

Larry Bowman demonstrates to student Walter Wilson why he is convinced that "It's speed, not strength, that counts" in Karate. Bowman, who spends his off-duty hours teaching the sport, adds that it is "also crucial to be ready to unleash energy at the right moment."

Finding Peace In Karate

By Robert E. Moore
RJR Archer

Peace of mind, body-building and self-defense are the benefits derived from karate, says instructor Larry Bowman.

"Karate is a discipline of the mind, the spirit and the body," says Bowman, who spends his evenings at a full-time job and his mornings teaching karate. Learning to control your emotions and impulses is the basis of karate, adds Bowman. "You gain the advantage over an attacker if you remain under control; you surprise him if you don't show signs of being upset. Staying calm instills doubt in the attacker and affects his ability to fight."

While controlling your own actions, Bowman notes that "you should watch your opponent for signs of his feelings. People unconsciously telegraph emotion—for instance, when their eyes dilate. By looking for such signs, you can predict your opponent's actions. If you're expecting

his move, you can get out of the way."

Although it's important to remain calm while practicing karate, it's also crucial to be ready to unleash energy at the right moment.

"You learn to develop an instant fighting spirit," Bowman explains. "You don't waste your energy by staying unnecessarily tense. But you do tense up for a second just at the moment of strike—thus concentrating all your body power at the point of impact. By staying relaxed, you can move much faster when necessary."

Because timing and discipline are the key elements of the sport, karate is suitable for males or females of any age.

"It's speed, not strength, that counts," says Bowman. "You have to make your move at the right time. Granted, young people are generally faster, but frequently their timing is off. And because strength is not crucial, females are not at

a disadvantage."

The mental exercise of controlling one's emotions points out Bowman, has benefits outside of the sport. "You learn to remain calm and passive in the face of any insult; you learn how to temper angry reactions. We practice this control by meditating before and after sparring."

Practicing self-control relieves anxieties and generally improves your health, says Bowman. "By ridding yourself of

anxieties and tension, you lower your blood pressure and improve your circulation."

Karate also improves one's physique, Bowman notes. "Karate is like ballet in that it causes you to develop muscles you never used before. A lot of women take karate because it's an enjoyable way to lose weight."

"Karate enables you to defend yourself, improve your health, and improve your mental attitude," Bowman concludes.

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either wait and see or try and piece the bits of information the suave coach has dropped together.

Here are a few of those bits and pieces for you to use in completing the puzzle.

1- Gaines called "Bucky" Harold a key player in pre season noting that the Hickory freshman could do a number of things to help the team.

2- He gave Philadelphia native Kevin McRae a chance to start and McRae has responded by grabbing the quarterbacking role and directing the team in the manner that has caused Gaines to call him "possibly the best point guard I've had since Teddy Blount."

3- Gaines went to Ricky Wright, an all-everything selection in high school in Virginia on Thursday night and the Rams preceded to reel of 12 straight points but Wright saw no action in the second half of the game.

4- On Friday night he used transfer Wendell Ramsey for five minutes in the first half and Ramsey came up with a defensive performance the produced five turnovers, but he sat out the entire second half.

5- Hilton Graham scored 13 points grabbed 17 rebounds and blocked 6 shots in his first 40 minutes of action for the Rams but Gaines is still not a starter.

6- Leading scorer Reggie Gaines had only 2 points in the second half of Thursday night's game but the Rams still won by 15.

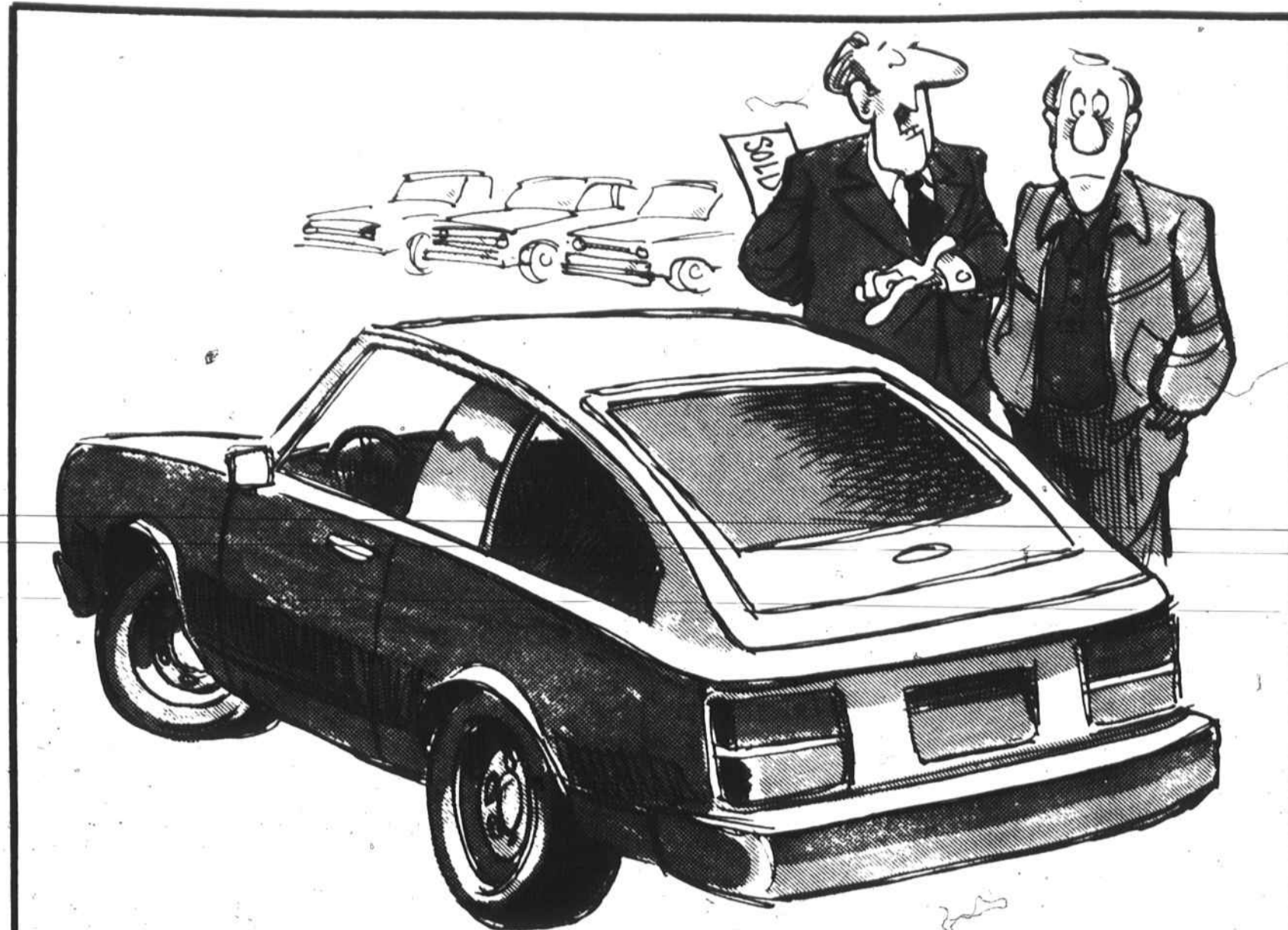
7- Earl Harris, the big man Gaines said he would be counting on has yet to score a basket for the 5-1 squad.

Just how good are the Rams this year? "Bighouse" isn't about to answer but his team eventually will.

Terry From Page 11

The Lehigh Valley teams leads the league with a 7-3 record and Terry has evolved as a star adding 4 steals and 5 assists a game to his scoring and rebounding totals. He is hoping his play this season will earn him a spot on an NBA roster next year.

"I'm thinking about the NBA next year for sure. If you are a basketball player then you're always thinking about the bigtime. My owner has already had some calls from interested NBA teams and some have indicated that they would like to pick me up. That is why I've been working so hard on the transition to guard."



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