

Martial Arts Courses Come to Chemawa



"And a-one, and a-two...." Chemawa's martial arts students and their instructor Mr. Clark go through their warmup exercises. The short lady—Mrs. Belgard herself! (Mr. John Heinz—photo)

by Marti Moses

We have a KARATE CLASS.

Yes that's right, you read right. There are some judo chops, throws over the back, bowing, and so on. There are about 40 or 50 students participating in this class. They meet every night in the wrestling room, which is located in the gym. And on Monday their instructor, Mr. Roland Clark from Salem's YMCA comes out to teach them some more techniques in judo, jujitsu, karate, and hupkito.

These are called Martial Arts. Mr. Clark is with the Martial Arts Federation of the United States. And if there is any changes in the Arts, whether they are outlawed or illegal, the students here in the Karate class will be the first to know.

Mr. Clark has talked a lot about the students in the class, and he says that the students have a "real good" balance. He says he has never taught in a class that has such good balance.

Students who are really good will be in tournaments. And Mr. Clark, says, "There are NO INDIANS in the Martial Arts, and the students here, who will be good enough, will be the first Indians in the tournaments.

You students out there who are not in Karate, may think that this may be a "Showing Off" thing...and it is

not. Martial Arts is taught for a person who takes it seriously, a learning thing, self-defense that could help him through out the years of his life.

And as the years go by, he will stop and think for a minute, I thank CAEC, Chemawa, Mr. Clark, and the rest of the students who helped me make something of defense! Like for instance....Sally Mae, was walking down the street in California, and there was this group of men of three and they tried to nab her purse. Well, without the help from here, she would have lost her purse, but she took up Karate, and those three guys got karate chops, kicks, punching techniques and bars. (Bars...looking out...like a bunch of JAILbirds. Those kind of bars.)

The purpose of thank-you...

Anyway...If you see a group of students in white "giese" (that looks like pajamas) bowing around to each other, they are just learning respect for each other!

Bowing to each other is a way for the Japanese to say thank-you for teaching me the new step in Karate. And every time a person in Karate comes to where he is practicing, he bows when he enters and when he exits.

Why this, you wonder. Well, because when the person comes and bows, he is saying, "Thank-you for

bringing such an art to my body," and when he exits, he is saying, "Thank-you for teaching me!"

You see, he just doesn't bow to everything. But the students are suppose to bow to their opponent, and they are suppose to bow to either their teacher or to a flag. In some places there is a Japanese flag that they call a Ying-Yang. Well so much for that.

In Jujitsu the student will have to complete: 14 series, 13 striking and 5 punching techniques, 3 pivots, 7 kicks, 6 blocks, and 9 stances. Go to Vickie Belgard at CAEC, if you have any questions about jujitsu.

There are a lot of the students really enjoying Karate! Why! Have you seen a 75-pounder throw a 140-pounder over her shoulder? Huh? Have You? Well, you people out there...better watch out for Jeannie James!

Whether she is your room-mate, your classmate, or your best friend, whatever...you better watch your step? She is the 75-pounder who threw Paul Lawrence over her shoulder, and flipped him on his back!

But, that ain't nothing....now get this...Phyllis Williams also threw over her back...you ready for this... (can't believe it)...LARSKY EDWARDS! It is true, even though these two Phylliss' and Larsky don't even believe it. You should have seen the biggest eyes of these four. The girls thought that they couldn't do it, and the boys can't believe that they did. It is really a "Can't believe, I did the whole thing situation."

Think about it

You know this Karate class was made possible by CAEC's Project Director...Mr. Stephen LaBuff. And Mr. LaBuff said, "There are other good things in life, besides drinking and drugs, so I give to the students MARTIAL ARTS (Karate)!" Karate is a real good balance in the body and the mind...the students will feel or learn a lot of self-control. Everything is done Oriental.

If interested in any of the four Martial Arts, talk to Vickie Belgard of CAEC. Vickie is an assistant for Roland Clark through out the week when Mr. Clark is not there in the gym.