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PHILOSOPHY WITH A KICK

By Chandra Foote
Emerald Contributor

It seems difficult to believe that philosophy can be found while you are being forced to the floor, and your arm is pinned to your back.

But that's exactly what was happening Jan. 9 at the University when Oregon Club Sports held its annual Gassuka.

A Gassuka is a gathering for aikido students. Aikido, a martial art that was first developed by Morihei Uyeshiba in Japan during the 1920s, has elements of both jujitsu and kenjutsu.

Yet, there is much more to aikido than just arm twists, elbow locks and rolls.

Tom Read, guest instructor for the Gassuka and a fifth-degree black belt, said aikido is "all about space, not just individual space, but space in the universe and how you fit into it."

Aikido has been described as one of the most gentle of the martial arts, and also one of the most ideal as it is applied to self-defense. What is so different about this sport is that its defense is non-resistance.

The aikidoist takes the power and force of the attacker and uses it against the attacker to disarm him. It is "learning how to retrieve power," Read said, not fighting against it.

For three days, Read worked with classes consisting of the aikido club members and visiting guests from around the West Coast. Read's method of practice on the mat, broken up by pauses

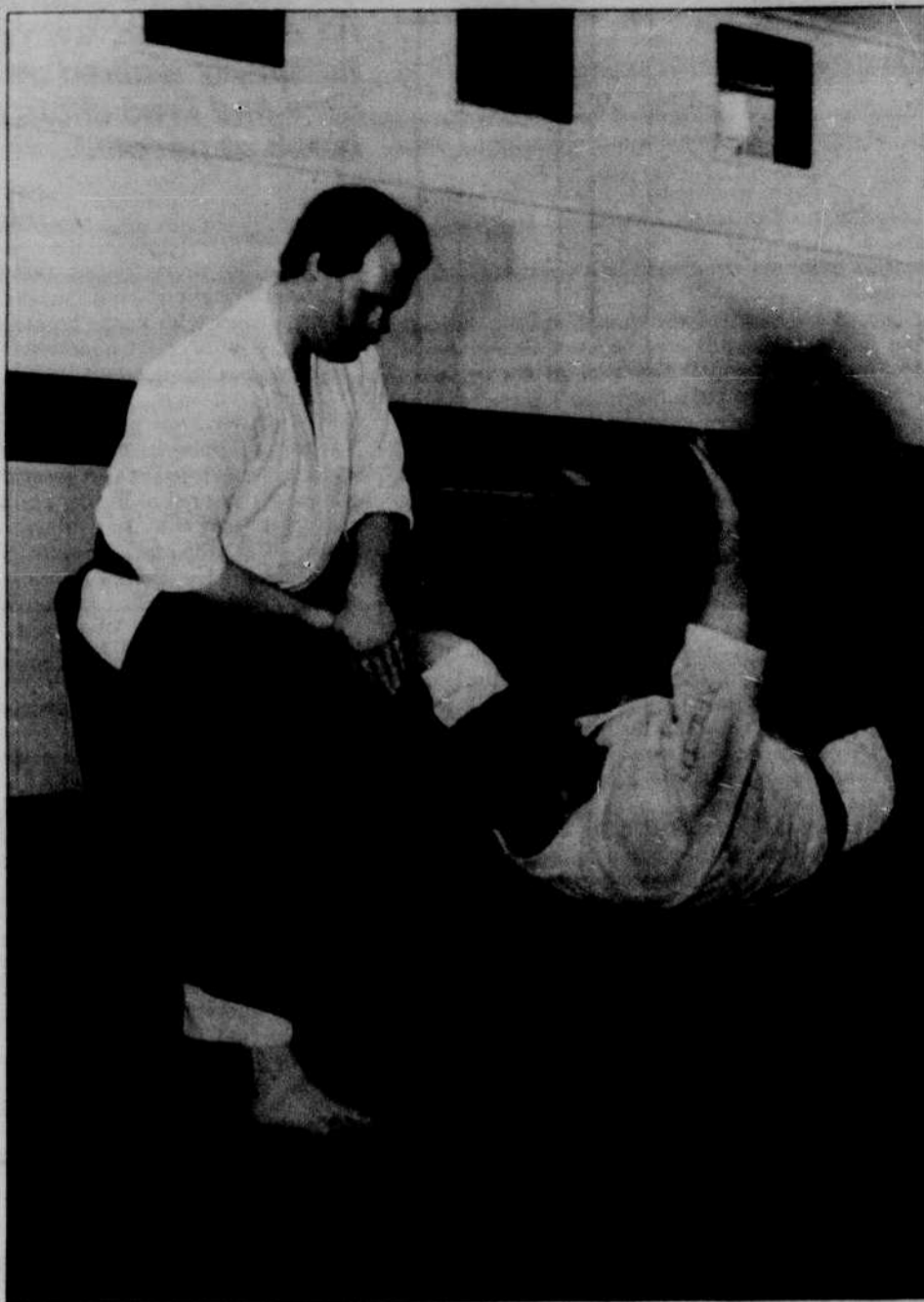


Photo by Michael Shindler
Brian Cochran flips Chuck Hawk during Aikido practice. Both are assistant Aikido instructors for Club Sports.

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The University of Oregon's
Review Workshop for the
Medical College Admission Test

For the sixth year this spring, the University of Oregon will offer its comprehensive review workshop for the Medical College Admission Test. This program, developed by the University to assure that students have access to the very best materials and instruction at the most reasonable cost, will reflect the latest revisions to the exam.

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Faculty: University Faculty from Biology, Physics, and Chemistry as well as test preparation experts from Academic Learning Services.

Materials: Official practice exams and manuals from the American Association of Medical Colleges and materials selected by our faculty from the best of those commercially available. Workshop participants will also have access to the review materials from the highly respected Harvard Health Sciences Summer Program.

Videotaped Sessions for Review: All instructional sessions are videotaped to allow workshop participants to review sections or to make up sessions that they might miss.

Fees: The low \$200 fee reflects the service motivation behind this workshop. Unlike the private companies that provide workshops, the University of Oregon is not seeking to make a profit; it is providing this top quality program as a complement to its educational mission.

Schedule: Six Saturday sessions
(36 hours classroom instruction)
Feb. 6, 13, 20, 27; Mar. 27; April 3
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346-3226 in 68 Prince Lucien Campbell Hall.

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