

Learning meditation by motion

By KATHY PETERS
Features Editor

At 7 p.m. on Wednesdays, China and Union Room 208 do not seem thousands of miles apart.

About 30 students balance in fighter's stances, facing a bright yellow wall-hanging with the yin and the yang sewn on it. They move slowly, rhythmically, while the instructor gives commands. A woman's flowered shirt shifts back and forth with her as she creates different "forms" to the commands. Beside her, a guy in camouflage pants stares ahead with a look of concentration.

The group is UNC's Tai Chi Chuan club and they are learning that losing is a triumph.

"In Tai Chi, you have to lose a thousand, thousand times before you can win," says graduate student Michael Freedberg, who has played Tai Chi for two years.

Tai Chi, the most-practiced martial arts form in China, emphasizes gentleness over force, according to instructor Jay Dunbar. Unlike other martial arts such as karate and Tae Kwan Do, this ancient Kung Fu form focuses on the internal.

Dunbar calls Tai Chi "moving meditation." Its goal is the cultivation of internal energy and external sensitivity.

Dunbar says Tai Chi takes longer to perfect than any other martial arts form. "It works on parts of the body people haven't been used to moving."

Students go through a series of

"forms," or different body movement patterns. Each form has its own significance.

To warm up, the beginning class goes through the "four treasures," a series of four different forms which make up an analogy. First, the class "wets the stone." Then they "grind the ink." Next, they "prepare the paper." Last, they "dip the brush." The whole analogy symbolizes the preparation the body makes to open itself up to new experiences.

It takes from 10 minutes to an hour to complete a form, Dunbar says. He emphasizes relaxation, smoothness and maintaining a center of movement. Tai Chi is slow, but it is not like dance, Dunbar says.

"It's like a lot of things, but it's not like dance. Tai Chi is trying to get at the heart of the movement and make it large."

"It's very, very hard at first because you're trying to make your body do things it isn't used to doing," says Jane Grudier, a member of the beginning class.

Students are taught to take any force and be able to consider it as its opposite. A strong force, set against a yielding one, will eventually overbalance itself, Dunbar says.

Because it teaches yielding, Tai Chi is a good self-defense strategy for women. "The bigger person doesn't have the advantage. In Tai Chi, the person who can yield better has the advantage," Dunbar says.

Also, Tai Chi teaches spontaneity, an adaptive quality Dunbar thinks would be useful in self-defense situations.

Anyone can do Tai Chi, Dunbar says. "You don't need big muscles or strong bones." Instead, Tai Chi revolves around Ch'i, the life-force. This internal power has the same potential in each person, regardless of his physical size, Dunbar says.

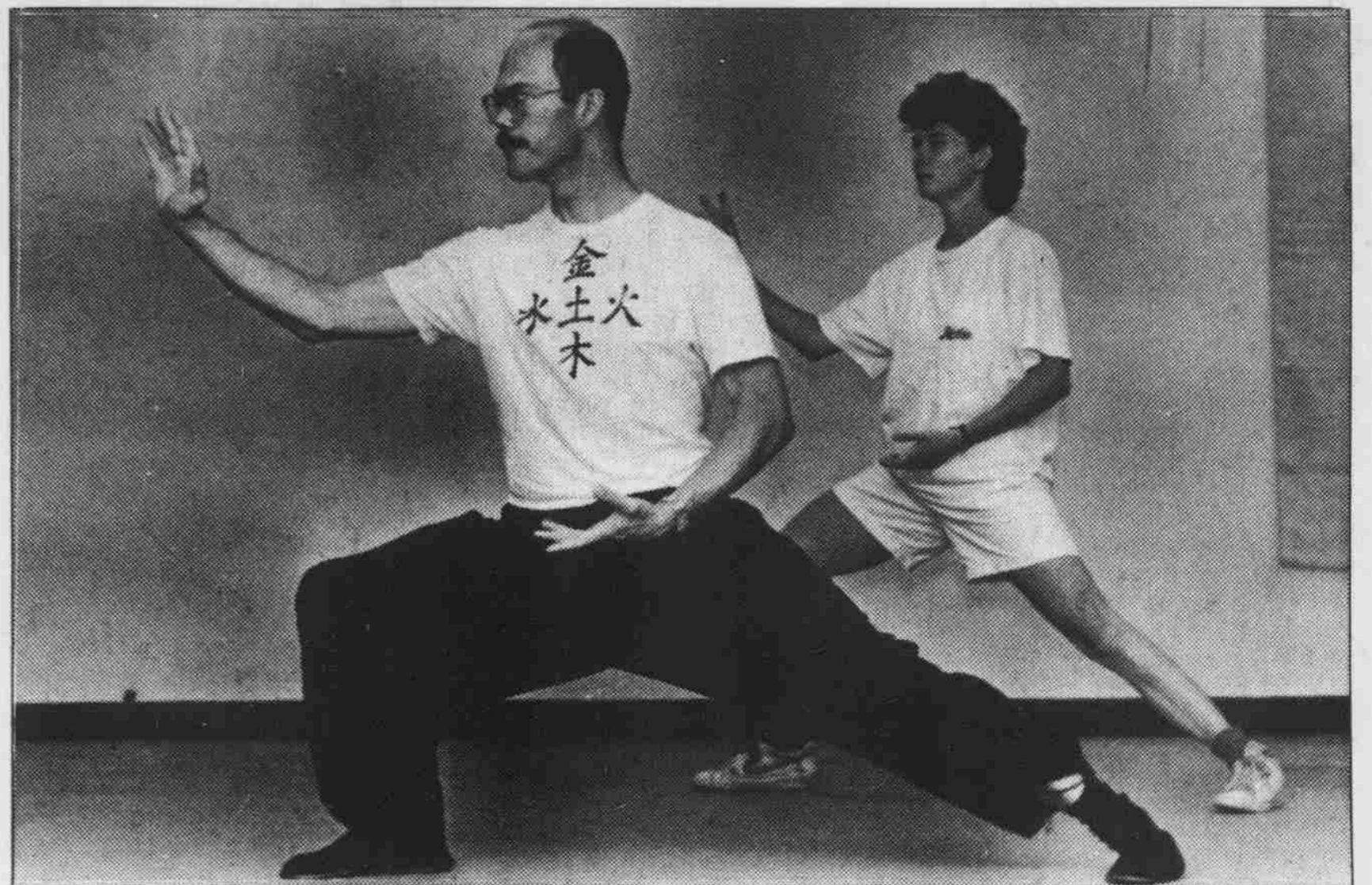
Dunbar began UNC's organization four years ago, with a total of six students. Now he has three classes and 50 students.

He credits the growth of his program to an increased interest in physical fitness. He says many people are interested in the physical aspect, but are even more enticed by the mental aspect and the philosophy connected with Tai Chi.

Because Tai Chi is based on Chinese philosophy, it carries a stigma with it, some students say. Freedberg says people often associate the art form with some strange mysticism and men in white beards.

In fact, both Dunbar and Grudier became involved in the martial art because of the philosophy behind it. "It's a monument of a view of life that is refreshing from a Western point of view."

It is non-competitive in nature and emphasizes harmony and gentleness, qualities not highly ingrained in American thought, according to Dunbar.



Instructor Jay Dunbar shows a student some forms in Tai Chi

DTH/Charlotte Cannon

Today, the Tai Chi Chuan club is co-hosting a master who has spent over 20 years working toward this harmony. Master Jou Tsung Hwa, 74, started taking Tai Chi in Taiwan as therapy for heart and stomach problems. Twenty years ago, he moved to the United States, bringing with him a dream to teach Tai Chi to Americans.

The master started a Tai Chi farm in New York. Since then, the number of Tai Chi players in America has grown steadily, Dunbar says.

Master Jou will give a free lecture and video presentation at 3 p.m. in 209 Manning. He will also head a Tai Chi workshop for beginners at 7 p.m. in 07 Fetzer Gymnasium. The workshop costs \$10.

Freedberg and Grudier say Tai Chi has heightened their powers of concentration and helped their studies.

But Dunbar emphasizes both aspects of Tai Chi. He says Tai Chi is uniquely physical. "It's not mind over body, but mind and body, because the body is a tool and the mind is a tool."

Lab Theatre puts on 'Dark' thriller

By BETH MEEKINS
Staff Writer

The intimate Lab Theatre in Graham Memorial Hall's basement has been transformed into a Greenwich Village apartment for the Lab Theatre's production of "Wait Until Dark." Directed by junior Doug Wagner, the production opens Sunday and runs through Tuesday.

The story revolves around Susy Hendrix, a blind woman, and Sam, her photographer husband. Sam is used as a pigeon to bring a doll stuffed with heroin into New York City. The doll disappears, and three conmen attempt to retrieve it.

"Wait Until Dark," written by Frederic Knott ("Dial 'M' for

Murder"), is unlike many plays in the suspense genre, according to Wagner. "It is one of only a few pieces of suspense drama that doesn't rely upon a detective acting as a machine in the play," he said.

Freshman Virginia Mewborne said she was blindfolded for the first two weeks of rehearsal in preparation for portraying the blind Susy. "I got so many cuts and bruises because I fell down the steps so many times," she said. "It was scary, really scary, but it taught me a lot about what it is like to be blind."

Convincingly portraying a blind person is difficult, but Mewborne is not the only cast member who is challenged by her

role. Freshman Maria Earman portrays Gloria, a nine-year-old child. "It is easier to play a character who is older than you than one who is younger than you," she said. "It is easier to work up."

"The show has a really strong cast," said freshman Tim Karcher, who plays the conman Harry Roat Jr. "It is the first Lab show to go up (this semester), and we've done a lot in a very short period of time."

"Wait Until Dark will be performed by the Lab Theatre Sunday and Monday at 4 and 8 p.m. and Tuesday at 4 p.m. in the Lab Theatre in Graham Memorial Hall."

'Stars at Noon' fails to sparkle

Kelly Rhodes
Books

journalist? Just who is this wanted, married Englishman? Why do they cuss and drink so much? Why does Johnson keep reminding us that it's 1984, the "real 1984?"

Finally, what is really going on in Nicaragua?

Managua is full of different sides: Contras, Sandinistas, CIA, Europeans and Russians. It is impossible to tell who's who. Money is the only thing that talks sensibly in the midst of what the Nicaraguans call "their war."

Johnson's writing rambles too much to be enjoyed. His analogies are often rather odd: a cab door is

"croaking like a mating elephant," insects are "like bullets whining," and the U.S. gunships are "like big lightbulbs in the nighttime."

"The Stars at Noon" meanders hopelessly through hot (both in temperature and politics) South America without emotion. The characters are flat and uninvolved, and the story keeps the reader dully in his seat, not transporting him to the jungles of Nicaragua as it should. The reader is constantly reminded that this is a boring, fiction novel that does not live up to the exciting potential that Johnson missed.

Unless you crave another view of the Nicaraguan war (and Doonesbury did that well enough), don't bother with "The Stars at Noon." This story of a hooker just isn't worth it.

Eclipse

from page 1

lazy, luxurious life in the emperor's court, were executed after failing to fulfill their duties. Hsi and Ho, the legend claims, may have been drunk while they were attempting to predict a solar eclipse.

For modern astronomers, however, a solar eclipse is a rare oppor-

tunity to gain new insights about the sun.

Davis, who has led several expeditions to observe total solar eclipses, said more knowledge uncovers even more questions. "The quest goes on," he said.

Today's partial eclipse is caused by the moon, passing directly between the sun and earth, only covering part of the sun.

What appears to be a partial eclipse from this location, appears as a total eclipse in other parts of the world. The total eclipse can be seen in the North Atlantic. Chapel Hill will have a 52 percent eclipse.

Christiansen said the sun's brightness will not show much apparent difference, although "it will be impressive to take a pinhole viewer and see the sun indeed blocked."

The safest and simplest way to see the eclipse and avoid eye damage from invisible infrared rays is to construct a pinhole viewer.

To make a pinhole viewer, stand with your back to the sun. Take two sheets of cardboard or paper and poke a hole in one sheet. Hold the sheet with the hole in the sunlight while allowing light to pass through the hole onto the second sheet.

Make Today Special!

Flowers Say

Today does not have to be just another ordinary day. Make it special for someone important in your life with a single blossom or a colorful bouquet of fresh flowers.

Flynt's Florist
121 Rams Plaza
15-501 Bypass 967-9394

March of Dimes
BIRTH DEFECTS FOUNDATION

the POSTCARD SHOP

Unwittingly, Palmer stepped out of the jungle and into headhunter folklore forever.

HUNDREDS OF NEW POSTCARDS HAVE BEEN ADDED TO OUR ALREADY-HUGE SELECTION

T'boli

University Square
Chapel Hill 967-8935

Escape The Ordinary!!

Pick up a delicious custom-made **SUBWAY** foot-long for lunch

And Register to win a 1986 AMC Jeep Wrangler courtesy of **SUBWAY** and G0195.
*No purchase necessary

SUBWAY Sandwiches & Salads

Willon Creek Shopping Center Carrboro
Downtown Chapel Hill Eastgate Shopping Center Chapel Hill

American Heart Association

What if . . .
you could carry your own Professional Business Consultant in your briefcase—NOW you can with the HP-18C calculator.

Elek-Tek Price \$135
Order No. 420109
Mfr. Sugg. Ret. \$175

Uses Industry Standard Algebraic Operating System (Not RPN).

Features:

- Menu labels
- Soft keys
- Formula solver
- Separate alpha and numeric keyboards
- Four-line LCD display
- Infrared printer interface (printer available soon)

Built-in functions:

- Interest rate
- Payment schedules
- Statistics
- Internal rate of return
- Markup and margin
- Interest rate conversions
- Time and appointments

Application books available

hp HEWLETT PACKARD

CALL TOLL FREE 800 621-1269 EXCEPT Illinois, Alaska, Hawaii

Accessories discounted too. Mastercard or Visa by phone or mail. Mail Cashier's Check, Money Ord. Pers. Check (2 weeks to ck). Sorry no COD's. Add \$4.00 1st item, \$1.00 each add'l-shpg. & handl. Shpts. to IL address add 7% tax. Prices subj. to change. University/College PO's welcome. WRITE (no calls) for free catalog. 30 day return policy for defective merchandise only. ALL ELEK-TEK MERCHANDISE IS BRAND NEW, 1st QUALITY AND COMPLETE.

ELEK-TEK, inc. 6557 North Lincoln Avenue, Chicago, IL 60645
(312) 677-7660

America's Favorite Family Steak House

Is Pleased To Announce
A Sundae Special
Every Day of the Week!

FREE Soft Serve
with toppings
with any steak or salad entree.

Western Sizzlin'

324 W. Rosemary St.
942-1816

KEEP THAT TAN!

Let Totally Tan Help You Keep The Tan You Worked All Summer For.

Featuring The "Wolff Tanning System"

- 10 minutes from campus
- Open 7 days a week (For your convenience)
- **FREE** Membership with student ID
- **10% OFF** all tanning packages
- **1/2 PRICE** on Sundays Noon to 5 PM

Don't forget your first visit is FREE!

Totally Tan Tanning Salon
2635 Chapel Hill Blvd. Durham (inside Vickers Audio)
489-6251
Call for Appointment

ONE FREE VISIT
Totally Tan Tanning Salon
489-6251
Expires 11/1/86

Limit one per customer

2635 Chapel Hill Blvd. Durham (inside Vickers Audio)