

Aikido stresses self-defense with preservation

By Chris Chan
Emerald Contributor

Aikido, the Japanese martial art of self-defense, was introduced into the University's club sport program in the fall of 1988.

It is ideally a pure self-defense method applying little, if any "brute force," with throws being its main technique of self-defense.

The word Aikido is broken up into three parts: Ai, which means harmony or union; Ki, meaning essence, spirit or energy; and Do, meaning way. Aikido is thus often translated as "The way to union with the energy of the universe."

The club sports Aikido team is coached by experts Daryl

The Aikido style taught at the University is mainly the 'Hombu' style, focusing on more practical throws and on the more physiological and detail aspects of these throws.

As opposed to Judo, the Aikidoist does not use the "pull" or "push" techniques in his throws when confronted.

Instead, when pulled, he "enters" his opponent's space and when pushed, he turns.

"The main aim is to blend the attacker's energy with the defender's in such a way that the attacker is not harmed," Berlie, the coach of the Martial Art Club, said.

The belt ranks in Aikido are mainly an indication of the seriousness of the student.

"Achieving black belt level only means you are a serious student," Everson said.

Tournaments are carried out in the form of "Gasshuku," which are really seminars or workshops that take place seasonally.

At the end of each "Gasshuku" is rank testing, which includes sparring, demonstration of throw techniques and weapons forms. These weapons include: the Bo and Jo, two lengths of staff, and the Bokken, or wooden sword.

Sparring is done in such a way that the "Uke," the person receiving the throw, submits to the "Nage," the person performing the technique.

"Only at black belt level do counter-attacks occur," Berlie said. "For example, if the Nage employs a technique incorrectly, then the Uke can counter against it. In addition, there is the use of 'Atemi,' a series of percussive blows delivered."

The club recently hosted its Gasshuku weekend workshop

where one of the prestigious guests included Berlie's instructor, Tom Reed, a 10th-degree Black Belt from Arcata, Calif.

The club trains Monday and Wednesday from 6 p.m. to 7:30

'Achieving black belt level only means you are a serious student'

-Rudy Everson

p.m. and Fridays from 4 p.m. to 6 p.m. at Gerlinger Annex B52.

Aikido weaves together a natural blending of physical, mental and spiritual elements, trying its ultimate best to unify the mind, body and spirit. Aikido holds true to its philosophy, "the union with the energy of the universe."

Club Sports Scoreboard:

Results of the University of Oregon Badminton Club participation in the 1989 Oregon Invitational Badminton Tournament, Jan. 20-21 at the Multnomah Athletic Club in Portland:

Henry Daut, champion, men's singles 'B'
Johari Ahmad, runner-up, men's singles 'B'
Craig McCourry, champion, men's singles 'C'



Photo by John Sloops

Phil Wiener, a second degree black belt and one of three coaches for the Oregon club sports Aikido team, gives a demonstration at last weekend's "gasshuku" on the University campus.



Berlie, Chuck Hauk and Phil Wiener, all second-degree black belts.

"Although most of the Aikido players are beginners, the instructors are probably some of the best on the West Coast," said Rudy Everson, the Aikido club's coordinator.

About 30 students practice the art, which stresses self-improvement and the preservation of the attacker, as opposed to the attacker's destruction.

Therein lies the main philosophy of Aikido, operating from an inner discipline born of intelligence and loving compassion, which strives to allow the attacker to escape unharmed.

EMU Board of Directors to meet

MEETINGS

The EMU Board of Directors meets tonight at 5. Check EMU schedule for meeting location.
Campus Crusade for Christ's

Primetime meets tonight at 7:27 in Chapman Room 207. Tonight's theme is Olympics.

MEChA, the Chicano/Latino Student Union, will not have its regular meeting tonight. All

Et al

members are encouraged to attend the community meeting on racism tonight at 5:30 in the Eugene City Council Chambers.

Students Against Apartheid has a meeting tonight at 6:30 in EMU Cedar Room E. All interested people are welcome to attend.

The Oregon Student Public Interest Research Group (OSPIRG) Recycling Group meets tonight at 7 in EMU Cedar Room C.

OSPIRG's Household Toxic Research Group meets tonight at 7 in EMU Century Room B.

Women in Communication, Inc. meets today at 4 p.m. in EMU Cedar Room A.

MISCELLANEOUS

Lynette Williams, a University history student, will present a slide show, "Chile: The Organization of the Opposition Before the Plebiscite," today at 12:30 in the EMU Forum Room. The slide show is based on her eight-month stay in Chile and is sponsored by the Latin American Support Committee.

Alpha Kappa Psi presents half-day on the job program with the following businesses:
• Emporium, Feb. 10, morning. Two marketing students. Applications due Feb. 1.
• Kaufmans, Feb. 14, afternoon. One or two marketing/management students. Applications due Feb. 1.
• Northwest Natural Gas Co., Feb. 28. One student interested in utilities. Time will be arranged later. Application deadline is Feb. 27.

• Champion Factory Sportswear, March 2, morning. One marketing/management student. Applications due Feb. 20. Applications due by 5:30 p.m. the day posted in Gilbert Room 212.

Tuesday, January 31, 1989

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