

Bounce

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five years, added, "We combine a bunch of different things from wushu and tae kwon do, a little bit of break dancing and capoiara."

Junior Jay Kufner, who teaches extreme martial arts at Best Martial Arts Institute, said the discipline is flashy and diverges from the strict rules imposed by customary martial arts.

"This stuff wouldn't be considered traditional self-defense martial arts," he said.

Senior Nick Wolfgang agreed. "It's a series of forms that are beyond the normal scope of what martial artists would study."

Best, who has taught in Eugene for 14 years, said non-traditional techniques are becoming more popular all over the country. He got the idea for an extreme martial arts class when a parent approached him about a year ago. Best said he wanted to find a way to keep younger students engaged in the martial arts discipline without the pressure of competition.

"They go through that period ... where it's hard to get them excited about the repetition and the basics," he said. "(Traditional martial arts) just doesn't have the excitement that they kind of need for that age."

However, Kufner said a wide demographic has expressed interest in the course. He teaches martial artists from eight to 45 years old.

Kufner said he and the other students joined Loken's trampoline classes to practice the moves they learn in class with the security of a trampoline.

Loken said the University is the only college in the country offering a trampoline program. Her aerial maneuvers class is designed to help snowboarders, skateboarders and other extreme athletes perfect their aerial stunts and get more "air time" in a safe environment. Martial arts students first practice jumps, kicks and inverted movements attached to an overhead spotting belt on one of the 10 trampolines. At Loken's approval, students can begin practicing these skills without security belts. Kufner said the martial artists aim to perform the moves sans trampoline and overhead belt.

"Safety is our major priority," Loken said.

Kufner said the class has helped his students and him learn elite-level tricks without getting injured.

"It lets us do some really difficult falls," he said. "Lani does a really good job with safety. We're always looking for people's experiences and advice, and Lani does a great job of that."



Jeremy Forrest Emerald

Extreme martial arts is taught at Best Martial Arts Institute and combines different forms of wushu and tae kwon do.

Bryan agreed.

"Trampoline is a way for me to start working on (more difficult moves) because I know I'm not going to get hurt."

Loken will offer trampoline classes spring term, and Best plans to continue offering extreme classes.

Bryan said she will keep studying extreme martial arts not only for the excitement, but also the sense of peace the discipline provides.

"It gave me something I could focus on and a place I could escape to and know what was expected of me," she said.

Contact the Pulse editor at jacquelynlewis@dailyemerald.com.

Candidate

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Eugene police confirmed that Melton reported the crime, and they are investigating.

ASUO Elections Coordinator Andrea Hall said no campaign-related crimes have been reported so far this year. "I've heard nothing about it and heard no complaints," she said.

Hall added that she generally expects some level of campaign-related mischief. She said last year, a candidate's car was egged, "but it was nothing to the extent of breaking-and-entering."

Melton said some property was stolen from her room, including her cowboy hat, 13-inch television, alarm clock and toothbrush, but she said she is puzzled because whoever broke in didn't steal her computer or other valuables.

"It could just be random, right?" she said. "But certain things lead me to believe it wasn't random at all. I mean, somebody took my cowboy hat. Who would come in and take a

cowboy hat? It's my baby."

She added that the intruder probably came in through the back door of the apartment, which might have been left unlocked. Melton found a Lane Transit District day pass on her bed but has no further clues.

"I don't know exactly what it was or why it was," she said. "There's no way I can definitely say it was a hate crime."

She said during ASUO elections last spring, executive candidate Oscar Arana was subjected to a similar crime when items were stolen from the MEChA office.

Melton said Thursday's issue of the Emerald, which listed all the candidates running for ASUO positions, could have incited someone to vandalize her room. It just seemed too coincidental to be a random crime, she said.

"Someone doesn't have to write 'Die dyke' on the wall for it to be a hate crime," she said.

Contact the news editor at brookreinhard@dailyemerald.com.

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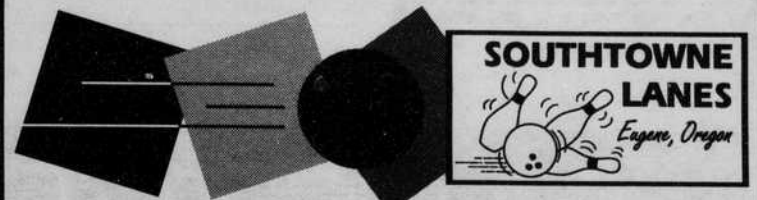
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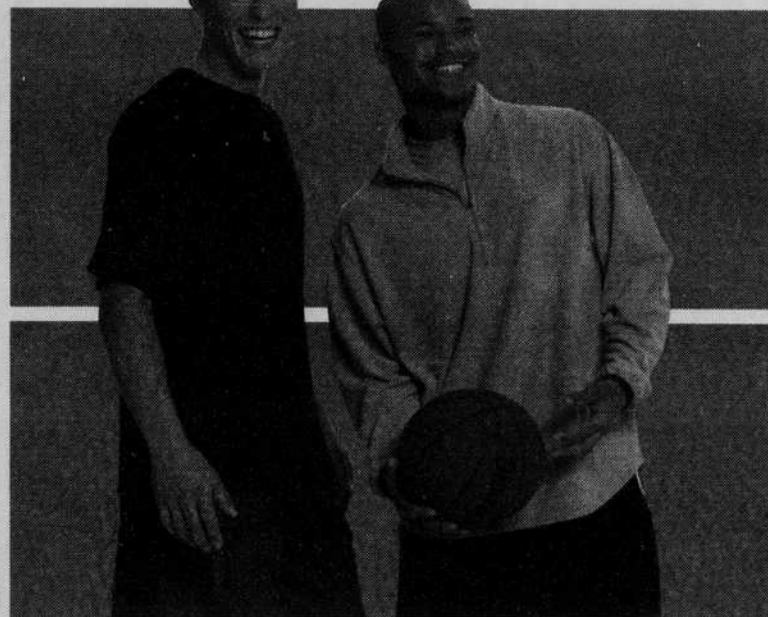


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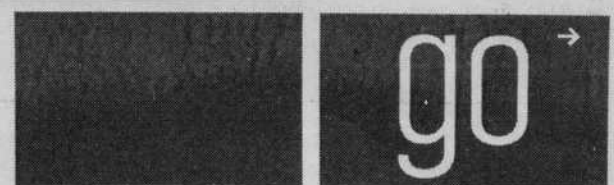


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