

Aikido: gentle self-defense

By Sean Meyers
Of the Emerald

Tod Schneider became disenchanted with karate when he was seriously injured in a tournament and spent a few too many years recovering.

Still fragile following surgery, he sought and found a "softer" style of martial arts to fill the void. Almost a contradiction in terms, Aikido is a "peaceful" means of self-defense.

"Aikido" is a composite of the words harmony and love.

"Aikido has done a number of things for me," says Schneider, a graduate journalism student at the University. "It's contributed to my feelings of well being in general, and to my confidence, heightened my awareness of other people's energies and how to harmonize with them and sharpened my focus on many levels."

"Aikido is a much softer style," Schneider says. "Rather than confronting energy, the focus of the training is blending with the energy of the attack, harmonizing with it."

On the other hand, "Karate is by and large a hard-style martial art... it involves confronting energy, stopping it and retaliating," says Schneider. "As far as that goes, it's very effective. For many people that is comfortable for them. But I found that it didn't fit my personality and the way I wanted to approach people."

The organization's "dojo," or school, is located at 1091 Olive St. in Eugene. Aikido Northwest, run by instructor Glenn Bluestone, will be offering a special Christmas holiday special for anyone interested in learning more about the sport. The two-week training, which costs \$15, will start Dec. 20 and includes six or more one-hour classes.

The center has about two dozen adults enrolled in

the beginning or advanced programs and a youth class with half a dozen children ages seven to 12.

Female pupils are encouraged, says Schneider.

"At times we've had up to 90 percent women in some classes," says Schneider. "We really welcome women to come participate. The lack of a macho atmosphere at the schools makes it more comfortable for them."

The center advertises its product as "a peaceful Japanese martial art emphasizing harmony of movement" that has the goal of "improving your health and raising your levels of physical and mental energy through martial arts training."

The art is "not a technique to fight with or defeat the enemy. It is the way to reconcile the world and make human beings one family," the advertisement says.

The art form, a relatively new discipline, was pioneered by Master Morihei Uyeshiba, a Japanese martial arts expert who, under attack from a disturbed former pupil, repelled the attack by dodging and blending with blows and diverting the attacker's energy until the attacker was exhausted.

It is rumored that Uyeshiba had developed his art to the point where he could see the path of bullets fired from a gun and dodge them.

According to an advertising brochure, a man without Aikido is "like a rabbit paralyzed by the glare of a snake, a mentally unprepared person is no match for a determined attacker — even if you happen to be stronger than your aggressor."


The beginner's regimen includes "vigorous" body-stretching exercises designed to involve all muscles and joints in bending, twisting, rolling and falling to increase aerobic capacity.

Goals are to increase concentration and perception, flexibility, balance, cardio-respiratory and muscular endurance and coordination.




Photo by Mark Pynes

Instructor Glenn Bluestone helps two beginning students through Aikido exercises.




OUR PHILOSOPHY IS TO SERVE YOU A HAMBURGER THAT'S BETTER THAN THE OTHER GUY'S. AND WE'RE PUTTING OUR MONEY WHERE YOUR MOUTH IS.




(Some other places actually have the nerve to use all frozen beef!)

Campus Location - 1895 Franklin Blvd.




**BUY A DOUBLE
GET A SINGLE FOR
25¢**

Good at Wendy's Eugene/Springfield.
Not valid with any other offer or KIDS' FUN PAK®.
Please present coupon when ordering.
Cheese, extra.
Expires 12/17/82



**BUY ONE ORDER
OF FRIES
GET ONE FREE**

Good at Wendy's Eugene/Springfield.
Not valid with any other offer or KIDS' FUN PAK®.
Please present coupon when ordering.
Expires 12/17/82



Dorm director to travel

Dick Romm, housing director of residence life, will leave the University Dec. 17 for a traveling sabbatical along the West Coast.

Romm will study how special interest residence halls are working and being marketed at other universities, such as the University of Washington and San Francisco- and Los Angeles-area colleges. The University housing department


started the specialty halls, with such themes as academic pursuit and environment, about two years ago.

Housing director Dan Williams will pick a new housing department Residence Hall Governance Committee representative to replace Romm. Romm's directorship will not be filled.

Romm will return to work Aug. 18.

ESCAPE
Field Studies Program
University of Oregon

Earn Upper Division Credit
for working in Public Schools
and Community Service Agencies.



**BROADEN YOUR EDUCATION
BROADEN YOUR BASE OF EXPERIENCE**

327 EMU 686-4351
Every Student Caring About Personalized Education.
Register in Mac Court