

# Martial arts

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sion and subsequent soreness, Ashburn said she quit the course, but the knee injury has since regularly reappeared during exercise.

Kari Brazeau, Eugene YMCA health and fitness director, said YMCA instructors ensure that participants learn how to safely exercise, but whether or not participants heed that advice is "another question." The instructors of Ashburn's course weren't available for comment.

Ashburn is one of many Americans who have jumped on the kickboxing fitness bandwagon, led by the popular exercise video "Billy Blanks" Tae-Bo, only to bail out after sustaining injury.

Jennifer Evans, public relations

coordinator of the American Council for Exercise, said kickboxing fitness has grown immensely popular in the past year.

"A lot of people have a hard time staying with aerobic exercise because it can get monotonous," Evans said. "Kickboxing is a very different and active exercise."

Kickboxing fitness, which combines the leg thrusts of competitive kickboxing, the punches of boxing and the fast pace of traditional aerobic exercise, isn't easy, Brazeau said. "It's not for everybody."

Todd Newton, who teaches kickboxing fitness at Japan Karate-Do Northwest, said that while serious injury sustained from kickboxing exercise is unlikely, smaller injuries are quite common, especially when instructors aren't trained in the martial arts.

"There are people out there teaching who I could spend days correcting their form," Newton, who has a fourth-degree Karate black belt, said. "Even the people on the Tae-Bo infomercials make me cringe."

Another major problem with most kickboxing fitness instruction is large class sizes, Tim Rochford, a Chicago kickboxing instructor, said. Rochford, a long-time amateur competitive kickboxer, has just completed a kickboxing fitness training manual that he hopes to publish soon.

"It takes the body a long time to adapt to that kind of stress," Rochford said.

"Too many instructors are worried about performance and too concerned with filling classrooms."

"Another mistake a lot of peo-

ple are making is training people with techniques from kickboxing competition that rely on quickly explosive movements with the goal of having power behind the strikes."

Ashburn, however, feels that

**Even the people on the Tae-Bo infomercials make me cringe.**

**Todd Newton kickboxing instructor**

the main cause of her injury was insufficient instruction.

"We were told what to do and not how to do it," Ashburn said. "I feel they weren't very careful with me."

Rochford said he fears that while many minor injuries due

to improper kickboxing motions are already surfacing, serious injuries will develop over long-term exercise.

He suggested instructor-to-student ratios never pass 1:20 and that kickboxing fitness classes begin with an orientation, during which instructors could gauge student fitness and skill.

"I think kickboxing fitness will continue to be a trend and go on to be a long-time exercise program," Rochford said.

"A lot of the movements in kickboxing fitness are more functional to the human body than traditional aerobic exercise."

By using circular motions moving "every joint in every possible direction," kickboxing fitness done right develops flexible and balanced muscles and boosts cardiovascular activity, Rochford said.

# Austin

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and exec people ask me about stuff because I know it, and they don't.

**Q: How did you acquire all that knowledge without being elected or appointed?**

**A:** Because I actually give a shit, you know; everyone else just doesn't care. I actually read the Green Tape Notebook. It's amazing what you find when you read.

**Q: What sets you apart from candidates?**

**A:** I am honest about how I feel. If I don't like you, I'll tell you.

**Q: Why did you choose not to have a running mate?**

**A:** Peter Watts was going to be my running mate, and he chickened out. ... The deal was that I was going to win and resign.

**Q: How would you choose a vice president?**

**A:** I'm just going to pick a name out of a hat, I think.

**Q: What do you consider the two most pressing issues at the University, and what specific plans do you have to address those issues?**

**A:** The Scott Southworth [incidental fee] case. I don't even know if any of the other candidates have addressed that or not. The second most important issue is the stupidity that ranks our student government.

**Q: What are the University's strengths and weaknesses?**

**A:** We claim to be diverse. But last time I checked, we have, like, [a high number of] Caucasian students. So, I'm not quite sure how we qualify as diverse. I don't know, call me an idiot, but we're about as diverse as the state of Mis-

issippi. ... It's a weakness. What's one of our strengths? Well, we've always got The Commentator.

**Q: Critique Wylie Chen and Mitra Anoushiravani as the current ASUO Executive. What would you change?**

**A:** Wylie and Mitra have actually been the best executive in probably seven or eight administrations. Certainly, in the time that I've been here, Wylie and Mitra have been the best as far as integrity goes.

**Q: So, how would you do their job better?**

**A:** I would take a more objective look at how the laws are being enforced, at how policy is being handed down. Wylie's complained about people in the senate and the rest of student government not allowing people with divergent, conservative views to stand on student government. I will just

take a stand on that. You don't discriminate based on someone's political ideology; you don't prevent them from being a part of student government based on what they believe in. No one in student government has the balls to do that right now, and that's sad.

**Q: Critique the diversity issue on campus. What changes, if any, would you make?**

**A:** How much money we are giving to OSPIRG? [More than] \$137,000, which would equate to 15 full-ride scholarships, tuition-wise, to minority students. Look at the way that we spend our money. You know, we bitch about diversity, but we're not one to do anything about it. Stop paying for groups like OSPIRG, and start and paying for other things that are more important.

**Q: How would you represent students at the state level?**

**A:** I think the only role that the student government should play at the state level is advocating things that benefit students generally. In order words — tuition freezes, more student grants, student aid. Other than that, I don't think the student government should play a role at the state level.

**Q: How do you see your relations being with the University administration?**

**A:** I hate [University President Dave] Frohnmayer.

**Q: So, you would not have any communication?**

**A:** Whatever the base minimum would be to get things done, whatever I would be required to. No more than that.

This is the first in a series of stories profiling the ASUO executive candidates. The Emerald will profile all of the candidates before the ASUO primary elections.

# Heart Beats

*To my honey - I love you bunches and bunches... to infinity and beyond! Happy Valentine's Day. Love, Me*

*Windy Bear, I feel like the luckiest girl to have found the sweetest boy, again. Love, Me*

*Bryan, Krista, John, Sue & Tina - Thanks for working so hard delivering the ODE in the mornings. It's because of you that I sleep peacefully next to the one I love. Leahy*

*Radiant Goddess of my dreams, I find myself awake through Name-less vicissitudes. We are joined in trust and love - a moment of bliss penetrating infinity.*

*To Rachelle, Happy Valentine's Day! What would I do without you? Always remember, GOW'S rock! Your homes*

*To my best friend Wendy, I am so proud of you and all that you stand for. I love you with all my heart. Day*

*Freddie - My Love Bumpkin - You "picked me up" when I needed you the most. XOXO - Beckham*

*Rebecca, Happy V-day baby, I love you! Kump*

*I will always love you Levi! Meghan*

*I just wanted to tell you how special you are and how much you mean to me. Happy Valentine's Day. Your Date*

*To my lovely, Noah, You are the beautiful thing happened to me even though I think you need to smile a lot. Happy Valentine! Astoria school*

*My forever strawberry, I wanna get drunk on your laughter. Love always, K.T.*

*Will you be my Valentine para siempre? Love, Justin*

*I spent the last three years a blind fool. One spontaneous call and you made me the happiest I have ever been. I love you.*

*To my Fluffy Bunny, You are the light of my life, you brighten my day. You are the sunshine in my sky; you warm my heart. You are Peter from the Greatful Bread; you always greet me with a smile. I love you. Mike*

*To me, far friend, you never can be old. For as you were when first your eye eyed. Such seems your beauty still. Love, I hope I meet on the morning. Little Rachelle*

*我愛你 愛美*

*It's good to love now, better to love also later, but the best to love forever. Love Always, W.S. Horne*

*I bet you thought I'd forget! Thanks for being my Valentine! Duke*

*Here's to one year... Shanigans Being "out of control" & Green Death Love your Shay*

*Happy Valentines Day mis odians!*

*I'll be back soon. Until then, remember you are my sunshine and you make me happy when skies are gray. Love, Tanny Bunny*

*To my lovely Ladies, Man, Man, Dad and K.B. I'd queeb to the end of the world and back for you. Love, JJ*

*Cyber-space was our matchmaker in January, '98. At Carrow's we met, thus sealing our fate. Two years it's been, one-time instant messenger geeks. Baseball player and cute girl, not internet freaks. No one would know if they saw us today that AOL paired us and together we'll stay. I love you. Your Sweetest*

*Will you be my Valentine? Sotero*

*From your favorite, New Kid.*

*Sorry for being shady. Let's mud wrestle and I'll make it up to you. Love, Princess*

*Happy Birthday, my little brother. Love, a lucky brotherhood*

*Everyday I love you more and more. Happy Valentine's Day. You make it so special. P.S. You're the Best.*

*Any way you want it That's the way you need it Any way you want it Love, The Captain*

*My 1st date was on the 4th of July And since then, you've made me going strong, our love will undoubtedly go on & on.*

*Two years later and nothing has been greater. I love you! Gassy*

*Thanks for letting me call you that number. The last 9 months have been great. I Love You! Love, The Boy in Reserve*

*Happy Valentine to Zudeg, ISA officers, ISA interns, my fellow employees and especially to my faithful love ya - my parents, my brother and my sister.*

*Princess - Top OK! Bottom no way! And you know why! Weatherman D.*

*Happy Valentine to Zudeg, ISA officers, ISA interns, my fellow employees and especially to my faithful love ya - my parents, my brother and my sister.*

*My darling, I'm dying to lick... I mean, Attack of... Jump. Wait, what I meant was Our date was fun. Arghh*

*#1 - I would always dream of love, and even wish for it to come true, but never did I expect I could love anyone as much as I love you! Love Always, #2*

*Key, No Staff to Tell No Pipe to Tie. Loves You Happy Day!*