

# Courses teach women to react in self-defense

By TOM CAMACHO  
Staff Writer

Behind a row of bushes, a nervous man kneels, scanning the street. His eyes widen. A lone woman walks down the sidewalk toward him. He holds his breath to keep silent, which makes his heart pound even harder.

When the woman reaches the bushes in front of him, he jumps out and grabs her arm. "Don't scream, lady, or I'll cut ya," he commands, displaying a small pocketknife.

Instantly, as if the man had not spoken, the woman screams violently and thrusts the heel of her palm up into his face. The man, startled and thrown backward, turns and disappears into the night. The woman stands still, shaking, upset, but unhurt.

The woman had taken a course in self-defense at a nearby school. In one four-hour class, she learned how to react quickly and forcefully to an attack. She discovered how to be calm and confident in a stressful situation. She learned a few simple, but effective moves that saved her life.

Violence against women is a major problem today, said Kathy Hopwood, founder and head instructor of the Triangle Woman's Karate Association. In most cases, the women are afraid or do not know how to react to the abuse. Groups like TWKA, the Rape Crisis Center and the Coalition for Battered Women are teaming up to teach women to protect themselves

and their rights.

"Our goal is to make women more aware of themselves and their abilities as far as self-defense," Hopwood said. Hopwood and other members of TWKA travel around the Triangle teaching women self-defense. The classes, taught at universities, YWCAs and schools, are available to all women regardless of age, size, physical ability or sexual preference.

Self-defense begins in a woman's head, Hopwood said. Many women grow up being told that they are weak and unable to take care of themselves. They are told not to fight or hurt anyone and to do what they are told. Often these women, when confronted with an abusive situation, panic, plead and cooperate with the attacker, she added. These reactions help reassure the attacker, make him feel more powerful and aggressive, and in general make the situation much worse, she said.

TWKA self-defense classes are designed to change women's ideas about themselves and their abilities. Instructors help them gain confidence and self-respect and try to make women realize they are worth defending and capable of defending themselves, Hopwood said.

She mentioned several keys to good self-defense. One must be confident in her ability to fight, should a situation demand it. She should always be alert and able to detect and possible to prevent dangerous situations. Also, she must learn to remain calm under tense

or abusive circumstances. She will need to think clearly about how to fight, escape, or use any weapons available to her.

Surprise and shock are important to defending oneself successfully, Hopwood said. Startling an attacker may allow enough time to flee or to take appropriate action. The woman must think and act quickly.

It is important that women realize that the problem of being attacked is real and can affect every female, Hopwood said. Everyone from young girls to older women is a potential victim. The abuse is not always violent, Hopwood said. Many females are intimidated to the point of doing things against their will. TWKA classes also teach women to control conversation and relationships.

Hopwood added that women who take self-defense classes often experience a change in their personalities. Many feel more confident about themselves and their abilities. They learn how to control their minds and bodies in new and powerful ways. They learn to control conversations, with others and how to say "no" when they want to, she added. TWKA instructors tell their students that self-defense is 90 percent mental attitude and 10 percent defense techniques.

TWKA will be showing the movie *Kiai*, a film about the process of women's learning self-defense, at several different locations and dates this semester. Contact the Orange County Rape Crisis Center for more information.

## Campus Entertainer of the Year

### Parks versatile and funny

By SHERYL THOMAS  
Staff Writer

It is 8:30, Monday night, Rhythm Alley, 30 minutes before showtime. A bearded man in a snazzy white sportcoat and cowboy boots swaggers into the bar. Whispers begin and heads slowly turn. "That's him! There's Tom Parks!" He talks with the woman at the door and volunteers to collect the cover charges when she is called to the phone. Everyone in the bar laughs... the first indication of what the rest of the evening will be like.

#### Review

As it nears 9 p.m., people begin to make their way from the bar into the next room. They sit as far away from the brightly lit stage as possible. Only 15 people are there.

Parks slowly gets up from the obscure bench on which he has been sitting and saunters over to the door to welcome three new arrivals. He escorts them to a table on the front row and tells them a few private jokes.

The atmosphere is very relaxed. Parks hops up on stage and announces the announcer. She comes over and mundanely says, "Ladies and gentlemen, tonight we have with us Tom Parks." Minimal applause. Parks approaches the microphone to tell the small assembly that just wasn't good enough. "You see," he says, "we're recording my first live album, here at Rhythm Alley." Snickers assault Parks. "Seriously, we're going to do it over. When she announces me, go berserk. I don't mind a faked response!" He's rolling now.

He goes from there into a round of comments that leaves everyone doubled over with laughter. The audience is primarily University-affiliated people who can really empathize with his observations

on those ominous exam days. A hush falls over the room as he describes the frazzled students staring blankly at their blue books. The test is distributed. "There's one three-word question in the middle of the page... 'Explain the universe.'" Guffaws abound. "Give two examples."

Parks proceeds to demonstrate the variety of his repertoire, launching into a degrading commentary on the venerable Jim and Tammy Bakker — "love that industrial-strength mascara!" But the Bakkers are not the only evangelists victimized by Parks' barbs. "Ernest Angely — why can't he do something about his HAIR? 'Baldness demon — Begone!'"

Parks winds up the show by speaking a little Spanish. The audience is left in awe by his wide Spanish vocabulary. "My record player is broken" and "I am very drunk and I want to die." Everyone laughs heartily, but knowing that the show is about to end has calmed everyone down a bit.

When Parks finally says "good night!" he receives a sincere round of applause and many admiring smiles from the small audience. He steps off the stage and begins to shake hands and talk to everyone.

The audience was small, but that gave an atmosphere of intimacy which was superb for the performance. Parks was able to involve everyone in the show, not only the front-row audience to which he is normally confined.

But that does not mean he prefers minute audiences.

Parks is planning a return engagement at Rhythm Alley, probably in the spring. Perhaps there will be a larger audience next time and he can show how he performs for a large group. Whatever the size of the audience, Parks is a versatile and very funny performer who definitely deserves his recently awarded title of Campus Entertainer of the Year.

## CAMPUS CALENDAR

### TODAY'S ACTIVITIES

The UNC Ad Club will hold an informational and organizational meeting in 203 Howell Hall at 7:30 p.m. Ad majors are encouraged to attend. Anyone who is interested in advertising is welcome.

Many of the changes in the alcohol laws occurring Oct. 1 affect students over the age of 19. Learn more about these changes at 8 p.m. in the Hinton James Rec. Room. Speakers from CHPD, N.C. Alcohol Law Enforcement Division, Student Legal Services.

Fantasy and SF fans: CHIMERA will meet at 7:30 p.m. in 265 Phillips. Will discuss T-shirts and see *Fantafest*.

The Anglican Student Fellowship will have a solemn celebration of the Eucharist for the Feast of St. Michael and All Angels at the Chapel of the Cross at 10 p.m. The Community is welcome.

The Association of International Students will meet on at 5 p.m. in the Union. All students interested in learning about other countries are welcome to attend and go to dinner with us

after the meeting.

Come join Tom Gilmore's Grass-Roots Campaign for Governor of North Carolina. Young Voters for Tom Gilmore meets at 8:30 p.m. in Room 210 of the Union.

UNC Hush House Harriers will meet at 5 p.m. on Woolen Gym steps. All runners slow or fast welcome to this unique fun event. Call the IM office for details.

Opportunity Recruitment Meeting, at 3 p.m. NCSU's 3533 Gardner Hall. Check on information and a ride in 201D Steele.

The Global Issues Committee of the Campus Y will have a crucial meeting at 4 p.m. in the Conference Room upstairs in the Campus Y. Anyone interested please be there. If you can't, call Gerry at 942-7573.

The Association of Business Students will host a Student-Faculty luncheon in New Carroll Room 206 from 11:30 a.m. to 1:30 p.m. All ABS members and business students are urged to attend and meet their professors.

Carolina Symposium Folks and all interested students — our second Potluck Extravaganza will be held at 5:30 p.m. in the Union.

Student Night is every Wednesday night at 7:30 p.m. at the Newman Center. Tonight our theme will be "Communicating with God". All are invited.

The Carolina Union Social Committee will meet at 5 p.m. All members are urged to attend. Check at the information desk for room number.

The Scholarship, Aid and Student Stores Committee of Student Government will meet in 225 Greenlaw at 8 p.m. Please contact Carol if unable to attend.

All Toronto Exchange members pick up 10 posters from Room 200 in the Union between 12-5 p.m. Spread the word.

Alpha Chi Sigma will hold its last rush meeting at the Union from 7-8:30 p.m. Please inquire at the desk for exact location.

The BSM Ebony Readers/Onyx Theatre will perform on the wall in front of Greenlaw at 12:45 p.m. Be there or be square.

Christian Aerobics will be held in Morrison Dorm's Rec Room from 5:30-6:30 p.m. Any questions, call Beth Hughes 933-4104.

Lectures in Immunology '83. William J. Yount, Professor of Medicine, will speak on "The Immunobiology of IgG subclasses" at 11 a.m. in MacNider. Open to the public.

### COMING EVENTS

Baptist Student Union worship will begin Thurs. at 5:45 p.m. at the BSU, 203 Battle Lane.

The Undergraduate History Association will present "What

to do with a History Major", a videotape, on Thursday at 4 p.m. in 569 Hamilton. All are cordially invited to attend.

Internship Opportunities with Northwestern Mutual-an information session to be held Thursday at 7 p.m. in 210 Hanes Hall. Sponsored by Career Planning and Placement Services.

IVCF South Chapter will meet Thursday at 7 p.m. in Teague Dorm's Social Room. Rick Downs from Wake Forest IV will speak from Lake 5. Everyone is invited!

AIHSEC Officer's Meeting — 4 p.m. Thursday. All officers, please attend. Check the Union Calendar.

IVCF Off-Campus: Join us Thursday at 7 p.m. Bill Beckman will speak: "Building an Attractive Christian Lifestyle." Bible Church Basement. All are welcome.

SHE Magazine is offering positions for editing, writing and ad sales. Come to the meeting Thursday at 4 p.m. in the Union. Call Alicia Swartigen, 968-0652 for details.

American Athlete is meeting to discuss future plans on Thursday at 7:30 p.m. in the Union.

CGA LAMBDA newsletter collating party at 6 p.m. on Thursday in 205 Carolina Union. Come party and staple.

Fellowship of Christian Athletes will meet Thursday night at 8:30 p.m. in the Union. We are going to have a blast! Come with a smile on your face, a joy in your heart and a friend by your side.

Sports Club Council meeting will be held on Thursday at 7 p.m. in Greenlaw Room 319. Please bring a list of all scheduled competitions, events, outings, etc.

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Noon, Friday, September 30  
is your last chance to turn in your  
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**3 Nightly Specials**

- Monday and Tuesday Pizza Buffet — All the Pizza and salad you can eat only \$3.20
- Wednesday — Lasagna and Spaghetti Buffet — All the spaghetti and salad you can eat or one serving of lasagna and all the salad you can eat only \$3.20

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The new Hardee's restaurant at 213 West Franklin Street in Chapel Hill is now open and servin' the Best Eatin' All Around™ 24 HOURS A DAY! But that's not all that's cookin'! 'Cause you can stop by and register to win one of five cash prizes!

**GRAND PRIZE - \$500.00**

**FIRST PRIZE - \$250.00**      **SECOND PRIZE - \$125.00**

**THIRD PRIZE - \$75.00**      **FOURTH PRIZE - \$50.00**

Register as often as you like up to one hour prior to the drawing. There's no purchase necessary but you must be present to win during the drawing, Thursday, September 29, 1983 at 6PM. Don't miss the fun! Come by the new 24 hour Hardee's Restaurant at 213 West Franklin Street in Chapel Hill, NC for the Best Eatin' and a chance to win some big bucks!

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DRAWING TO BE HELD AT 6 PM ON THURSDAY SEPTEMBER 29

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COMICS

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