



Photo by Dennis Hickok

Personal defense is practical, according to physical education instructor Jerry Nolan, who sets up situations in his classes that surprise the victim. Learning to deal with the element of surprise is helpful, he says.

Element of surprise proves helpful in self-defense class

By STEVE JETT
Of the Emerald

When Jerry Nolan walked the streets of his Chicago neighborhood, he saw the advantages of self-defense.

Now as an instructor in the University physical education department, Nolan teaches two classes on the art of personal defense, which is a combination of judo, karate and wrestling.

"What I teach is very practical," he says. "The main thrust of the class is what to do once contact has been made between the attacker and you. When you come right down to it, it is basic street fighting."

And it was on the street where Nolan learned a great deal about self-defense.

"I used to be a social worker in Chicago and I worked in a really tough neighborhood, so we all had to know how to handle ourselves," explains Nolan, who also wrestled in high school and in the army.

Nolan's class began ten years ago as a course reserved for women. But when Nolan became the instructor last year, he opened it to both sexes.

To teach his students how to respond to a real attack, Nolan sets up simulated attacking situations.

"Whenever someone is really attacked they are usually surprised," he says. "So we set up an element of surprise in the classroom. I set up situations such as a street scene. Just practice like this in the classroom can be very helpful."

Nolan emphasizes two forms of resistance

against attackers.

"Passive resistance is like trying to talk your way out of a situation with an attacker," he says. "Active resistance is what a person should do once an attacker has established contact with him. We spend very little time on passive resistance because you really cannot teach a person how to talk against an attacker since every situation is different."

The class teaches how to defend thirty different means of attack. In addition, Nolan teaches students how to defend against attackers who have ropes, knives and guns.

"But a person should only attempt to encounter a gun if his life is in danger and the attacker is not after something like a wallet," Nolan adds.

The class is becoming more popular.

"The trend is definitely changing," explains Nolan. "The classes have grown and the word gets around. Last year when I started teaching, one class had about sixteen people," as compared to 25 this year.

The class has even attracted some varsity wrestlers and gymnasts, including former Duck wrestler Norm Knight.

"The class has a lot of technique I did not take into consideration before," explains Knight.

In teaching his class, Nolan also preaches the philosophy of "stun and run."

"Usually the attacker is much bigger than the person being attacked, so a stunning blow is often very effective."

Boston's Rice named MVP winner

NEW YORK (AP) — Slugger Jim Rice of the Boston Red Sox, the first American Leaguer in 41 years to accumulate more than 400 total bases in a single season, was named the AL's Most Valuable Player for 1978 by the Baseball Writers Association of America Tuesday.

Rice beat Cy Young Award winner Ron Guidry of the New York Yankees comfortably. The

Boston slugger received 20 first-place votes from the 28-man BBWAA committee and a total of 352 points, while Guidry, a unanimous choice for the AL Cy Young Award last week, had 291 points in the MVP election and the other eight first-place votes.

The only player to break the Rice-Guidry hold on the first two voting positions was Milwaukee's Larry Hise, who received one

second-place ballot and finished third with 201 points.

Rice won the MVP designation following great season at the plate. He led the majors with 46 home runs and 139 runs batted in, and had 406 total bases — the first AL hitter to reach that plateau since Joe DiMaggio had 418 total bases in 1937.

Rice also led the majors in hits with 213 and in triples with 15.

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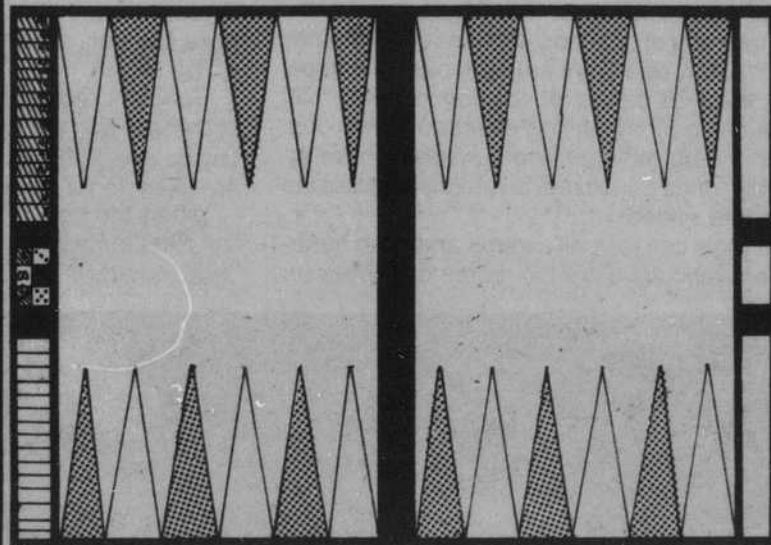


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