

# Meredith hosts state karate contests

by Marty Hollinshed

Even for someone who knows virtually nothing about the martial arts, the Gensei Dojo School of Japanese Martial Art's statewide karate tournament held in Meredith's Weatherspoon gymnasium last Saturday proved to be both an exciting and enlightening experience. The tournament consisted of many heated karate contests as well as demonstrations of judo, aikido, and modern and classical dance.

According to Mr. Naoki Notiama, the director of Raleigh's Gensei Dojo school, approximately 100 competitors at four different levels of training — white belt, the beginning level; green belt; brown belt; and black belt, the highest level — turned out to challenge each other for different titles.

The karate contest is different from most fighting contests. The two competitors wear white pants and tunics belted at the waist with a white, green, brown, or black belt to show the individual fighter's rank. A required part of the fighter's costume is a protective vest made of

bamboo shoots and heavy fiber. Points are scored by solidly kicking or punching one's opponent on the front of this protective vest.

Opponents are only allowed to punch or kick this vested area of the body.

During the fight the competitors scream the work "kiaï," Japanese for shout, before they hit, kick, or strike each other.

In spite of the furiousness and viciousness of the contest, there appears to be a great deal of respect between the two opponents. Before and after the fight they are required to bow to one another and the judges, had generally after the fight is over winner and loser embrace and walk off smiling and laughing almost as though nothing has happened.

Interspersed with these contests were several interesting demonstrations, including both judo and aikido, two other forms of Japanese martial art, and two short dance performances, one a modern dance on aging, the other a classical dance, both performed by the Gensei Dojo school's dance troupe.

Although dancing is not a martial art, it was explained that the basic method of body use is the same for the two types of art.

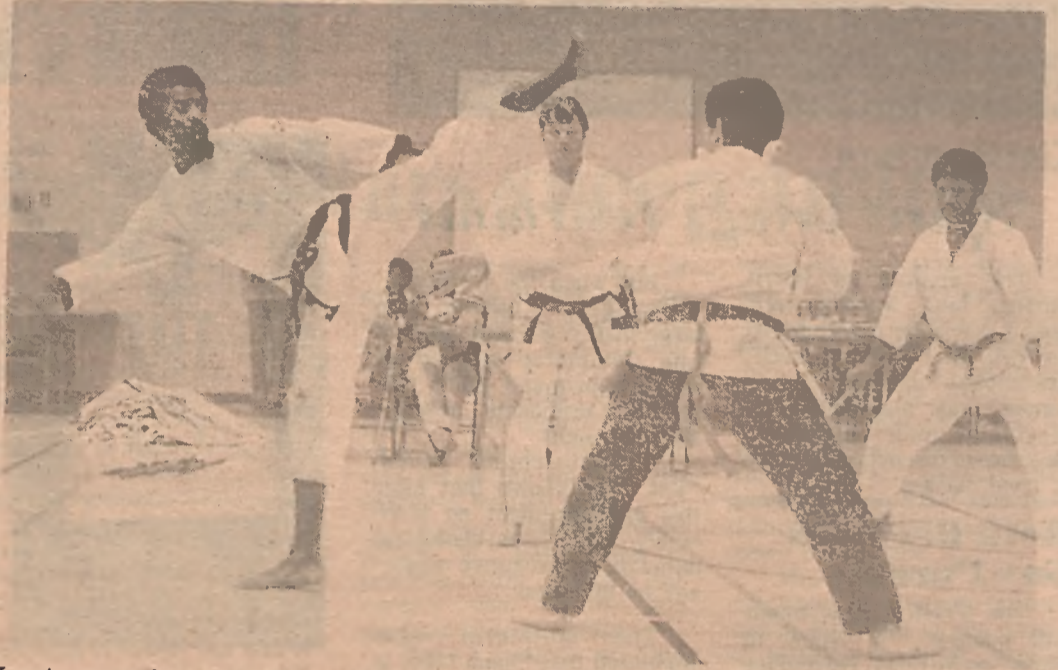
The judo demonstration, performed by the members of the Gensei Dojo judo class, illustrated the ancient Japanese fighting techniques of employing complicated holds and blocks to throw one's opponent.

Both judo and karate demand a great deal of

physical strength; however, there is one martial art which requires little to minimal actual body strength. This is aikido, a relatively new martial art. Instead of using body contact and physical strength aikido employs centrifugal force. Its strictly self-defense technique consists of using quick steps to dodge one's attacker and then throwing him by means of simple throw tactics. According to the aikido class

instructor during the aikido exhibition "the other person supplies the energy, you simply redirect it." This martial art is now being used by the Durham Police Department because of its practicality.

Considering the increase of crime in our society and the dangers of possessing private firearms, the martial arts could be a possible solution to the problem of personal safety.



Karate competitors fight for top honors in the finals sponsored by the Gensei Dojo School of Japanese Martial Arts.

## Swimmers win meet

On October 20 the Meredith swim team swam the St. Mary's swim team here in the Weatherspoon pool. The final score was Meredith 69, St. Mary's 54.

Meredith started the meet by winning an excitingly close medley relay by 12 inches. Meredith then proceeded to win nine of the following 13 events.

Not having any divers hurt Meredith's final score, since three St. Mary's divers scored 9 points in the diving event about mid-point in the

meet, while the Meredith team sat and watched.

Meredith's Susie Cecil won three individual events and led a victorious freestyle relay.

Sandy Bucy won the 100 breast stroke in 1:17.9, setting the first team record of the season.

Beth Carlton won two events and swam on the two winning relays.

The next Meredith swim meet is a relay meet November 5 at Appalachian State.

## Placement Office Notes

### Operation Native Graduate

On Wednesday, December 22, Western Carolina Industries, Inc., is sponsoring a program to bring together college seniors whose homes are in Western North Carolina with representatives of business and industry from the area to discuss job possibilities after graduation.

Eligible students who would like to use this program as an opportunity to make professional contacts during Christmas vacation will find more information in the Office of Career Services.

### Summer Newspaper Internships For College Juniors

Students interested in newspaper careers may receive help from The Newspaper Fund concerning finding newspaper work, pre-internship training in copyediting, career information and scholarships of those completing internships.

Opportunities in copy editing are offered (at no cost) to college juniors. December 1, 1976, is the deadline for all completed applications. Further information and application forms are available in the Office of Career Services.

### Art Internships

The National Endowment for the Arts offers three work experience internship programs as a means of acquainting arts administrators or potential arts administrators with the policies, procedures, and operation of the National Endowment and to give them an overview of arts activities in the country.

Participants are selected on a competitive basis according to their academic background and prior professional experience.

To qualify, candidates

must be sponsored by an organization such as a college or university.

Grants will include a fellowship stipend of \$2,210 plus round trip transportation expenses limited to coach fare.

To apply, contact the Intern Program Officer (mail stop 557), National Endowment for the Arts, Wash., D.C., 20506--(202) 634-6380.

Applications for the spring 1977 internship (Feb. 7, 1977 to May 6, 1977) must be postmarked no later than November 12, 1976.

Application for the summer 1977 internship (June 6, 1977 to September 2, 1977) must be postmarked no later than March 4, 1977. Applications for the fall, 1977, internship (Sept. 19 to December 16, 1977) must be postmarked no later than June 17, 1977.

### Environmental Internships For Undergraduates

Applications are available in the Office of Career Services for undergraduate internships offered by the Chesapeake Bay Center for Environmental Studies of the Smithsonian Institution.

This work-learn program offers opportunities for students from a number of disciplines to gain exposure to and experience in environmental research.

Successful candidates

conduct individual projects under the direction of the center's professional staff.

The duration of each project is normally from 4 months (one semester) to a year. Participants will receive a stipend of \$600. per semester and living accommodations. The Center does not supply board.

Application deadlines follow: For projects between September and December--Deadline: previous July 1st. For projects beginning between February and May--Deadline: previous December 1st. For projects between May and August--Deadline: previous April 1st.

Further information is available in the Office of Career Services.

### Job Offers To Female College Seniors Up

Employers in 1975-76 made 59 percent more job offers to female bachelor candidates than last year, according to the latest figures from the College Placement Council. Offers to women with technical backgrounds accounted for much of the rise.

Salary offers to women bachelor recipients were somewhat higher than salary offers to men in accounting, chemistry, computer sciences and most engineering positions.

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A Representative from The National Center for Paralegal Training's Lawyer's Assistant Program will be on campus on Thursday, Nov. 4 from 9:00 a.m.-3:00 p.m. at the Placement Office to meet interested students. For more information contact the Placement Office or The National Center for Paralegal Training, 3376 Peachtree Road, NE, Suite 430, Atlanta, Georgia 30326, (404) 266-1060.

The National Center admits students on the basis of individual merit and without regard to race, color, creed, sex, age or national origin.

### IMPORTANT NOTICE

One Day Tour of Federal Reserve Bank  
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