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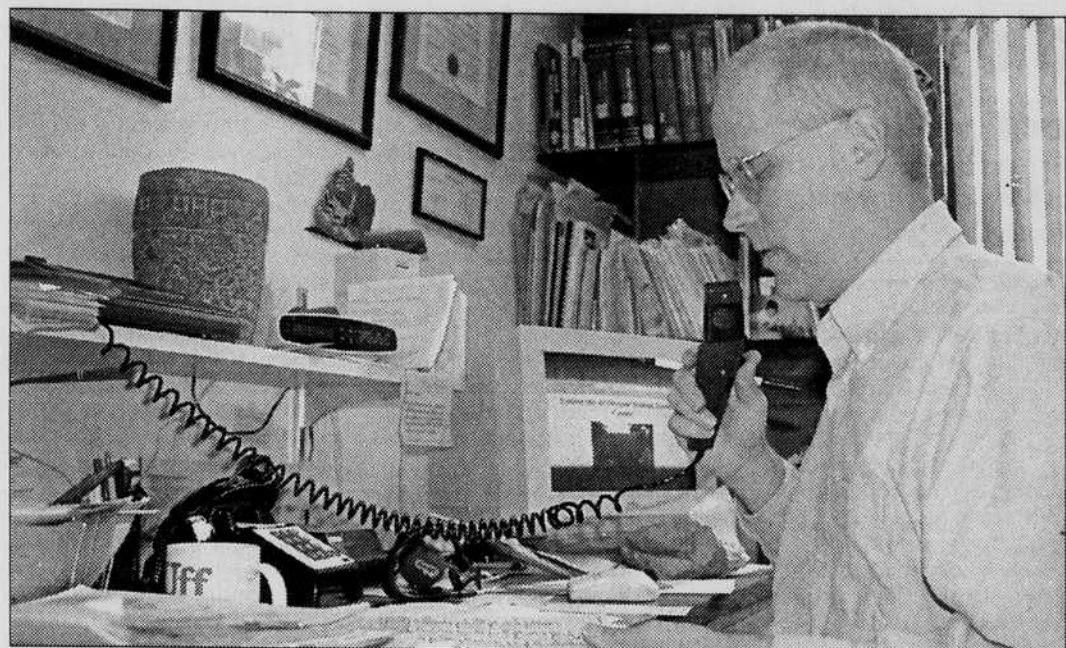


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Back in his Health Center office, Dr. Lindquist records some notes during a break between patients.

Martial arts: Art offers adaptability

Continued from Page 1

on armour-fighting," he added, showing a defensive move which seemed to assume one is wearing some sort of arm protection to prevent being cut.

"With Jeet Kune Do we adapt it to ourselves," he continued.

The versatility and practicality of the style, coupled with Lindquist's dedication and respect for tradition, has made the course popular on campus among serious martial artists.

Where Lindquist was 18 years ago is a world apart from where he is now. Before deciding to attend University of Washington Medical School, he held a number of curious jobs, among them stoneware potter, Volkswagen mechanic and even grave digger. The last one provoked his interest in medicine.

"I decided I would rather be in a healing profession, a vocation which is devoted to the preservation of life," Lindquist said.

He went to med school to fulfill that desire, but he also remembered what little exposure to the martial arts he had. One uncle was a boxer, and two cousins were wrestlers. Lindquist did not feel that either style was well-suited to him.

Eight years ago, one of his friends, John Archer, recommended he take a course entitled San Soo, "Empty Hands" self-defense, which spurred his interest. He later versed himself

in Kali, considered the mother of Filipino fighting styles and followed that with Tae Kwon Do and Jeet Kune Do.

Within a few years, Lindquist was teaching classes with Archer at a community college. But like his Jeet Kune Do predecessors, he has refused to devote himself entirely to one style, preferring to sample the techniques of others.

"What I love most about Jeet Kune Do is the blending of energies," he says.

Adaptability is what really draws people to the martial arts, he said. When Lindquist uses the word adaptability, he is referring to more than just the physical aspects.

"I've had a spiritual focus in my life for a long time," he said. "And martial arts has helped sharpen it."

Lindquist feels other people can gain from martial arts as well. "You learn three types of respect when you practice martial arts," he said. "You learn respect for yourself, respect for others and respect for those before you, those who developed the arts."

The emphasis that martial arts places upon tradition and respect, will generally make for an easier, more focused way of life, Lindquist said. He believes martial arts are "a method of ultimate self-improvement."

He uses himself as an example: "Training in the martial arts has definitely complemented

my vocation. The arts have taught me to become more involved, more intense and intervention-minded. Healing arts and martial arts seemingly on the surface are very divergent, but they both involve the preservation of life, making differences in people's lives."

He explained that in ancient China, the healer/warriors were among the most respected individuals in the community, because they could give and take life. "I'm not sure if I would consider myself that way, but I like it," he said.

What Lindquist would also like is for more students to realize the potential of martial arts. While Lindquist feels martial arts, like other sports, offer a way to stay physically fit, he sees other benefits as well, including stress reduction.

"Given the way the 20th century has been I believe everybody should know the basics of self-defense," he said.

And, unlike sports, martial arts do not hinge upon physical talents or size.

"Martial arts is a big tent," he says. "There is room for everybody."

Drawing people to the arts is the only problem, he says, because once people are drawn in, they rarely leave.

"I'd like to train and teach 'till death," he said. "When they lower me into the grave, that's when I'll be finished."

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