

New tai chi instructor finds zen at Clackamas

Nick Hancock has filled a void left in the tai chi class, but brings his own flavor to the ancient martial art

Matt Garrison

The Clackamas Print

Instructor Nick Hancock may be able to calm people down with tai chi, but he can also kick ass with kung fu.

In the gym in Randall three mornings a week, students can be found flowing from one position to another in slow and quiet movement. Some appear tranquil as they listen to their master.

Hancock has been teaching tai chi for eight years and started at Clackamas toward the end of winter term.

"Nick first started his foundation in martial arts (kung fu) when he was five years old," said Hancock's father, Pat Hancock, who is the master and owner of Body Balance Healing Arts in Clarksburg, Md.

For his involvement in kung fu, Hancock has won international medals.

"By the age of 10 to 12 years, he started teaching kung fu," his father recalled.

Raised in Maryland, he moved to Oregon in his early 20s. As a young teenager, he had developed an interest in tai chi, a series of fluid postures that promote both bodily fitness and relaxation.

"Tai chi started in China, dating back all the way to the Yellow Emperor (beginning in 2697 BC)," he said. "Much of the tai chi we see in the United States is either Yang or Chen style, while both are a martial art. Yang style is most well-known for its physical benefits."

Tai chi and kung fu are similar; the main difference is that tai chi is an internal exercise, whereas kung fu is an external exercise.

"The biggest difference is that it's a slow-moving form and that it's relaxing and restorative," Hancock said of tai chi. "The martial applications focus on redirecting the opponent's energy while conserving your own."

"The tai chi class on campus starts out with a chi kung (energy work) and breathing exercises, as well as stretches and basic warm-ups," he added. "After warm-ups, the class begins the Yang style form."

Doran Jensen, a tai chi student, describes Hancock as a quality instructor.

"It's amazing to watch him," she said. "He has the form like second nature."

His seemingly effortless abilities may, in part, be the result of having been around tai chi his entire life.

"My father taught tai chi for a living," he said. "I was born with a tai chi school in the backyard."

RIGHT: Nick Hancock, second from the left, teaches the finer points of tai chi to his class. During the year, the class is held indoors in the gym and dance studios, as well as outdoors in the area in front of the Community Center.



Robert Crawford



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Business law classes to litigate mock trial in McLoughlin

The two BA 226 classes, taught by different instructors, will demonstrate the law

Kyle Steele

Feature Editor

The McLoughlin Hall auditorium: perhaps the perfect place for a courtroom battle to determine which business class is a superior legal team.

On June 3 at 1 p.m., two teams from each of the business law, or BA 226, classes, taught by instructors Joan Ryan and Mike Moiso, will participate in a mock trial. It will test the groups' understanding of the subject matter covered throughout the term, and will be open to the public.

"It was Mr. Moiso's idea," Ryan said. "His class has challenged our

class to the mock trial."

Three students from Ryan's class will represent the defense, while Moiso's three will play the part of the plaintiff. The entire proceedings should last one hour.

According to Moiso, both sides began planning for the event at the start of the term. The trial will be based on the real whistleblower case, Cleary vs. US Steel, and will try the teams' knowledge of business whistleblower laws.

Moiso, a practicing lawyer of 15 years, will be presiding over the case as judge. The jury, on the other hand, will be made up of the first 12 people to arrive at the event, including indi-

viduals who are not enrolled in the class as well as other students.

"We are very confident in our defense. The plaintiff has a very weak case."

**Joan Ryan
Business Law
Instructor**

This is Clackamas' first business law mock trial, but Moiso has high hopes for the teaching exercise.

"In the fall, we'll do a bigger case, but still interschool," he said.

In fact, he would like to someday challenge other community colleges to the same type of trial.

"The ultimate goal the following quarter (winter) is to take on Mt. Hood Community College," he said.

For now, the primary concern is presenting a strong case to the at-home court.

Still with some time to prepare, both teachers are already ensuring

their team's victory.

"We are very confident in our defense," Ryan said. "The plaintiff has a very weak case."

In contrast, Moiso is going to trounce the other team.

One of the possible events would be the accident reaching more students a greater interest in the class offered at the college.

"Everybody is invited to trial and find out more about law classes," Moiso said. "We're going to make it (BA 226) a fun experience."

Mock Trial

June 3 at 1 p.m. in the McLoughlin Hall auditorium. The first 12 people to arrive will become members of the jury.



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