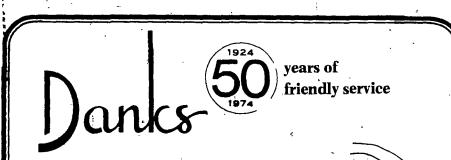




Photos by Stephan Gerhart

Karate—more than self-defense

SELF-DISCIPLINE IS the guiding principle of karate, as shown in meditation (top) before the workout, At bottom, Ron Avellino (left) and Bob Nyahy - both blackbelts - practice.



By STEPHEN GERHART Collegian Staff Writer

Three nights a week the walls are shaking and the sweat is pouring in 106 White Building, and the people who are in the middle of it all, love it. The Penn State Karate Club meets there on

Tuesday, Thursday and Sunday nights. The shaking of the walls may be due to the ki-ays yells) shouted by the karatekas (students ofkarate) or perhaps by the rhythm of the flying fists, feet, and even the trembling of the knees.

'The Penn State Karate Club is affiliated with the American Okinawan Karate Association, and the style practiced is the Okinawan Isshinryu," said President Steven Briggs.

Throughout the two and a half, hour training session, Japanese terms are used.

"Ki-Ay means yell," explained George Mowod, blackbelt and head instructor. "It serves several purposes. It gives confidence to the fighter while it tightens his abdominal muscles, and if it does not scare the opponent at least it will make him flinch and pose as a more vulnerable target.

The training hall is the Dojo, and the karatekas must bow (rei) upon entering to pay respect to the hall, to the superiors, and to their fellow karatekas.

After the initial bow a different world is entered. For the duration of the training session the karateka gives up his or her personality and must subjugate his or her will to that of the instructors.

"Karate is a good form of self-discipline," said Briggs.

"If the person takes time to learn the basics, he learns how to control his body and mind," Briggs added

Self-discipline and respect toward the superiors

and toward one another is the bisic philosophy of karate.

All training sessions start and end with a traditional ceremony, during which the karatekas pay homage to their instructors, recite the Isshinryu Karate Code, the Training Hall Oath, and meditate

Part of the oath reads, "The time to strike is when the opportunity presents itself ... with true vigor we will seek to cultivate the spirit of self-denial. We will observe the rules of courtesy, respect our superiors, and refrain from violence.

Becky Houser, a secretary, who joined the club nine months ago, is a proud owner of the orange belt

"I took it for self-defense and someone bet me that I wouldn't stick with it ... I won the bet," said Houser. "I love the tough discipline. I know that if I get pushed I will achieve more. At times I get angry at the instructors but this only makes me work harder."

"The Isshinryu style was developed by Tatsuo Shimabuku of Okinawa, who studied the many different styles of karate and is also an expert in Kung Fu," said Mowod.

Mowod began to study karate at the age of 13 and two years later was the holder of the black belt. "A hard working person can reach the rank of blackbelt in two years," he said.

"Karate can serve many purposes, it is good to know for self-defense. The karateka will become a well coordinated self-confident person," said Mowod. "Contrary to general belief, females can be just as successful in karate as males. They may even have an advantage over the males in the suppleness of their body," added Mowod.

Sharon Biddle, club treasurer, said, "A selfdefense course made a karate addict. I practiced seven days a week and reached the rank of blackbelt in a year and a half," she said proudly.

"The personal self-defense course should be required for all women. A female should learn not to be afraid, and how to fight back if the need arises," said Biddle.

Debbie Studer (2nd-Art) is one of the new karatekas. "Karate is a challenge to overcome difficulties, it improves my body and mind, I plan to stay with it," she said.

Briggs explained that even though some will drop out, the present hall will be still crowded. "We need a larger hall for workouts. Our aim is to have a permanent space, perhaps in the new Rec Hall," Briggs said.

Briggs explained that the club is striving for a good image. "While we teach our members how to fight, we also teach them self-restraint," he said. The rules of the club are strict.

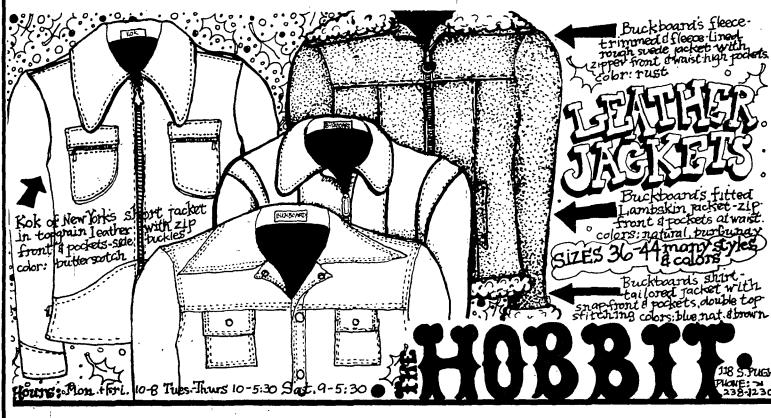
No eating, drinking or smoking is allowed in the Dojo

No one may leave without the instructor's permission

'Seriousness of purpose, courtesy toward fellow students, and respect toward superiors must be maintained at all times. Bodily contact with intent o injure, or repeated accidental injurious contact will not be tolerated. Any student with long toe nails or fingernails will not be allowed to work out," read the club's rules.

Anyone 12 years or older may join, and dues are \$20 per term.

New members will be accepted for the winter term.

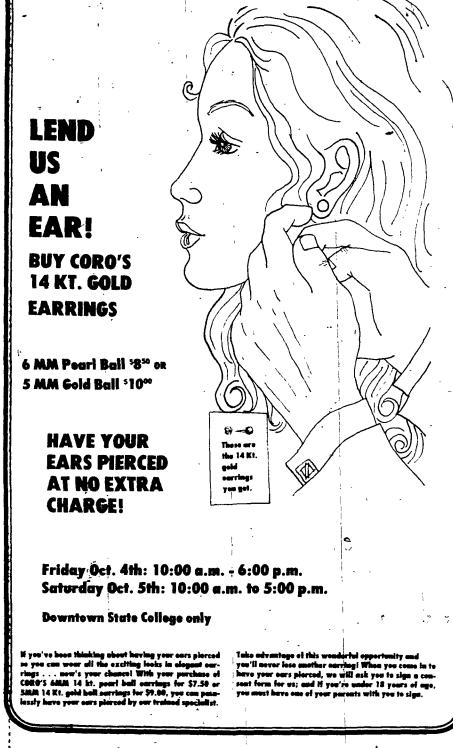


University Park Calendar

October 3-13, 1974

items to be included in this calendar should be sent to the editor, Room 312 Old Main, by Thursday of the week preceding publication.

unday. October 6 - Sigma Deltas Ep-Musica da Ca-Friday, October 11 - Commonsplace Colmera 8 30 pm. Music Bldg recital hall. Thursday, October 10 - Sports Women s silon women in science society 2.30 p.m. Room 101 Kern, Dr Richard C feehouse, 8 p.m., Room 102 Kern. Salurday, October 12 — Sports: Football, vs Wake Forest, 1.30 p.m., Beaver Stadium Homecoming Saturday, October 12 — Penn State Glee field hockey vs. Ursinus 2.30 pm Thursday-Saturday, October 10-12 — Uni-versity Theatre: "The Seaguil 8 pm. Cunningham vice president for research and graduate study on "Women's Role in Research at Penn State New grad uate students in science welcomed Monday, October 7 - Robert Trehy voice Pavilion Theatre Club Homecoming Concert, 7:30 pm Friday, October 11 - University Readers University Auditorium. University Auditorium. unday, October 13 — Chapel Service, 11 a.m., Music Bidg, recital hall. The Rev-Friday, October 11 — University Headers 8 pm Room 112 Kern Friday, October 11 — Colloquy, George Plimpton author on The Amateur among the Pros. 9 30 pm University Audiorum recital 8.30 p.m. Music Bldg recital hall. Tuesday, October 8 - Sports Women's erend Nelson Frank, former pastor of field hockey, vs Bucknell, 2 30 pm St Paul's United Methodist Church, State Tuesday, October 8 - Artists Series Film College. Sunday, October 13 — Black Christian Fel-Auditorium The Naked Night," Ingmar 8 8 30 p.m. Univ. Auditorium Friday, October 15 - Groove Phi Groove 9 pm HUB baltroom Friday, October 17 - Sports, Soccer vs Festival. Bergman 8 30 p.m. Univ. Auditorium Wednesday, October 9 --- Sports Soccer lowship worship service. 11 am, Black Cultural Center, vs. Bucknell, 7 30 p.m. Jeffrey Field Wednesday, October 9 — University Thea-tre student preview, "The Seaguil" 8 Army, 7 pm affrey Field Friday, October 11, Genetics Symposium Sunday, October 13. - Artists Series, Senegalese dance group, 3 00 and 8 30 1-5 pm. Room 112 Kern pm, University Auditorium,



SPECIAL EVENTS

Thursday, October 3 - Sports West German Women's National Volleyball Team vs. U.S.A. Eastern Zone National Team

8 pm, Rec. Hall Friday, October 4 — Artists Series, Paul Winter Consort, 8 30 pm, Schwab, Friday, October 4 — Commonsplace Col-

Ieehouse, 8 pm., Room 102 Kern Saturday, October 5 — Paul Winter Con-sort program of Charles Ives music 8 30 pm, HUB ballroom

Sunday, October 6 — Chapel Service, 11 a.m., Eisenhower Chapel Sister Beverly Stanton, Campus Ministry, Morgan State College.

Sunday, October 6 - Black Christian Fellowship worship service, 11 a.m., Black Cultural Center

SEMINARS

Thursday, October 3 — Natural Disasters, 2'20 p.m., Room 220 Willard. Dr Barry L Myers, business law, on "Legal Con-"

trois in Flood-Prone Areas " Thursday, October 3 — Agronomy, 3 45 p.m., Room 111 Tyson, Dr. Rufus Chen-er USDA Washington, D.C. on "Heavy Metal Contamination in Soils via Waste Disposal.

Disposal." Thursday, October 3 Physics. 3 55 p.m., Room 117 Osmond Helmut Fritzsche, James Frank Institute, University of Chicago, on "Amorphous Semiconductors" Thursday, October 3 — Chemistry, 12:45 p.m., Room 333 Whitmore, John Ross, MI.T., on "Chemical Instabilities "

Thursday, October 3 - Acoustical Society and Engineering Acoustics Graduate Program, 4 p.m., Room 71 Willard, Dr Francis Fenion, Westinghouse Corp., on ⁶ Present Trends in Nonlinear Acoustics Thursday, October 3 - Mathematics, 14

Room 102 McAllister N Grossman рm on "Examples of Bang-Bang Controls in

Infinite Dimensions Thursday, October 3 — Philosophy. 4 p m Room 351 Willard Dr John Anderson on "Philos "

LECTURES

Thursday, October 3 -- College of Business Administration William Elliott Lecture, 4 p.m., Room 101 Kern. Dr. Clarence C. Walton, president, Catholic University of America on "Historical Perspectives on Contemporary Business " Thursday, October 3 — Dr Luis Alberto Sanchez, Peruvian writer-politician-edu-

cator, 8 p.m., Room 101 Kern, on "Lit-erature and Politics of the APRA Political party

Monday-Wednesday, October 7-9 - John Brooke-Little, Richmond Herald at the College of Arms in London, will deliver three public lectures on heraldry, 8 p m., Room 112 Kern, Monday on "Heralds, Their Origin and Duties through the Ages. Tuesday on "The Development of Armory under the Heralds," and Wednesday on "Heraldry as a Living Science and Art Form," The lectures are sponand Art Form." The lectures are spon-sored by the Interdisciplinary Graduate Program.

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p.m., Pavilion Theatre

Thursday. October 3 -- Meteorology 3 55 pm. Room 26 Mineral Sciences Dr A Ki Blackadar on "Progress on a Com prehensive Theory of Turbulence in the Atmospheric Surface Laver Thursday, October 3 --- Computer Science 4 pm Room 101 Althouse .Dr S. C Johnson Bell Laboratories Murray Hill N J on 'Code Generation on a Machine Indirection.

 Friday, October 4 — Physical Chemistry
4 p.m. Room 333 Whitmore L Batt, University of Aberdeen, pn "Decomposition of Methyl Nitrate and Dimethylper Thermal Sources of Methoxyl hxide Radicals

Monday, October 7 - Plant Pathology 945 a m. Room 213 Buckhout Joe Hill on Studies in the Occurrence of Ecolo-gical Races within Helpinithosporium maydis race T.

Monday, October 7 — Environmental Prob-lem Solving 8 pm .:Room 105 Forum Monday-Tuesday, October 7-8 — Biochemistry 11.10 a.m., Room 101 Althouse Dr Harold Farrell, Jr Eastern Regional Res tion; "II Phosphorylation of Casein by a Protein Kinase from the Golgi Appara-tus of Lactating Mammary Glands."

Wednesday, October 9 - Division of Environmental Design and Planning. Depart-ment of Architecture. 8 p.m. Room 102 Forum Clifford Stewart. Perry Dean and Stewart Architects, Bostoni and Wash ington D.C., on "Compûter Graphics in the Real World. The lecture is co-sponsored by the Department of Archtectural Engineering. Landscape Archi-tecture, and the Division of Man-Environnental Relations

FILM

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Friday-Sunday, October 4-6 - GSA films "Animal Farm ' and "1984 ' 8 pm . Room 112 Kern. inesday, October 9 - Commonsplace Theatre, 8 and 10 p.m., Room 112 Kern "Chism."

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Tuesday. October 8 -- Air Pollution Con-

trol 2 20 p.m. Room 140 Fenske Alice M Gitchell Environmental Protection Specialist Department of Environmental Resources Bureau of Community Envir-onmental Control. York Pa on "The Resulties of Enforcement in Air Pollution Control Tuesday, October B --- Natural Disasters,

Meteorology and Geosciences. 2 20 p m. Room 220 Willard Dr. Barry Voight, ge-ology, on "The Yajout Dam Landslide." Wednesday, October 9 — Analytical Chem-Istry 11 30 a m Room 333 Whitmore. Dr Reed Williams. duPont. on "New Developments in Liquid Chromatography

Wednesday, October 9 - Remote Sensing 4 pm Room 204 Electrical Engineering West David P Gold, geology and Wil-ham Kowalik on "Lineaments from ERTS Images and their Correlation with Min-eral Occurrences in Southwestern Pennsylvania Thursday, October 10 - Natural Disasters

Meteorology and Geosciences, 2 20 p m Room 220 Willard Dr. John Lee meteor-Meter ologý on "Hurricane Disasters Thursday, October 10 — Physics and Chemistry, 3 35 pm, Room 117 Osmond P. A Egelstaff, University of Guelph, on

Theory of the Liquid State."

MEETINGS

Saturday. October 5 - American institute of Planners section meeting sponsored by Graduate Program in Regional Planbeginning at 11 a.m. in Room 101 Session in afternoon with speakers General section meeting, public inviled 1 p.m., Nittany Lion Inn Monday, Ocotber 7 — OTIS, 6 30 p.m. Room 203 HUB Monday, October 7 — Education Student Council, 7 p.m., Room 111 Chambers Tuesday, October 8 - ARHS 7.30 p.m Room 309 Boucke. Tuesday, October 8 — Engineering Un-dergraduate Council, 7.30 p.m. Room 207 Sackett Wednesday, October 9 - USG Academic Assembly, 7 30 pm, Room 311 Boucke. ---- USG Academic Wednesday, October 9 --- Biological Society 7.30 pm., Rohm 8 Life Sciences. Geza Teleki, anthopology, and Lori Baldwin on "Field Research on Wild Chimpanzees."

Thursday, October 10 - Meteorology, 3 55 pm Room 26 Mineral Sciences. Dr. F Pasquill, Meteorological Office, Brack-nell Berks, England, on "Recent Activitres in Boundary Layer Research in the British Metegrological Office "

Thursday, October 10 - Biophysics, 4 pm. place to be announced. Jack Gros-University of Wisconsin Evolution of a Model of Steroid Hormone

Thursday, October 10 - Nuclear Engineer-Ing. 4 p.m., Breazeale Nuclear Reactor Dr Robert A Shaw, Clarkson College of Technology, Potsdam, NY., on "Corrosion Product Radioisotope Concentraion in BWR

Thursday. October 10 --- Agronomy, 3 45 pm, Room 301 Ag Adm Dr. Dan Knievel on "Crop Physiology Research at INTA Castalar

Friday, October 11 - Ceramic Science. 3 p.m., Room 301 Mineral Industries Dr F. L. Kennard, General Motors Corp. on Zr0 Sensors

Friday. October 11 — Physical Chemistry, 4 pm. Room 333 Whitmore. Harold G Munson on "The Effect of Collisions on Molecular Regrigentation Correlations from Depolarized Rayleigh Scattering of Dense Fluids "

OFFICIAL

Friday, October 4 --- Deadline for application for Winter Term Tuition Grants-In-Aid, Room 317 Kern

EXHIBITS

Museum of Art -- Manayunk and Other Places Francis Speight's paintings and drawings, Galleries A and C. Selections from the permanent collection, Gallery

Zoller Gallery - Super Mud '74, opening October 7

Chambers Gallery - Jeanne Stevens-Solldrawings and ceramics. ialiery — Bob and Susan Duncan,

Gallery oil paintings.

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