



POTSDAM AREA participants in the fifth annual State University College at Potsdam basketball camp posed for this picture at the conclusion of the session. SUCP cage mentor Jerry Welsh (Far right) runs the camp. (Mike Kane Photo).

Dimensions In The Martial Arts

By Bob Lawlor
New York State Representative
Kang Duk Won Association

"SECRET" TECHNIQUES AND PHYSICAL FITNESS

Karate practitioners are often asked by the uninitiated to reveal some of the 'secret' techniques of Karate to them so that they might be able to defend themselves against an attacker. The Karateka (one who practices Karate) is usually in a quandary as to how to answer such a question. The problem being that there are many secret techniques and there are no secret techniques. To understand this statement we must first pursue the concept that most everything is a secret until it is revealed to you. Therefore we can say that the techniques of Karate are no more of a secret than the techniques of say Scuba diving.

People will stand on shore and watch a diver descend to the bottom of the sea wearing all kinds of strange looking equipment and wonder how he can do it. There are many things a diver must learn and practice before he can be proficient at his sport but all of these things can be taught by a competent instructor. The same holds true with Karate. Anyone can learn the way of Karate if they are willing to practice diligently and apply themselves.

There is a common misconception that Karate is very easy once you are shown the techniques. This is far from the truth. A Karateka learns to practice the techniques over and over until they become second nature. The instructor acts as a guide to aid the student in his effort to become proficient in the mental and physical aspects of Karate training. A Karateka is advancing constantly to a higher level of skillfulness and thereby unlocking many heretofore 'secret' techniques.

It is easier to see now why the finer points of Karate remain a secret to those who are unwilling to devote themselves to the task of disciplining their bodies and minds which is the first requirement in Karate training. It is most understandable then that in a world which constantly looks to exterior stimulus for entertainment and satisfaction, that the average person is reluctant to look within his own body for total fulfillment.

One of the most important aspects in training is repetition. A routine in which a student practices techniques in daily repetition is most imperative in Karate. In addition to learning self-defense a person also becomes physically fit. Physical fitness is more of a by-product of Karate than a prerequisite.

Any person, regardless of age, sex, or size will build their physical reserves through the practice of Karate. To understand their capabilities a person should keep a fit mind and a fit body at all times. A person who studies Karate will develop strength, flexibility, endurance, breath control, and muscular tone in a short period of time. Practicing the techniques of Karate then is the secret not only to being able to defend oneself but also to keeping fit physically and mentally.

We at Kang Duk Won will be happy to answer any questions regarding the Martial arts. Write Chief Instructor, Box 151, Watertown, New York 13601.

Junior archery license okayed

Commissioner of Environmental Conservation Peter A.A. Berle announced today the availability of a new hunting opportunity—a junior archery license—that permits youths aged 14 and 15 to hunt deer and bear with a longbow. The new license is subject to several restrictions, Berle noted. One is that the junior archery license is available only to New York State residents; it is not sold to nonresidents.

In order to purchase a junior archery license, a youth must have a certificate indicating that he or she has satisfactorily completed the required Hunter Training Course, the same requirement met by all first-time license buyers in New York State. The parent or guardian of the young person must accompany him or her to the license-issuing agent and sign across the face of the license. Holders of junior archery licenses may hunt only during the special archery seasons, during which they may take a deer of either sex. The special archery seasons are as follows: Northern Zone—October 1-24; Southern Zone—October 15-November 21 and December 15-19.

Junior archers may not hunt deer or bear during the regular (firearms) portion of the big game season.

The holder of a junior archery license does not need to buy an archery stamp.

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Sports

Supershow is September 5

The second annual Press-Radio Supershow will be held at the Cornwall Speedway in Cornwall, Ontario for Labor Day Weekend.

The one quarter mile clay oval will feature six races paying \$1,000 to win. In all a total of \$5,500 will be paid out to placers. More than 70 limited sportsmen are expected to enter the race. Drivers from the eastern US and Canada are rumored to be racing.

Sunday, September 5, the race will begin at 7 p.m. In the event of rain the races will be held Monday, September 6 at 2 p.m.

Colts open Sept. 22

Thomas J. Sheeran, Chief School Administrator of Colton-Pierrepont Central School announced today that the school's plans are complete to open the fall sports season with practices on September 1.

The main soccer field at the school has been extensively repaired since the close of the Summer Recreation Program and all individuals are asked to stay off the playing area and those areas graded and seeded. Sheeran also announced the installation of a traffic gate at the school which, he said, "is designed to reduce vehicular traffic and to protect the playing field, playground equipment, and above all, the users of both." Those with special circumstances may have the gate opened for them by requesting this from the custodian who will be on duty at all home games.

The various Colton-Pierrepont teams will also use the Town of Colton's new field in South Colton and the Firemen's Field on Higley Road. Sheeran urged all followers of Colton-Pierrepont teams to respect the owner's generosity in letting the school use these facilities by respectfully using the properties involved. He stated that all the rules and regulations of the school are in effect at both locations during all school sponsored events.

The first home soccer game for boys is on Wednesday, September 22 against Chateaugay. The Ms Colts open at home on Friday, September 17 against Salmon River.

AUXILIARY MEETS

The Clark Robinson Unit 88 American Legion Auxiliary will hold a business meeting on Tuesday, September 14 at 7:30 p.m. in the Legion Hall in Norwood.

Karate classes

Karate classes for beginning and advanced students will be held on Mondays and Wednesdays from 6:30 to 8:30 p.m. at the State University College at Potsdam. Classes are coed and taught by certified Black Belt Instructors of the Kang Duk Won Korean Karate Association and are open to the public. Students will learn the basic techniques of Karate as well as self-defense, meditation, history and formal patterns of Tae-kwon-Do.

Registration will be held on Wednesday, September 1, and Wednesday, September 8, at the Merritt Hall Gym between 6:30 and 8:30 p.m.

For additional information call 384-3089.

HOPKINTON BOARD MEETS

The Town of Hopkinton Planning Board will meet Tuesday, September 7, at 7:00 p.m. in the Town Hall.

Topics for discussion at this meeting will include the proposed sanitary code and the creation of a zoning ordinance for the Town.

The public is encouraged to attend and participate in this meeting.

Sugar today faces growing market competition from other sweeteners, particularly corn syrup, with some U.S. beverage makers now using corn syrups.

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DON ACKNER of Middletown, Tom Eagins of Peekskill and Bill Woodward of Norwood race down the front chute of the Cornwall Speedway.

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