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SportsWeek



POST PHOTO/GRACE R. DOVE

GOOD FORM - Kim's Karate School's chief instructor Gary R. Barnes, left, and Kurt Sussman, chief instructor at the school at Nicholson, demonstrate an elbow strike. The school held its grand opening in Lehman Saturday, February 20.

Karate school teaches martial arts and more

By GRACE R. DOVE
Post Staff

With the opening of Kim's Karate School in Lehman, Back Mountain residents will now have the opportunity to study a 2,000-year-old style of self-defense and learn traditional values at the same time.

According to chief instructor Gary Barnes, who has earned a second-degree black belt in the Tang Soo Do style of karate, his lessons include not only the physical moves of self-defense, but also discipline, self-confidence, obedience to one's parents and teachers, an indomitable spirit which never gives up, respect for oneself and others and honor.

"These are the traditional values of the family and the elite Korean warrior class which developed Tang Soo Do," he said. "It's a combination of the strength in the body, the honesty in the heart and the knowledge in the brain."

"You learn self-defense to escape, not to provoke a fight. Once the student learns more about his abilities as he progresses in his lessons, he also learns that it is pointless to engage in any conflict unless one's life is on the line."

Characterized by its high kicking movements, Tang Soo Do is the karate style used by Chuck Norris in his martial arts films, including some early ones with the late Bruce Lee, Barnes said.

During a short but interesting demonstration, several instructors employed the graceful, almost catlike moves designed to break two-inch cinder blocks, one atop the other, counter an armed attack, break a one-inch

pine board while blindfolded and deftly pluck an unlit cigarette from Barnes' lips.

"If your concentration and speed are right, you don't even know that the blocks are there," said instructor Ray Sheridan after breaking the two cinder blocks. "It stings a little, that's all."

Instructor Sue Bugno demonstrated a good women's self-defense move, which uses the heel of the hand to break a one-inch board into three pieces.

Tang Soo Do is good for physical fitness, breath control, weight control and stress management, Barnes said. Workouts are tailored to the student's varying degrees of physical fitness.

Barnes said that Kim's Karate, based in York, operates four schools in Northeastern Pennsylvania and many more statewide, all supervised by Grand Master Chong Su Kim, a Korean teacher devoted to preserving the form and philosophy of Tang Soo Do.

Grand Master Kim periodically tours the state, inspecting all of the schools and occasionally testing the students for the different colored belts representing the different levels of expertise in karate.

He also tests all black belt candidates at the main school in York, where the teachers also go for training.

Barnes said that the school's dues are \$40 per month, which includes three lessons per week; uniforms will be included in the signup price until March 15.

Anyone wishing further information on Kim's Karate can reach Barnes at 674-5611.

Student-athlete open house at Misericordia March 7

The College Misericordia athletic department will host its third annual Student-Athlete Open House, Sunday, March 7.

"This is an excellent opportunity for interested student-athletes to find out what College Misericordia has to offer both academically and athletically," said Dave Martin, Misericordia's assistant athletic director who is coordinating the event.

Registration is scheduled for 1:30 to 2 p.m. in Merrick Hall. The two-hour agenda includes an

academic and athletic overview as well as financial aid information and campus tours featuring the new Anderson Sports-Health Center.

Students will also have the opportunity to meet with individual coaches and athletes. A social hour with refreshments is scheduled from 4 to 5 p.m.

For more information, please contact the College Misericordia athletic department at 674-6317 or 674-6294.

Dallas Junior Football to hold registration Feb. 27

Dallas Jr. Football will hold registration for the 1993 season on Saturday, Feb. 27, from 10 a.m. to 12 noon at the Dallas American Legion, Dallas, downstairs.

Cost \$20 per player, and \$5 each additional child of the same family.

Registration will be for football players and cheerleaders ages 6 to 13.

Players and cheerleaders must be accompanied by a parent or guardian. First time players are required to have a copy of their birth certificate and photo at the time of registration. Physicals will be given by Dr. A. Boonin at an additional cost.

There will be sign-up sheets for anyone wishing to coach or to be on a committee.

Mounts hit stride just in time for showdown with Lehman

By DAVE KONOPKI
Sports Correspondent

Paul Brown knew it was just a matter of time before his Dallas Mountaineers became a championship-caliber basketball team.

But after finishing in a first-half tie for second place with a 6-2 record and then suffering an early second-half loss to Northwest, no one could blame the third-year coach for hoping that time would come sooner rather than later.

Apparently, that time has come. The Mountaineers avenged their only losses of the first half with wins over Meyers and GAR last week. The pair of wins keeps the Mounts just one game behind division-leading Lake-Lehman

with a showdown with the Black Knights scheduled for Thursday night.

"I think that we have become a better basketball team offensively," said Brown, after Dallas defeated host GAR for the first time in eight years on the Grenadiers' hardwoods. "We have been pretty steady on defense all year. The offense is becoming a little more consistent. We've been more patient and we're getting better shots."

Brown will be the first to admit that part of the reason for the team's slow start was the fact that his team is made up of excellent athletes, but not many pure basketball players.

"We have athletes here, we don't

have anyone who really plays basketball 12 months a year," said Brown. "We have a bunch of kids who just love to play basketball but most of them don't even pick up a ball until the end of November. It's been like that for a couple of years and we've gotten off to some slow starts."

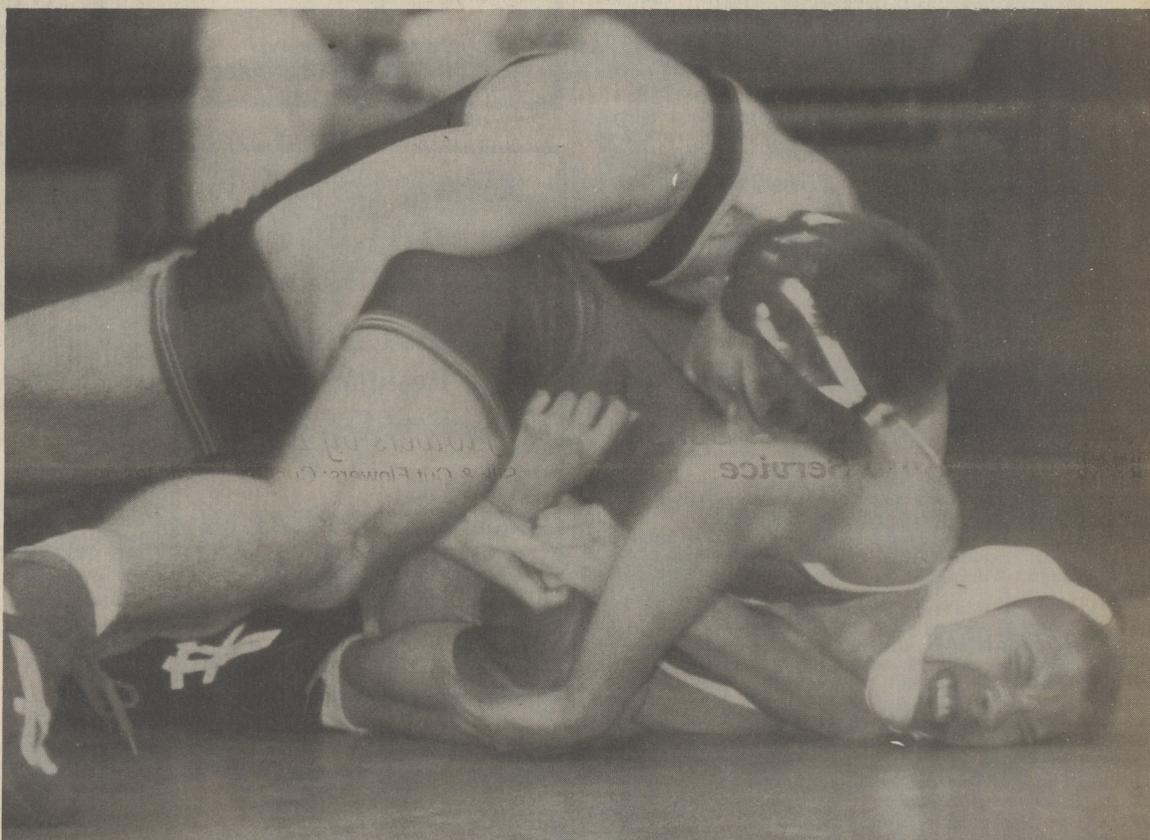
The Dallas mentor also noted that the team has bonded together in the second half.

"I think there's a great deal of team unity," said Brown, who saw his team shave their heads in a show of solidarity after their loss to Northwest. "They're learning to play basketball as a team. They know each other very well off the court but it has taken them some time to gel together as a basketball team."

Brown and the Mountaineers now find themselves in a position every coach desires - control of their own destiny.

"If we win the rest of our games, we're in the playoffs," said Brown, whose team is battling Meyers and Lake-Lehman for two post-season District 2 Class AAA playoff berths from Division II. The third team would have to earn a District II berth in a special play-off game against the third-place team from Division I (most likely Berwick or Nanticoke Area).

"With every game I can see more positive things happening. You always hope that your team will peak at the right time during the season. If we reach our peak in March, we should be in pretty good shape," said Brown.



POST PHOTO/GRACE R. DOVE

Are we having fun yet?

Dallas wrestler Aaron Gingo, top, attempts to pin Pittston wrestler Jeff Hughes, on mat, in the 145-lb. weight class Saturday, Febru-

ary 20. Gingo decided his opponent but the Mountaineers lost the meet 49-17.



POST PHOTO/RON BARTIZEK

Debona's hot hand leads Humphrey's to rec b'ball title

Frank Debona nailed a three point field goal with 19 seconds left and the score tied at 55 to lead Humphrey's to a 60-55 win over the Fieldhouse for the championship of the Dallas Adult Basketball League.

Humphrey's led 55-53 until Darling hit a 12-footer to tie the game with one minute remaining. Humphrey's then worked the ball to Debona for the game with 19 seconds left. Darling attempted a three pointer to tie but failed to get it to fall.

Debona led all scorers with 31 points including six three-pointers. Nafy Hage also chipped in

with 20 for the winners. Darling had 23, and Wilson 11, for the Fieldhouse.

	FG	FT	Points
Humphrey's			
Debona*****	10	3	31
Jazerinski	0	0	0
Hage	9	2	20
Messinger	1	0	2
Hozey	2	0	4
Carey	0	3	3
Considine	0	0	0
	22	8	60
Fieldhouse			
Darling	11	1	23
Wilson*	4	2	11
Farrell	0	0	0
Sutliff	3	0	6
Millington	3	0	6
Woychick	3	0	6
Kane*	1	0	3
	25	3	55

*3-pointer

Raiders football to meet Feb. 28

The Kingston Township Raiders Jr. Football will hold their monthly meeting on Sunday, Feb. 28 at 7 p.m. at the Gate of Heaven School Annex Building, Room 202. All interested parents of any football player or cheerleader are urged to attend.

Inside action

Lake-Lehman's Amy Rogers fought for position near the paint against Meyers last Thursday. After leading 27-20 at halftime, Lehman lost to the Mohawks 48-44 in WVC action.