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MARTIAL ARTS: Yoder is 63 years old and going strong

Continued from page 3

requires patience — both to learn the art and to apply it. Novices who attempt to gain advantage with sheer physicality find often find themselves quickly frustrated and “gassed out.”

“I’m rolling with these 20-year-olds in our class and they’re huffing and puffing and I’m not even breathing hard,” Yoder said.

The emphasis on technique and the focus on ways for a smaller, weaker combatant to prevail over someone larger and more powerful makes BJJ an effective and popular self-defense option for women, both men noted.

Yoder and Kaczmarek both emphasized that the BJJ ethic does not emphasize “winning” in the sense of showing up a lesser-skilled opponent.

“Everyone is just trying to make everyone else better,” Kaczmarek says.

In addition to the pure pleasure of continually improving in a demanding martial art, and the confidence of being able to defend himself at need, Yoder says he’s reaped significant fitness benefits. At 63, he’s stronger and more flexible than he’s been in a couple of decades.

“My pants are looser, my shirts are maybe a little tighter,” he said. “I’m as solid as I can ever remember being.”



PHOTO BY JIM CORNELIUS

Blue Belt Gary Yoder with Marty Kaczmarek.

Yoder rolls three nights a week. kind of addicted to it.” For more information, visit <http://outlawmartialarts.com>. “I love it,” he said. “I’m

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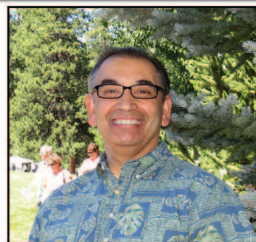
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