of trying to use your opponent's power plus your own against him," he says.

Kameda advises those taking the Aikido course to participate twice a week. On Saturdays from 1 to 2:30 pm he offers a third class in Aikido at 131 Queen St. E. for those who are interested.

Aikido classes are Mondays and Wednesdays from 1 to 2 pm starting September 19. A second course begins January 16. Fee is \$15.

For more information concerning any of these courses contact Lois O'Grady at 667-2351.

Karate is offered in the wrestling room on Wednesdays from 8 to 9:30 pm and Sundays from 10:30 am to 12 noon. Classes start September 21 and 24 respectively. Fee is \$10.

Aikido instructor Gakeshi Kameda considers Aikido unique as compared to any other martial art in that Aikido is not a competitive sport. It is strictly for self defence.

"Karate and Judo are both sports for competition," says Kameda. "Aikido is too hard to put into the competitive system because it is designed to attack the most vulnerable parts of the opponent's body."

Kameda has been teaching Aikido in North America since he left Japan in 1964. He holds 5th degree black belt, the highest level of achievement in Aikido in Canada.

## York volleyballers have eye on Florida

By Bruce Gates

Last Tuesday the Yeomen volleyball team hosted a volleyball clinic for 150 high school coaches and players from various areas of Toronto.

The evening was divided into three parts: skill progression, common errors and drills; how to make practises interesting and challenging; and team play for winning volleyball.

The idea for the clinic came during the summer when volleyball coach, Wally Dyba, talked to students who felt there was a need for a clinic to help high school coaches develop extra coaching skills.

"It generated interest in our volleyball program," Dyba said of the clinic, "And it looks like we might get a few recruits for our team out of this."

Admission to the clinic was \$3 per head.

"We're going to put the money we raised back into our volleyball program and also toward a trip to Florida we have planned for this Christmas."

The Florida trip is designed as a winter training program but Dyba hopes to line up some games while the team is there.

The team will also play beach volleyball during the trip, a popular sport in southern California and Florida.

This was the first year York held the volleyball clinic and Dyba hopes to expand it next year to include a players' clinic also.

This Sunday the Yeomen enter a qualifying volleyball tournament which will involve 14 other teams from the Ontario Volleyball Association. The top teams will qualify for league play and Dyba is

optimistic about York's chances.

"We should finish in the top half because we have a pretty good team this year," he said.

York's regular season starts November 18 when the Yeomen play Laurentian.



### Upcoming Events

#### Friday September 23:

Soccer, York at Guelph, 8 pm  
Field Hockey, Dalhousie at York, 12 noon

#### Saturday September 24:

Cross Country, Royal Military College Invitational, 2 pm  
Football, York at Windsor, 2 pm  
Rugby, York at Western, 2 pm  
Tennis, Queen's Invitational

#### Sunday September 25:

Soccer, York at Laurentian, 2 pm

Wednesday, September 28,  
Soccer, McMaster at York, 4 pm

## Dave Chambers takes year off to assist Italian hockey team

Dave Chambers, coach of the York Yeomen hockey team, has taken a sabbatical leave from York for a year to act as consultant to the Italian Ice Hockey Federation in Italy.

John Marshall, assistant coach of the Yeomen for the past three years, will assume duties as head coach of the varsity squad for the 1977-78 season.

During his sabbatical leave Chambers is assisting in the preparation of the Italian team for the 1978 World Hockey Championship. He is currently living and working near the city of Cortina d'Ampezzo.

Chambers has coached the York hockey team for five years. For four years straight he has brought the team to the OUAA (Ontario University Athletic Association) Championships only to lose the title in the final match. Last year the team lost only three games and for most of the season was ranked number one in the country.

Chambers was named the OUAA Eastern division "coach of the year" in 1977.

"He is obviously a great coach," says Marshall, "It's tough to lose



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him."

Marshall himself is a veteran in college hockey. He completed four years with Guelph University and one year with the York Yeomen. Marshall's early hockey career was spent with the Toronto Marlies.

Later he was drafted by the Philadelphia Minors where he played for a year. Besides his years in competition Marshall coached

Junior A hockey in Guelph before coming to York.

According to Marshall the Yeomen look like they will have another competitive season.

"The season should be tough initially because we have some new players," he says, "How well we'll do depends on how well they adapt but we should be looking strong around Christmas."