

# Sports



## Instructor says benefits abound from karate

By CHARLOT M. DENMON  
Staff Correspondent

There are more benefits derived from karate lessons than many people realize, according to Jonah "Skip" Smith of Beaumont, who teaches the Japanese martial arts system.

Smith, who is a black belt instructor, started instructions in karate as a hobby when he was about 17 years of age. He attended a two-month program conducted by the Sembach Karate School at Dallas Senior High, then continued under other teachers for a period of time.

He then stopped taking lessons and practiced on his own, giving higher priority to school and work. After several years, he took the martial arts more seriously and, in 1975, he began formal training first with Kempo, then Goshin Jutsu and later in Tae KwonDo. He earned his black belt in Tokugure Ryu Ninjutsu in April of 1984.

Smith, owner of a grocery store, teaches group classes at the former Beaumont School, two nights each week. He said that ideally the classes should be at least three nights weekly but because of his business and his family, at the present time he is limited to the two.

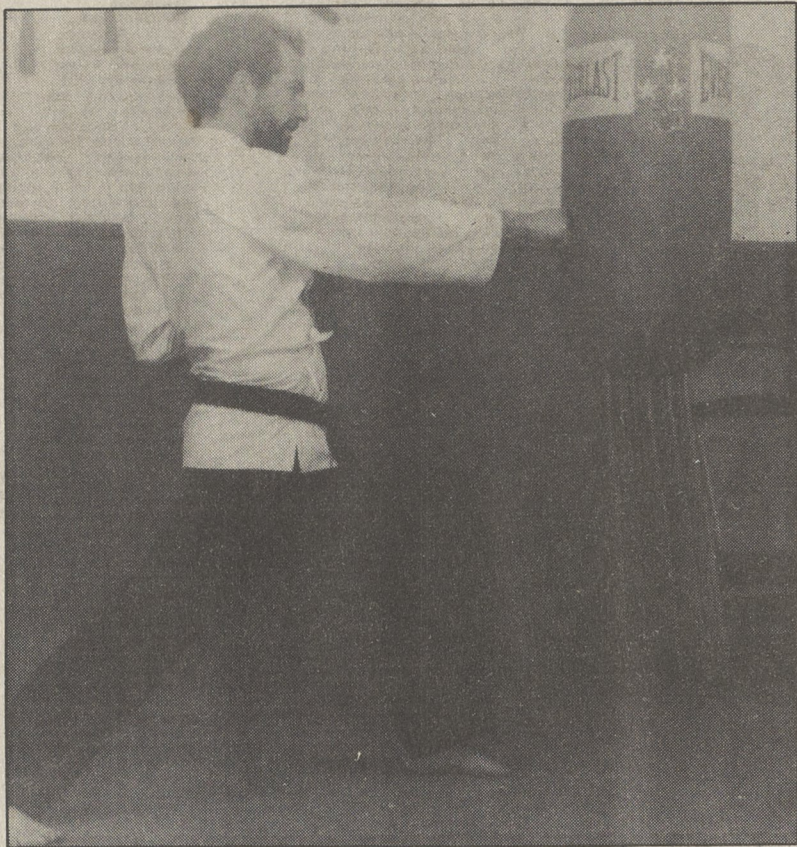
"I do emphasize to my students that it is important that they practice at least an hour each day in order that they become more proficient," said Smith.

Although he teaches, Smith also continues to study karate under Master Ho Kown, an eighth degree Black Belt.

In his classes held at the former school building, Smith teaches both men and women, who have ranged in age from six to 55 years of age. Each session runs for four hours with half of the time spent in practicing blocks, punches and kicks and other basic moves and the remainder of the time spent pairing with a partner and practicing what they have learned.

Smith stated that the majority of his students begin his martial arts classes because they want to learn self-defense, but before long they learn there are better benefits to be realized from karate.

"I don't believe there is any other program that enables a person to develop physical,



**Demonstrating karate**

Jonah "Skip" Smith, black belt in karate, demonstrates one of the techniques he teaches to his students.

mental and spiritual discipline which he can apply to any sport he desires," Jonah says. "The more often the martial arts student trains and practices, the quicker he will develop cardio-vascular fitness, concentration, coordination of hands, feet and eyes, strength, balance, agility and flexibility."

Smith pointed out that all of the above can be applied to any sport and, in most cases, is most economical. Developing these skills also puts the individual a step ahead of his competitors.

Smith also said that it takes a willingness to work hard and dedication to become proficient in karate. Many times, persons enroll in the program because they believe that it is glamorous and, when they discover how hard they must work, they give up.

Martial arts originated in the Asian countries, Smith explained, but said most European countries and the United States have always had a form of martial arts.

"Martial arts in some form

date back to the time of the cave man," he said. "Translated, the word means 'Art of the Military', a form of self-defense. American boxing is a form of martial arts. It breaks down into the art of self-defense through physical and mental fitness and how to use your body for your own protection."

An average height individual and slender, Smith said that the longer he studied karate, the more self-confident he became. The more he trained, the better he realized it was easier to walk away from a confrontation than to concede to provocation. Despite his dedication to the martial arts, Smith is a firm believer the art should be kept in perspective and one's priorities kept in line, such as school, work and family, not necessarily in that order.

Married to the former Nancy Williams of Wilkes-Barre and Harveys Lake, they have four children, two girls and two boys. Nancy, who is employed by the Postal Service, also works out in the classes. In fact, she and

Jonah first met in karate classes. Although Smith primarily teaches the Japanese martial arts system, he explained there are many methods within each system.

He said the Chinese system is the forerunner of all martial arts and Okinawan and Korean systems are also popular methods with many instructors. The Japanese karate uses a lot of kicking, punching and blocking while Chinese Kung Foo uses kicking, low-standing and circular moves. There are many styles as there are instructors, according to Smith, since each instructor incorporates some favorite moves of his own.

There are six different colored belts earned by the student as he progresses, beginning with the white belt. Length of time it takes to earn a belt depends on the student and how hard he works and how he progresses. The second belt is yellow, the third, blue; fourth, green; fifth, brown; six, black. There are various degrees in the black belt level.

On the average, it takes three to four years to attain the black belt level, dependent on the dedication and work of the individual and the opinion of the instructor as to his progress.

All of the skills in the martial arts program can be developed by any student through the application of hard work, dedication and concentration, according to Smith.

"To some students, the skills come more naturally while others have to work harder and put in more time," he said. "After a time, the student knows which skills are easiest for him and he develops those more than the others."

"One cannot say one system is better than another," Smith added. "The interested individual should observe programs in various schools and decide which method of teaching is preferable to him. Whichever method he or she decides on, they will only get from it what they put into it. It's the work and dedication which makes it successful."

Smith has spent 10 years training and studying and says that he has gained a high degree of balance, coordination, respiratory improvement and most important, great mental and spiritual attitude.

## Sports shorts

### Baseball season opens

Back Mountain Baseball will open its 37th season this Saturday, April 27 at 8 a.m. Over 700 boys and girls from Little League and softball teams will take part in the opening ceremonies. Directly afterwards, Fay Broody Studio will take team pictures of all major, minor and girls softball teams. Invocations will be given by the Rev. James Wert of the Shavertown United Methodist Church, while the Dallas American Legion Honor Guard will raise the American Flag.

Back Mt. Baseball was organized in 1948 with its original location being where the Shavertown Burger King now stands. The original refreshment stand was a green wooden trailer sitting atop concrete blocks along with a two story structure used for equipment storage and announcing booth.

This year's first pitch for Little

League will be thrown out by Mike Vozniak, Dodgers Farm team member, and the first pitch for girls softball will be thrown out by Lisa Vozniak, Reds Softball team member, grandchildren of Robert Parry, President of Back Mt. Baseball for Boys from 1957 to 1963.

In 1957, Dallas schools donated the land presently used and in 1958 the site was moved to the present complex. Mr. William Jenkins, great-grandfather of Mike and Lisa Vozniak, was the contractor who built the present dugouts, press box and refreshment stand.

Betty Parry, grandmother of the children ran the refreshment stand from 1957 to 1963, and their uncle, Bob Parry, played on the 1962 All Star team.

Mike and Lisa are the children of John and Linda Parry Vozniak.

### Bassmasters sponsor Derby

The Harveys Lake Bassmasters sponsored its annual Youth Trout Derby on April 13 with 131 children in several age groups participating. The total weight of the fish caught for the derby was 272 pounds, 8 ounces.

Trophies and prizes were awarded to the following children: 11-15 age group - Bryan Taylor, first; Glenn Carr, second; Chris Kutish, third; Steve Sennett, fourth; and Phil Sims, fifth. 10 and under age group - Jason Boice, first; Matt Kopicki, second; Samantha Abod, third;

John Kopicki, fourth; and Allen Morrow, fifth.

The luncheon (the largest fish by weight) went to 8-year-old Nikki Sennett for a fish that weight two pounds, 13 ounces.

The Bassmasters would like to acknowledge the generous support of the following: Boscov's, Bait Box, Bob's Bait Shop, Cook's Variety Shop, Garcia, Villa Roma, Grotto Pizza, Lake Summit Rod and Gun Club, McDonald's, Big Top Rental and Rinken's Cafe.

### Gridiron Club plans event

The Dallas Gridiron Club will conduct "Meet the Coaches Night" on Tuesday, April 30, at 8 p.m. at the Dallas Senior High School Cafeteria.

All new coaches will be present.

Film of the Dallas-Coughlin junior varsity game will be shown.

Refreshments will be served. All those interested in the Dallas High School football program are urged to attend.

### Ninety awards to be presented

More than 90 awards will be presented to the top finishers in Wyoming Seminary Alumni Association's 10 Kilometer Run and One Mile Fun Run. In conjunction with the prep school's Alumni Day activi-

ties, the runs will be held on Saturday, May 11 at Nesbitt Field, corner of Hoyt and Chestnut Streets, Kingston. It will be co-sponsored by Custom Management Corporation, Kingston and Calmar Specialties.

## Track

(Continued from page 9)

(D), Michaels (D); 200m dash, Moran (M), Murray (M) Wisneski (M); 3200m run, Aston 12:01.2, Gardner (M), Pawling (D); 1600m relay (M); high jump, Starolis (D) 4-4; Breiseth (M), Hammerbach (M); triple jump, Harvey 31-4, Driscoll (M), Phillips (M); long jump, Harvey (D), Martin (M); discus, Martin (M), Wasleski (M), Stempleski (M); javelin, Wasleski (M), Martin (M) and Davies (D).

**TEAMS REVERSE**  
In last week's meet with Wyoming, Dallas wins were reversed with the girls taking the Warriors 95-46, and the boys losing to the Warriors, 89-61.

Brenda Harvey and Amy Aston combined for seven firsts to lead the Dallas cinder girls to the win. Harveys took four firsts, running a leg of the winning 400m relay team; taking the 100m hurdles, long jump and triple jump. Aston came in first in the 1600 and 3200m runs and was a member of the winning 3200m relay team.

Other Dallas firsts were Wisneski, 100m dash 14.1; 400m run, King 66.6; 300m hurdles, Ogurkis 57.9; 200m dash, Wisneski 30.2; 1600m relay, King, Nattress, Ogurkis, Starolis 4:42.8; high jump, Vloedman 4-6; Harvey took the

100m hurdles in 19.1, triple jump with 30-1/2; long jump 14-10/16, and on the 400m relay team with Balberchak, Wisniewski and Lawley in 58.6; Aston copped the 1600 in 5:31.4; 3200 in 11:36.9 and the 3200 relay with King, Michaels, and Pawling in 11:46.2.

Taking seconds were Ogurkis, 100m hurdles; Starolis 100m dash; Pawling, 1600m run; Starolis 400m run; Orlando 300m hurdles; Michael, 800m run; Pawling, 3200m run; Wisneski, long jump.

Third place winners were Lawley, 100m hurdles; Nattress, 400m run; Nattress, 800m run; Orlando, triple jump; Vloedman, shot put; and Davies, javelin.

**WARRIORS WIN**  
The Warriors win over Dallas boys gave Wyoming a 3-0 record as they overpowered the Dallas runners in the sprints and long distance events.

Mark Wright led the Mountaineers with three firsts win the 1600m and 3200m runs and as a leg of the 3200 relay team. Wright took the 1600m run in 5:01.7, 3200m run in 11:00, and with Lipo, Oliver and Lasecki, the 3200m relay in 901.5. He also took the high jump with 5-8. W. Gauthier took the long jump, 17-1/4; and Matt Mihal, discus 126-1.

Taking seconds were Oliver, 1600m run; Oliver, 800m run;

Lasecki, 3200m run; Kern, pole vault; triple jump, Gauthier; shot put, M. Liva; discus Liva and javelin, Hlslop.

Picking up third place points were Eric Supey, 110 hurdles; Farrell, 100m dash; Lipo, 400m run; Supey, 300m hurdles; 200m dash; Mike Farrell; Lasecki, 3200m run; Mihal, shot put.

**KNIGHTS LOSE**  
In Lake-Lehman track competition, Tuesday afternoon, Coughlin Crusaders swept the Knights 108-42 and the girls took the Lady Knights 78-42.

Chris Van Gorder paced the Knights with wins in the shot put,

discus and javelin. He took the shotput with 44-2, discus 108-11, and the javelin 164-9. Dave Janiczek took the 1600m run in 4:54.1; and the 800 m in 2:07.2. Dennis took the pole vault for the Knights with 8-0.

Taking seconds were Weaver in the pole vault and Guzinski in the long jump. Third place winners were Judge, 110m hurdles; Weaver, 400m run; Judge, 300m hurdles; Van Gorder, triple jump; Radomski 3200 m run and Hudzik, high jump.

**RANGERS WIN**  
In last Monday's meet, Northwest Rangers took the Black Knights 83-67 and the girls from Northwest swept the Lady Knights 116-16.

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