

Oxendine teaches Ki-robics

by Jason Cohen

Tim E. Oxendine has lived a very exciting and challenging life, trying to help the disabled of all ages defend themselves against potential attackers through a method of the martial arts called Ki-robics.

"I had eight brothers, all of them much older and bigger than me," Oxendine said. "My sister took me to a Bruce Lee movie when I was 14. That was all it took. Bruce Lee became my hero, and I was inspired to be as knowledgeable of the martial arts he was."

When I attended Coker College, I participated in the adaptive physical education program. I taught several handicapped students gross motor skills. Years later, when I opened my Karate school in Bennettsville, I was approached by a young gentleman in a wheelchair. He told me [that]

he had been to several Karate Schools but no one would take time [because] he was extremely motivated, and he had great inner strength. Ki- in the martial arts means inner strength. I took various martial arts movements and incorporated them with aerobic movements and came up with a woman's self-defense aerobic program. Ki-robics means self-defense in motion," Oxendine said.

Oxendine has also taught several kids' defense classes to both boys and girls. He said that kids are much more eager to learn how to defend themselves against assailants in big cities than in small towns. Even his friends supported his desire to teach Ki-robics, especially when they heard that he was once chosen to be Emmanuel Lewis's body-

guard. "It was an honor to be selected to serve as a bodyguard for Emmanuel Lewis. It makes you feel wonderful to be able to protect someone."

"I am a parent and I care about children; [in particular]. I

teach them how to take care of themselves in certain situations. I have been teaching now for almost 20 years, [and] I suspect that I have another 20 or more left in me," Oxendine said.



Instructor Tim Oxendine shows sophomore Ann Orr a basic punch at a session of Ki-Robics

Photo by Rooney Coffman

Administration considers calendar options

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winter term?

"Hell, no."

A time to study or a time to party?

Motivational speaker Mike Green recently spoke at a dinner held by Albemarle Hall. He asked the audience if they considered winter term a big month for parties. 12 out of 19 people raised their hands.

"I think Winter Term makes people lazy. I'm not going to be ready for the spring term," said Freshman Melani Cassidy.

But not everyone thinks that winter term is necessarily bad.

"There are people who take advantage of Winter Term," Freshman Kristen Kennedy said, "but like anything else, for people who take seriously, it's one of the gems of St.

Andrews."

Students aren't the only ones who like winter term and think it's important. "It's a

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-Howard Reichner

wonderful time to learn independent research. I think students get a lot out of it," Walters said.

Students given chance to state their opinions

In the coming weeks, there will be a forum during which students will be allowed to voice their opinions. The administration has stated that they will be listening, but that the students have to come out to this forum.

"If people don't attend," Stephens warned "that will be looked upon as a lack of interest."

Even though the administration held it's first meeting without student input, student input is still valuable.

"If the students feel strongly," Professor Howard Reichner said, "you need to make your voices heard. You have more clout than you think."

What's your opinion on Winter Term?

The Lance would like to know. Letters can be submitted to the box on the Lance office door or e-mailed to Smithsuh. Make your voice heard..