

PSU karatekas bounce off Dojo's walls



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 of karate) 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 Mowd, 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 basic 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 Mowd.

Mowd 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 Mowd. "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 Mowd.

Sharon Biddle, club treasurer, said, "A self-defense course made a karate addict. I practiced seven days a week and reached the rank of black-belt 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 to 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.

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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.

<p>SPECIAL EVENTS</p> <p>Thursday, October 3 — Sports: West German Women's National Volleyball Team vs. U.S.A. Eastern Zone National Team 8 p.m., Rec. Hall</p> <p>Friday, October 4 — Artists Series: Paul Winter Consort, 8:30 p.m. Schwab</p> <p>Friday, October 4 — Commonsplace Coffeehouse, 8 p.m., Room 102 Kern</p> <p>Saturday, October 5 — Paul Winter Consort program of Charles Ives music 8:30 p.m., HUB ballroom</p> <p>Sunday, October 6 — Chapel Service, 11 a.m., Eisenhower Chapel, Sister Beverly Stanton, Campus Ministry, Morgan State College</p> <p>Sunday, October 6 — Black Christian Fellowship worship service, 11 a.m., Black Cultural Center</p>	<p>Sunday, October 6 — Sigma Delta, Epsilon women in science society 2:30 p.m., Room 101 Kern. Dr. Richard C. Cunningham, vice president for research and graduate study on "Women's Role in Research at Penn State: New graduate students in science welcomed"</p> <p>Monday, October 7 — Robert Trehy voice recital 8:30 p.m. Music Bldg recital hall</p> <p>Tuesday, October 8 — Sports: Women's field hockey, vs. Bucknell, 2:30 p.m.</p> <p>Tuesday, October 8 — Artists Series: Film Festival, "The Naked Night," Ingmar Bergman 8:30 p.m. Univ. Auditorium</p> <p>Wednesday, October 9 — Sports: Soccer vs. Bucknell, 7:30 p.m. Jelliffe Field</p> <p>Wednesday, October 9 — University Theatre student preview, "The Seagull," 8 p.m., Pavilion Theatre</p>	<p>Wednesday, October 9 — Musica da Camera 8:30 p.m. Music Bldg recital hall</p> <p>Thursday, October 10 — Sports: Women's field hockey vs. Ursinus, 2:30 p.m.</p> <p>Thursday-Saturday, October 10-12 — University Theatre: "The Seagull" 8 p.m., Pavilion Theatre</p> <p>Friday, October 11 — University Readers 8 p.m. Room 112 Kern</p> <p>Friday, October 11 — Colloquy, George Plimpton, author, on "The Amateur among the Pros," 9:30 p.m. University Auditorium</p> <p>Friday, October 11 — Groove Phi Groove 9 p.m. HUB ballroom</p> <p>Friday, October 11 — Sports: Soccer vs. Army, 7 p.m. Jelliffe Field</p> <p>Friday, October 11 — Genetics Symposium 1-5 p.m., Room 112 Kern</p>
<p>SEMINARS</p> <p>Thursday, October 3 — Natural Disasters, 2:20 p.m., Room 220 Willard, Dr. Barry L. Myers, business law, on "Legal Controls in Flood-Prone Areas."</p> <p>Thursday, October 3 — Agronomy, 3:45 p.m., Room 111 Tyson, Dr. Rufus Openey, USDA, Washington, D.C., on "Heavy Metal Contamination in Soils via Waste Disposal."</p> <p>Thursday, October 3 — Physics, 3:55 p.m., Room 117 Osmond, Helmut Fritzsche, James Frank Institute, University of Chicago, on "Amorphous Semiconductors"</p> <p>Thursday, October 3 — Chemistry, 12:45 p.m., Room 333 Whitmore, John Ross, M.I.T., on "Chemical Instabilities"</p> <p>Thursday, October 3 — Acoustical Society and Engineering Acoustics Graduate Program, 4 p.m., Room 71 Willard, Dr. Francis Fenlon, Westinghouse Corp., on "Present Trends in Nonlinear Acoustics"</p> <p>Thursday, October 3 — Mathematics, 4 p.m., Room 102 McAllister, N. Grossman, on "Examples of Bang-Bang Controls in Infinite Dimensions"</p> <p>Thursday, October 3 — Philosophy, 4 p.m., Room 351 Willard, Dr. John Anderson on "Philos"</p>	<p>Thursday, October 3 — Meteorology, 3:55 p.m., Room 26 Mineral Sciences, Dr. A. K. Blackadar on "Progress on a Comprehensive Theory of Turbulence in the Atmospheric Surface Layer"</p> <p>Thursday, October 3 — Computer Science 4 p.m., Room 101 Althouse, Dr. S. C. Johnson, Bell Laboratories, Murray Hill, N.J. on "Code Generation on a Machine with Indirection"</p> <p>Friday, October 4 — Physical Chemistry 4 p.m., Room 333 Whitmore, L. Batt, University of Aberdeen, on "Decomposition of Methyl Nitrate and Dimethylperoxide Thermal Sources of Methoxy Radicals"</p> <p>Monday, October 7 — Plant Pathology 9:45 a.m., Room 213 Buckhout, Joe Hill on "Studies in the Occurrence of Ecological Races within <i>Hemiphysalis maysidis</i> race T."</p> <p>Monday, October 7 — Environmental Problem Solving 8 p.m., Room 105 Forum</p> <p>Monday-Tuesday, October 7-8 — Biochemistry 11:10 a.m., Room 101 Althouse, Dr. Harold Farrell, Jr., Eastern Regional Res. Center, U.S. Department of Agriculture, Philadelphia on "Phosphoproteins of Milk — I. Casein Micelle Structure and Formation; II. Phosphorylation of Casein by a Protein Kinase from the Golgi Apparatus of Lactating Mammary Glands"</p>	<p>Tuesday, October 8 — Air Pollution Control 2:20 p.m., Room 140 Fenske, Alice M. Gitchell, Environmental Protection Specialist, Department of Environmental Resources, Bureau of Community Environmental Control, York, Pa. on "The Realities of Enforcement in Air Pollution Control"</p> <p>Tuesday, October 8 — Natural Disasters, Meteorology and Geosciences, 2:20 p.m., Room 220 Willard, Dr. Barry Vaughn, geology, on "The Yajout Dam Landslide"</p> <p>Wednesday, October 9 — Analytical Chemistry 11:30 a.m., Room 333 Whitmore, Dr. Reed Williams, duPont, on "New Developments in Liquid Chromatography"</p> <p>Wednesday, October 9 — Remote Sensing 4 p.m., Room 204 Electrical Engineering, West David P. Gold, geology and William Kowalik on "Lineaments from ERTS Images and their Correlation with Mineral Occurrences in Southwestern Pennsylvania"</p> <p>Thursday, October 10 — Natural Disasters, Meteorology and Geosciences, 2:20 p.m., Room 220 Willard, Dr. John Lee, meteorology on "Hurricane Disasters"</p> <p>Thursday, October 10 — Physics and Chemistry, 3:35 p.m., Room 117 Osmond, P. A. Egelstaff, University of Guelph, on "Theory of the Liquid State"</p>
<p>LECTURES</p> <p>Thursday, October 3 — College of Business Administration William Elliott Lecture, 4 p.m., Room 101 Kern, Dr. Clarence C. Watton, president, Catholic University of America, on "Historical Perspectives on Contemporary Business"</p> <p>Thursday, October 3 — Dr. Luis Alberto Sanchez, Peruvian writer-politician-educator, 8 p.m., Room 101 Kern, on "Literature and Politics of the APRA Political Party"</p> <p>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 "Heraldy as a Living Science and Art Form." The lectures are sponsored by the Interdisciplinary Graduate Program.</p>	<p>Wednesday, October 9 — Division of Environmental Design and Planning, Department of Architecture, 8 p.m., Room 102 Forum, Clifford Stewart, Perry Dean and Stewart Architects, Boston and Washington D.C., on "Computer Graphics in the Real World." The lecture is co-sponsored by the Department of Architectural Engineering, Landscape Architecture, and the Division of Man-Environmental Relations</p>	<p>MEETINGS</p> <p>Saturday, October 5 — American Institute of Planners section meeting, sponsored by Graduate Program in Regional Planning beginning at 11 a.m. in Room 101 Kern. Session in afternoon with speakers. General section meeting, public invited 1 p.m., Nittany Lion Inn</p> <p>Monday, October 7 — OTIS, 6:30 p.m., Room 203 HUB</p> <p>Monday, October 7 — Education Student Council, 7 p.m., Room 111 Chambers</p> <p>Tuesday, October 8 — ARHS, 7:30 p.m., Room 305 Boucke</p> <p>Tuesday, October 8 — Engineering Undergraduate Council, 7:30 p.m., Room 207 Sackett</p> <p>Wednesday, October 9 — USG Academic Assembly, 7:30 p.m., Room 311 Boucke</p> <p>Wednesday, October 9 — Biological Society 7:30 p.m., Room 8 Life Sciences, Geza Teleki, anthropology, and Lori Baldwin on "Field Research on Wild Chimpanzees."</p>
<p>LECTURES</p> <p>Friday, October 4 — Deadline for application for Winter Term Tuition Grants-In-Aid, Room 317 Kern</p>	<p>EXHIBITS</p> <p>Museum of Art — Manayunk and Other Places, Francis Speight's paintings and drawings, Galleries A and C; Selections from the permanent collection, Gallery B.</p> <p>Zoller Gallery — Super Mud '74, opening October 7.</p> <p>Chambers Gallery — Jeanne Stevens-Sollman, drawings and ceramics.</p> <p>Kern Gallery — Bob and Susan Duncan, oil paintings.</p>	<p>OFFICIAL</p> <p>Friday, October 4 — Deadline for application for Winter Term Tuition Grants-In-Aid, Room 317 Kern</p>