

Martial arts classes teach self-esteem

By Nate Thompson
For the Oregon Daily Emerald

Martial arts classes available at the University give students the chance to learn more than just self-defense.

"These classes teach students the physical aspect of the martial arts in addition to self-confidence and self-esteem," said Shawn Henry, a graduate student who teaches tae kwon do and karate.

The College of Human Development and Performance offers courses in tae kwon do, karate, judo and aikido.

In his classes, Henry encourages students to use martial arts as a means of self-improvement. "We attempt to take individuals from their present position and facilitate their physical, mental, social and emotional development as related to the martial arts," Henry said.

The study of martial arts has always focused on more than physical movements. "All modern martial arts make overt connections between training and the development of discipline, humility, courage and benevolence," said John J. Donohue in a recent article in the *Journal of Asian Martial Arts*.

Students in Henry's classes are the first to praise the emphasis on mental and physical learning.

"I feel like I know something other people don't, and this makes me feel more confident in myself," said Tiffany Woods, a junior journalism major. "I also like learning about the traditions of tae kwon do. There's a lot of respect for the teacher, the students and the art itself."

Another issue Henry addresses in his classes is the common perception that one must be unusually flexible to succeed as a martial artist. "This perception is unfounded," Henry said. "Because these classes address such a broad range of motion and activity, there is something for everyone, flexible and stiff alike."



Photo by Randy Theben

Doug McGraw leads his tae kwon do students as they practice their technique in Esslinger Hall.

POLICE BEAT

The following incidents were reported to the University Office of Public Safety and the Eugene police department April 20-26.

•Police officers recovered a stolen vehicle that contained stolen property on the 1000 block of Alder Street April 20. An officer was responding to a report of a suspicious man prowling cars on the 500 block of East 15th Avenue when he observed a man matching the suspect description in the area. When the suspect saw the officer, he ran away and got into a car. The officer, who was on a bicycle, pursued the man but lost the suspect after a brief chase.

Officers found the car the suspect used parked on Alder Street shortly after the officer lost the suspect. The vehicle was full of stolen property. Police found stereos, wallets, purses and assorted other stolen articles, valued at a total of \$1810, in the car. Police phoned the owner of the car, who lives on the 1800 block of Emerald Street, and told her they found her car. She told police she had no idea the car was missing and said she left the car locked in front of her residence the night before. Police said the suspect used a slim-jim, a thin piece of metal used to open car doors from the outside, to break into the woman's car. He then found the woman's spare set of keys inside

the car and took the car.

In a related incident, a University student reported a theft from a vehicle on the 1300 block of East 19th Avenue April 20. A wallet and its contents were reported stolen. The suspect used a slim-jim to break into the car. The missing items were recovered when police found the stolen car in the incident listed above.

•A 27-year-old man was cited for urinating in public on the 1300 block of Alder Street April 23. The man allegedly urinated in the 7-Eleven parking lot, 1316 Alder St. The manager of the store said he saw the man walk out of the Glenwood Restaurant, 1340 Alder St., and urinate in the middle of the parking lot. According to police reports, the suspect told police he urinated in the parking lot because he "had to go." The suspect also told police he didn't think it would have been a better idea to use the bathroom in the Glenwood.

•Police served a search warrant on a party on the 1300 block of Ferry Street April 25. Police obtained the warrant after they were unable to contact the residents of the house where the party was. When police first responded to the house, people in the house slammed the door and said, "Cops. Don't let them in." Police went and got the

search warrant because they believed that there were minors in the house drinking and because the residents were creating a noise disturbance.

When the police returned with the warrant, the party was over and only two people were in the house. After knocking on the doors of the house and receiving no answer, police officers kicked in a door and served the warrant. Police seized the kegs and taps from the party and talked to the two residents of the house but didn't cite anyone.

•A University student reported a case of criminal mischief at Willcox Hall April 25. The student said that someone had written, "Fags Suck" on his door, which is decorated with many anti-homophobic magnets. A swastika was also drawn on a copy of Martin Luther King Jr.'s "I Have a Dream" speech that was posted on the door.

•The Delta Upsilon fraternity, 1867 Alder St., reported a burglary April 26. The burglary occurred the night of a house party. About 60 to 100 people were at the party. During the party, a microwave oven, CD player and an AM/FM stereo were taken. The total value of the missing items was \$550.

VOTE

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to issue a public statement demanding Packwood resign from the senate "due to his admitted acts of sexual harassment." Measure 9 asked students if the ASUO should issue a public statement "declaring that the Oregon Citizens Alliance is wrong, abnormal and perverse."

Measure 6 will amend the ASUO Constitution to add sections requiring the IFC and Student Senate to meet at least once during any three-week period.

If the groups fail to meet the requirement, the Constitution Court will have the authority to remove all members of the group from office.

Measure 7 will amend the ASUO Constitution to add a section requiring the Constitution Court to review and approve all rules, resolutions and policies established by the ASUO Executive, the IFC, the EMU Board and the Student Senate.

TACK & SADDLE AUCTION

Tuesday, May 4 • 7:00 p.m.

To be sold at **Public Auction**; 60 heavy using saddles, built on bull hide trees. Most with 5 year guarantee. Also, English, Australian and Pony saddles. Pads, halters, bridles, cinches, leads, lariats, silver show bridles, grooming items, winter blankets, spurs, bits, English bridles and hundreds of additional items. This sale includes just about anything used on or about a horse. Viewing from 6:00 p.m.

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