

# GO HOME FOR A QUARTER.



Give the folks a ring from a convenient public phone. Call on one today.

Pacific Northwest Bell

©1984 Pacific Northwest Bell

Coupons in the Emerald save you money. Check every page, every day. It pays.



University Karate instructor Bob Graves (foreground) has been teaching the Eastern art of self-defense for 27 years.



Beginning students learn the fundamentals of blocking an aggressor's blow which is a primary karate skill.

# Karate

Continued from Page 1B

tenants from Zen and from the acquired knowledge of the early masters who literally used it for survival. These spiritual elements, however, have been subjected to misinterpretation and overemphasis by some modern Western writers, Graves feels.

"Karate is not mysticism, and though there are some unexplained things in our psychic makeup, they're not unique to karate."

"The individual has a mental makeup that contains two facilities. One facility seems to be an accumulation of facts, figures, things, times, that from birth, as we gain consciousness, we begin to fill up. . . in the world of martial art, all the knowledge that belongs to the intellect cannot in any way help, and so Zen becomes the ability to free yourself from all the intellectual influence, so that you can remain as just an empty human being, and allow the natural facility to come through. That would be your more intuitive side, the ability of your body to react spontaneously."

Training then becomes the application of intellectual discipline to the body's ability to move without thought. Through endless repetition, techniques are embedded in the mind. "Then one must test one's self to see if they are well embedded," he says.

The definition of karate in our society as an offensive or defensive art differs greatly from that of Eastern cultures. Graves explains that in the philosophy of Budo arts, defense means to surprise your opponent and render him incapable

of attack. It has been said many times, he adds, that the Budo arts "have nothing to do with morality, but rather just getting the job done," and awareness and control of timing provide the greatest advantage over an opponent. "Whether it's a block or a punch or a kick or an escaping movement, taught or learned individually, they have neither offensive or defensive nature. For teaching purposes, you may designate them as that to satisfy the mind of the student."

Where he finds the most personal satisfaction, Graves says, is through his involvement in the "leading edge" of karate and in working toward its acceptance as a legitimate international sport. One of his ambitions is to officiate at the international level and be able to watch his own students compete. He says, "I have one student who has made the U.S. team for the first time this year, and he'll play in Yugoslavia at the World Cup. . . I'm trying to figure out how I can go."

When asked what he would like to accomplish through a life-long study of karate, Graves says, "Say I was at the end of my life and I was looking back. . . it would be when you have enough of a trained staff that knows everything that you can possibly hold interesting for them and they have gone past you and now have arrived at new knowledge from the base you gave them, and have become more important in the world than you are."

"Then you've accomplished your mission."

Story by Lori Stephens  
Photo by Julie Biggs



Graves also teaches "bo" fighting — a martial art using long bamboo quarterstaffs.

Chinese Restaurant

## BAMBOO PAVILION

1275 Alder St. 683-8886

省時快捷 經濟實惠

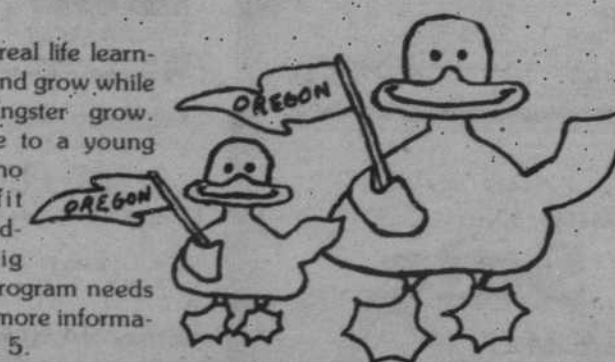
<b>Oriental Buffet Lunch Downstairs</b> Hours M-Th 10:00-7:00 F-Sa 11:00-4:30	<b>Try Our Dinner Upstairs</b> Hours Su-Th 4:30-10:00 F-Sa 5:00-10:30
--	--



The size and/or gender of the student does not matter — a skilled practitioner can hold his or her own with anyone.

## You can make a BIG DIFFERENCE. Volunteer to be a BIG BROTHER OR SISTER

Participate in a real life learning experience and grow while helping a youngster grow. Give some time to a young boy or girl who would benefit from your friendship. The Big Brother-Sister Program needs volunteers. For more information, EMU Suite 5.



At 9:30 a Moosehead Calling Contest Men's & Women's Divisions (No licenses required) With 1st, 2nd, & 3rd place prizes **No Limit on Mooses!**

*This night will be a head and antlers above the rest*

**The Paddock Tavern**  
3355 E. Amazon • 342-3575

Call 686-5511 • ODE Graphic Services for professional typesetting, design and camera work!

## BE A ROAD SCHOLAR RENT FROM NATIONAL

Get away and get a free T-shirt.

Getting away this weekend may be easier, more fun, and less expensive than you think.

That's because National rents to 18-year-olds, and gives you clean, sporty cars at low prices. Absolutely no mileage charge. And now a free Road Scholar T-shirt will help make your weekend a great getaway.

You can rent at any of the National locations below. All you need is a valid student ID and driver's license. Use a major credit card or submit a cash qualifying application 24 hours prior to rental. You pay for gas and return the car to the renting location. T-shirt offer good while supplies last.



You deserve National attention.

**National Car Rental**

**\$17.95**

NO MILEAGE CHARGE

Rate available from noon Thursday to noon Monday. Certain daily minimums apply. Ask for details.



We feature GM cars like this Pontiac 2000 Sunbird.

Non-discountable rate applies to this or similar size car and is subject to change without notice. Specific cars subject to availability.

Mahlon-Sweet Field (Eugene) 668-8161

## JOIN THE PARADE



Story by Lori Stephens  
Photos by Julie Biggs

Come to **St. Vincent De Paul** for all your Halloween needs.



110 East 11th 2053 River Road 705 South Seneca  
501 Main, Springfield

Wednesday, October 17, 1984

Student Health Center  
University of Oregon

## ARE YOU SURE YOU ARE PROTECTED AGAINST RUBELLA AND MEASLES?

**FACT:** University students are at the highest risk of developing measles of any group in the United States. Complications can be serious—including encephalitis (brain inflammation), deafness, pneumonia, and ear infections.

**SOLUTION:** If you are unsure about your immune status regarding measles, check at the Student Health Center. We are offering free measles immunizations.

**FACT:** Pregnant women who have rubella have a high risk of having a child with mental retardation, cataracts, deafness, or heart defects.

**SOLUTION:** Protect yourself and your future children by obtaining a free rubella immunization at the Student Health Center. If you are unsure of your immune status for rubella, please check at the Student Health Center.

**FREE MEASLES and/or RUBELLA IMMUNIZATION**  
MONDAY THROUGH FRIDAY 8:00 a.m. to 3:30 p.m.  
STUDENT HEALTH CENTER • 686-4441

## Mark & Pak

**COMPARE & SAVE! Shop Mark & Pak**  
Grocery-Meat- Produce-Bulk-Health Food

**EUGENE**  
• Located just north of the Ferry St. Bridge. Across the River from Campus.  
• No Need to Mark Prices. We Have Scanners.  
• Open 9-10 Daily, 10-9 Sunday

**SPRINGFIELD**  
• 303 South 5th St. In the Historic Big M Center.  
• Friendliest Crew in Town.  
• Open 9-8 Daily, 10-7 Sunday

Ritz 16 oz. CRACKERS <b>\$1.39</b>	A 'Sante' 28 oz. MINERAL WATER 6 flavors <b>79¢</b> plus dep.	OLYMPIA BEER 6-16 oz. cans <b>\$2.18</b> plus dep. reg. \$2.69 plus dep.	T.V.-12 oz. ENGLISH MUFFINS <b>39¢</b> reg. 55¢
Da Vinci-16 oz. SPAGHETTI <b>3/\$1</b>	Fresh MUSHROOMS <b>\$1.69</b> lb.	BROCCOLI <b>49¢</b> lb.	BARTLETT PEARS 3 LB/ <b>99¢</b>
Longmont CANADIAN STYLE TURKEY HAM <b>\$1.59</b> lb.	Cache Valley-2 lb MILD CHEDDER <b>\$3.98</b>	CREAM CHEESE Our Own Cut <b>\$1.69</b> lb.	BOTTOM SIRLOIN STEAK <b>\$2.29</b> lb.

AD EFFECTIVE THROUGH 10/23/84