

# Ah So, Good Reader: Karate Strikes Again

Karate might be defined as the poor man's way of killing people. This because it involves no weapons other than the hands—which usually come with the person.

The origin of Karate can be traced back to a group of Oriental monks who needed a swift form of retaliatory defense with some kick to it. (Sorry about that.) They came up with Karate.

Karate utilizes a knowledge of nerve centers and weak points with which every victim comes equipped. The hand is not the only part of the body used to deliver killing blows. The feet are also employed in this metacarpal mayhem, as are the elbows in some cases.

The basic idea of Karate is to disable or even kill a menacing opponent who is larger than you. It utilizes speed and knowledge in order to defeat the opponent.

The basic striking areas on the head are the bridge of the nose,

the temple, the hollow below the ear, the nerve center in the neck, and the fifth vertebra.

The solar plexus, the nerve center in the forearm and the nerve center in the leg are also prime striking areas.

Killing blows are administered to the "Adam's apple" and the fifth vertebra. A direct kick to the kneecap can cause dislocation with as little as 65 pounds of pressure, an amount which even a woman can deliver. A blow to the forearm nerve center can temporarily paralyze the arm. A heavy blow to the temple, the bridge of the nose, or the neck nerve center can cause unconsciousness.

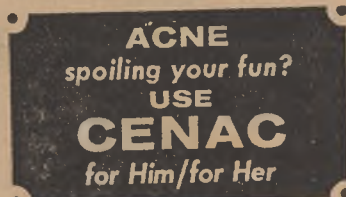
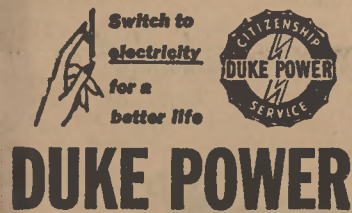
The techniques of delivering the blows require much practice. Experts at the art wear the coveted black belt which denotes the highest degree of proficiency a person can obtain. There are various other stages of development such as the brown, red, yellow belts and many grades within these divisions. This deadly art, brought to perfection, turns a person into a self-contained package of instant mayhem.

One of the cardinal rules of karate is that it is never used except in self defense.

The armed forces teaches some karate to its inductees. However, when you consider that we are engaged in war with a people who have been exposed to this method of self defense for 2,000 years, our efforts seem puny. Two thousand years is a big head start.

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# Older Books Hold Reader Interest In Battle With Current Favorites

By John Taylor

Ordinarily a book review consists of factual information concerning a book which has recently been released. But, in the interest of greater enjoyment of literature, I offer two books which have been published, both several years ago.

*Dear and Glorious Physician*, by Taylor Caldwell, reviewed by the *Reader's Digest* is "(an) imaginative reconstruction . . . (of the life) of the early Christians. Immensely readable . . ." This book deals with the time of Christ as seen through the eyes of one man. If one skips the introduction there is even a moderately surprising ending.

## Shrunken Head Returns

By John Taylor

The Shrunken Head, in its never ending battle for popularity, decided to conduct a poll to discover what readers want from this column. In this search, one interesting point was raised.

We asked Barry Goldwater to enlighten our staff on what our basic policy should be in the Shrunken Head. He said, "Well, off the record I would say that, as to the question at hand, the basic motivational concept generated should follow the pattern prescribed for and administered to this pattern of events compounded by the likelihood of mastication brought on through the definite fundamental by-laws of the credo which is explained by simple addition of a social catalyst to the economic theory of interjection which has since been replaced by the concept of exorcism which is a fundamentally sound one."

I get the odd feeling that he plans to run again in '68.

In order to remain non-partisan, we also questioned President Lyndon Johnson. The conversation went something like this: Reporter—"Mr. President, we of

High Life would like to ask you what steps you would recommend to improve the quality of the material introduced into the Shrunken Head."

L. B. J.—"Well, son, off-hand ah'd say that while escalation is necessary, the war must be fought and won by sheer gut-power. Y'know, I got an ole mule back at th' ranch, y'know. Anyhow, see, this ole mule . . ." (at this point Luci Baines enters.)

Luci—"Daddy-o, kin ah have the limousine t'nite so's me an' Pat kin run off'n get married?"

L. B. J.—"But sugah-lump, if y' all runs off'n gits hitched so quick, they won't be nobody at th' wedding."

Luci—"Aw, shucks, Daddy. I already got foah-hunnert people comin! I borrowed the C.I.A. and th' Secret Service. Neither group was doin' nothin' nohow."

(What happened next so disabused our reporter that he left. Yep, you guessed it. L. B. J. picked Luci up by her ears and put her in her room.)

Needless to say, we are right back where we started. Any suggestions for improvements in this column are welcome.

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## Grimsley's Girls

Continued from Page One

to Mr. Routh for the top of the main building.

### Sub-Juniors

Sub-Juniors concentrated on drives from September to January. They collected for Heart Fund, T.B., Cerebral Palsy, and Muscular Dystrophy.

Once again they supported the Golden Door Project, and also rendered service to Greensboro's Women's Club. At Christmas they dressed dolls for the Empty Stocking Fund.

One interesting project was the provision of cosmetics, toys, and hospital gowns for the Ship Hope. Sub-Juniors also entered a Homecoming display.

The main character, Lucanus, was an unusually gifted, intelligent fellow who hated to see his fellow human beings suffer. His was the choice between a life of luxury, for his Greek father was by no means poor, and a life of poverty, helping his fellow humans through medicine.

He seemed fated to be kept from the profession for which he had a divine calling, this because of his wealth and stature. His struggle to overcome a handicap which most people would regard as a distinct advantage forms the basis for a very interesting novel.

Mrs. Caldwell, in married life, Mrs. Marcus Rebeck pursued her career in vain for a number of years. *Dear and Glorious Physician*, her second million seller, was published a number of years after both of her children had married. She has several other novels to her credit including *This Side of Innocence*, a million-seller plus in 1946.

The other book to be considered is also a novel, but science-fiction this time. This is a 1984-type novel by Robert A. Heinlein entitled *Day After Tomorrow*.

Heinlein is among the most famous of all science fiction writers in a class with Ray Bradbury, Isaac Asimov, and Damon Knight.

Heinlein wrote *Day After Tomorrow* to give the science fiction public what might happen if the United States of America lost World War III.

The book concerns six men, the last remnants of authority left in the United States and their rather bizarre, though thoroughly science-fictionish plot, to recapture the United States from the Asiatic victors who occupy America.

The reason the plot is so bizarre is that the six military men seek to regain control through religion, the very element which might have prevented the war and the very element which caused the two countries to fight in the first place.

The race of Americans has not been completely destroyed but the survivors are under control of the asiatic conquerors who, as it turns out, are too lenient, if that is remotely conceivable, in letting the common people cling to their religion.

From secret underground headquarters, these six men direct the spread of a new religion which takes in only people of the American race. This is done by a new device concocted by one of the six which permits only people of American "atomic make-up" to enter the cathedrals. Here they are told of the plot and recruits are indoctrinated.

The book is one continuous action-packed drama and it would appear that Heinlein has scored again.

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