

METROPOLITAN

Hasan seeks championship

by Lanita Duke

Grassroot News, N.W.—A teacher and his student will soon travel to Chicago, Illinois with hope of bringing back to the Albina community a national championship.

Na'im Hasan and Professor Ali M. Muhammad are gearing up to compete in the 1984 U.S.A. Amateur Athletic Union's Tae Kwon Do National Championship. The results of these team trials in June will determine who will join the U.S. team to compete in the Pan American competition this November in South America.

"I want to enlighten the community to the young people we have here aspiring to higher goals. I am asking your support," Hasan added.

For the next three months, Hasan and Muhammad are planning programs to generate the capital necessary for the trip.

The Universal Academy of Self-Defense is the only Martial Arts studio located in the Black community; founded in 1975 by Muhammad, who has 25 years of experience in developing the art of Kempo Karate.

The public perceives Karate and Tae Kwon Do as physical but both the teacher and the student say it is all mental. "You learn how to control the mind so you can discipline the body. In the West, the discipline has

become physical and it gets away from the spiritual," Hasan continued.

Muhammad called Hasan a good student and warrior. "He has looked at himself and found his own potential. He not only fights well in the ring, he fights the negative things which may hinder him."

Muhammad added, "Our main goal is not to overwork and to maintain a positive attitude by practicing certain principles; either Yin/Yang, cause and effect or balance. You have to know when to go high, low, fast or slow. . . know when to get light or heavy while watching the center line and developing an angle of attack."

Both said Tae Kwon Do is not used so much to defend yourself as to undergo spiritual growth while studying it. Both teacher and student practice Islam and call their religion "a foundation."

"Discipline, dedication and self-control are principles I've learned under Muhammad. He has taught us that once we start something, to finish it. That in itself is success."

Hasan is a well-rounded athlete with a history of playing football, basketball and running track. His achievements and awards in Martial Arts are as long as a computer print-out. He is ranked number five in the Northwest region by *Karate Illustrated*. In 1983, he took first place in the N.W. National Karate

Championship in Tacoma, Washington and in February, Hasan scored a first round Knock-out over a Californian in a kick-boxing bout. But a lack of finances has limited his tournament participation.

He said, "U.S. athletes are strong, but we need more financial support. It is hard to raise money and compete nationally."

The lack of finances will not impede his progress as he draws upon the resources from within and without to represent Albina this summer. "I want to be an example for young people, if not in Martial Arts, then in business. We need those types of positive influences in our community."

Hasan, 26, has a Bachelor of Science Degree in Business Administration and works as an insurance claims adjuster. A second degree black belt, he is the father of three sons and his wife Felicia is also a disciple of this discipline. He asks the community to support him in his efforts by calling 286-3186.



Na'im Hasan demonstrates the form he hopes will take him into Tae Kwon Do international

competition while his teacher, Ali M. Muhammad coaches his performance.

(Photo: Richard J. Brown)

Publishing company first

PCC business tenant

A publishing company moves into Portland Community College's Cascade Campus during Community College Week as the first firm for the Business Development Center.

Wheel Press, Inc., plans to move in as soon as the building is ready next week, according to an announcement made by Cascade Business Development Center Director Art Dixon.

The Development Center provides below market rate office space and support service for fledgling businesses, management classes for the owners, and access to other pertinent college resources.

In formulating the idea for the Development Center, officials investigated about a dozen other incubator concepts across the nation. "We added the management training," Dixon explained, "because we want the owners to know how to succeed."

Dixon indicated other similar projects don't necessarily contain the educational component.

Business statistics show that 50-80 percent of the small businesses fail within five years. . . that 80 percent of the businesses in Oregon are classed as small business. . . and that an estimated 27,000 of those businesses exist in the PCC five-county district.

"The concept behind development centers is to provide a protected environment the first few years," Dixon explained.

Funding for the project includes both state and federal dollars, as well as loans from the Portland Development Commission.

Eventually 25-30 nonretail businesses will occupy the Center

facilities. Preliminary drawings are underway for a new building to house business and industry classes, as well as the small businesses.

In the meantime, the college is renovating old Peninsula Hall to get the project underway. Dixon said they will be able to accommodate businesses at this site.

Wheel Press actually started in 1977 when Arthur Honeyman wrote a book about his personal experiences as a 12-year old boy with cerebral palsy and how he did door-to-door selling.

Honeyman's wife, Joann K. Griffin, illustrated the book and the two subsequently decided they should open a business. For the past two years they have operated the business out of their home in southeast Portland by providing word processing, computer services and printing.

For the expanded business, the Honeymans list their services as ghost writing, resumes, photocopying, letters and mailing label services.

PCC Cascade Dean Jim Van Dyke is excited about getting the project underway. "It's appropriate that we are able to announce the first occupants during Community College Week," Van Dyke said. "The governor, in indicating the recognition week, indicated that community colleges are part of the solution. That is certainly the case here."

Dixon is still taking applications for other occupants. To be accepted, applicants need to show they have a viable idea with a potential for growth. North Portland residents, women and minorities will be given preference, according to Dixon.

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