

Studio One kicks off new class of self-defense, fun

SALENA DE LA CRUZ
Opinion Editor

Studio One is kicking choreography and kickboxing into high gear with a Kickboxing/Street Defense Workshop on Nov. 17 for both men and women.

Jukucho Kent Kim will be conducting the one-day class. Kim holds three gold medals in national championships as well as a gold medal from 1991 for the Full Contact Karate World Championships in Kyoto, Japan. Kim may be recognized for his techniques that were used in the fight scene in "Teenage Mutant Ninja Turtles III" as well as the choreography he just finished in "The Hunted", starring Tommy Lee Jones and Benicio Del Toro.

"If this class goes well, we hope to offer a class of fighting that's similar to what's choreographed in movies with such stars like Jackie Chan," said Wayne Marshall, marketing and business administrator for Studio One.

The class will be offered for women from 1 p.m. until 3 p.m. and the men's class will be offered for 4-6 p.m. The cost is \$45 and a free pair of boxing gloves will be given to all participants. However, enrollment is limited so pre-registration is required.

According to Marshall this class is a trial to see how well it goes. If all goes well they may offer it on a continued basis.

"This is something we definitely want to pursue," said Marshall.

Thought this type of program is new for the studio, kickboxing has become more and more popular. Kickboxing helps give strength to parts of the body such as the arms, legs, shoulders, back and buttocks. It also helps to build confidence. The second half of the workshop is on street defense and how to protect yourself in case of an emergency.

"This is kind of new for us," said Marshall.

Studio One is located at 16246 SE 82nd Drive in Clackamas across from the Fred Meyers Greenhouse Square. For more information call Studio One at (503) 657-0795.

PHOTO COURTESY OF JUKUCHO KENT KIM



Pictured: (Above) Jukucho Kent Kim teaches one of the students from his classes some ground fighting. (Below) Kim instructs one of his students on the proper technique of hitting. There are different styles and techniques for both men and women.

Footloose, fancy-free: 'Footlight Frenzy' gives escape

ERINNLERTEN
Staff Writer

"Footlight Frenzy," directed by Alan Shearman and now playing at the Lakewood Center for the Performing Arts, offers a lighthearted romp through the misadventures of a school faculty's attempt to save its school.

In a last ditch effort to save the Rye School for Unusual Children from sudden closure, PTA head Laura Becker (Melinda Strobel) hires Tony Langdon (Danny Bruno), a has-been Broadway director and playwright with aspirations to take his play "Tarnished Silver" from the Rye School to Broadway.

The plot centers around both the play and the backstage tension. Opening night looms as potential disaster. Several cast members quit and the egomaniacal, bi-polar director turns to janitor and stage manager Benny Dibble (Steve Beckingham) to fill the pivotal role of gangster Johnny Chicago. The impromptu actor

fills Chicago's shoes splendidly until he catches sight of the audience.

"Tarnished Silver" follows the romance of a 1930s lounge singer with the hots for an up-town millionaire playboy. Laura's school principal husband, who plays the rich jazz musician Nicky, is more inter-

of script, throwing the doomed plot into further disarray.

The school's accountant Alex Malone (Russ Cowan), who spends his time on the phone and schmoozing with the audience, eventually saves the play.

"Footlight Frenzy" offers audiences a quirky, pun-laden escape from grim reality. For a while you are caught up in the ridiculous situations that the character's find themselves in: Laura's frantic pill popping and hysterical episodes, Benny's unrequited love for Debbie and Tony's feeble attempt at suicide. The situations are presented in such a preposterous format that the audience cannot help but roar with laughter at the characters' hijinks.

"Footlight Frenzy" is playing at 8 p.m. Thurs.- Sat. and Sun. at 7 p.m. through Dec. 9. Tickets are \$18-20. Call the Lakewood Center for the Performing Arts Box Office for more information: (503)-635-3901 or visit their website at www.lakewood-center.org.

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PHOTO COURTESY OF LAKE OSWEGO PHOTOGRAPHERS

Pictured: (Left to Right) Danny Bruno, the director, assists the stage manager, Steve Beckingham, with lines for Russ Cowan, a teacher-actor on stage. "Footlight Frenzy," is playing now through Dec. 9 at the Lakewood Center for the Performing Arts.

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