

The Martial Arts Way To Physical Fitness

by Lateefah Razzak

Karate, or any martial arts practice is good training for both the mind and the body and for life in general.

Martial arts, according to Hakim Razzak, a student at A&T State University studying Karate under the instruction of Dr. Gilbert Casterlow, says that the study of martial arts is a unique discipline for the mind and body because in order to strengthen your physical self you must strengthen your mental being. He further states that martial arts takes a great deal of coordination and agility as well as physical endurance.

Razzak has been studying martial arts for approximately six years. He presently ranks yellow belt in Karate but will soon become an advanced blue or green belt. He also holds rank in Tae-Kwon-do as a holder of blue belt 4th kup. He says he would stress that women learn martial arts not only for physical fitness but for self-defense.

We spoke with the very well-articulated and outstanding instructor of Hakim and received great insight in the essence of martial arts and reasons why it is so popular and draws so much attention.

Casterlow says martial arts studies allow one to take a total approach to one's physical, mental and emotional development. We believe in neuro-muscular coordination and development. One should develop character and bring self, physically, into its utmost development as well as one's mental abilities. Martial arts in particular is a great field for developing self-esteem. Casterlow says he likes to see people accent their strengths and overcome their weaknesses. He says he likes to see students in situations that make use of their strong points and work against opposition and negative forces be they physical or political. Martial arts studies allow students to develop leadership

abilities and to be competitive in a positive way. Members compete with each other in a positive way and with other groups taking martial arts studies.

Our Karate team has been exceptionally successful in the last two tournaments. There were six competing teams, and they returned with eleven trophies. In the last tournament, there were five who returned with first-place trophies. Our team has scored 100% return or better in our last two semester tournaments. That means that we received as many trophies as we had entries in each of the tournaments. The students compete in two events. One is called "form" or "kata" and the other is "free fight" or "cumite". Some advance to weaponry competition.

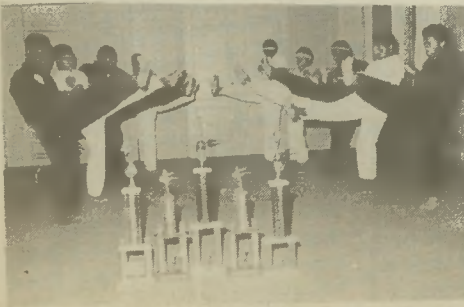
In the upcoming tournament to be held Saturday, May 5, 1990, at the Corbett Sport Center on A&T's campus there will be approximately 50 schools participating. The black belt meeting will begin at 10 a.m. which sets the official beginning. The competition begins at 11:00 a.m. Awards and trophies will be given out. Spectator fee-\$5.00, \$3.00 children and under 6 years, free.

Casterlow ranks 4th degree black belt in Japanese Guju-ryu and first degree in Okinawan Ishun-ryu. He received his training at A&T and Penn State, where he received his Okinawan Black Belt. He has been teaching for 20 years and has received a Ph.D from Penn State in Mathematics.

Casterlow summed up our interview by stating that hard work and perseverance transfer to school work, profession, our families, work, dedication, and life in general. Benefits are not limited to class but reach out in life's adventures.



Martial arts students demonstrate the award-winning moves that have netted the team a number of trophies.



EARLINE W. PARMON

CANDIDATE FOR FORSYTH COUNTY COMMISSIONER - DISTRICT A

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Left to Right: Attorney Larry D. Little, Earline W. Parmon (Candidate), State Representative Annie Brown Kennedy, Alderman Larry W. Womble, Alderman Nelson Malloy (Center)

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VOTE MAY 8th PUNCH 64

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