

Tae Kwon Do expert teaches philosophy, discipline to master the art

By MARY MOORE PARHAM
Staff Writer

Few people are up with the sunrise. Even fewer are kicking and punching at Fetzer Gym by 6:20 a.m. For the members of the Carolina Martial Arts Club, however, early morning workouts have become part of their schedules and their lives.

Under the instruction of Master Choi, a fifth degree black belt, students and area adults learn the philosophy as well as the techniques which comprise the martial art Tae Kwon Do.

As the nephew of a legendary martial artist, Choi hoped to follow in his uncle's footsteps but was urged by his father to pursue a career in physics. After serving in the Korean army, Choi has

combined the two, receiving his Ph.D in physics in 1987 while also practicing and instructing Tae Kwon Do at UNC. He started the Carolina Martial Arts Club about ten years ago when he saw many clubs teaching fighting without mental discipline.

"Before I studied with Master Choi, my body was doing the techniques, but my head wasn't," said senior Kai-Wei Chung, a club member. "Master Choi focuses on the philosophy of learning the humbleness, patience, perseverance and spirit that make up Tae Kwon Do."

Known as the Korean national form of karate, Tae Kwon Do is noted for its dramatic kicks and extensive use of the feet. Because karate and kung fu are practiced in warmer climates that have

rice paddies and wetlands, students in these arts must accentuate upper body movements to compensate for unstable footing. Tae Kwon Do is most prevalent in the dryer northern parts of Korea where the ground is firmer and thus more conducive to use of the feet.

Levels of Tae Kwon Do range from the white belt, given to students to hold together their uniforms, to varying degrees of black belt. Tests for the black belt are administered by Master Choi and last four hours.

"During the black belt test there is no sitting down or waiting for others to complete a series of kicks and punches. That in itself is a revelation," said Steve Hutson, a consultant with North Carolina Memorial Hospital and seventh year

student of Master Choi.

Even though many of Choi's students have received the black belt, their study of the martial arts is not complete. "At each level, you realize how much more there is to learn," said Carla Ball, a hospital worker in clinical neural physiology.

"Now that I've gotten my black belt I feel I finally have the skills to start building things with them. It's almost like having the bricks to put together a house," Ball said.

Ultimately, a black belt wants to work hard enough so that the black paint is worn off and the belt becomes white again. For junior Mary Catherine Capizzi, it was this cyclical aspect of the martial arts that helped her get a

black belt.

"Part of the nature of the martial arts is that you're constantly learning and improving on any level. Although I've gotten my first degree black belt, status-wise I'm just a beginner," she said.

In addition to the physical conditioning associated with the martial arts, each student also grows mentally. "Tae Kwon Do gave me a better insight into self-discipline and taught me respect for and humility toward other people," Ball said. "These things aren't only a part of the martial arts, but carry over into other aspects of life as well."

Hutson gained a new respect for fellow students who were also testing for the black belt. "You reach a point where you're pushing yourself constantly and planning the day for your next workout. It really takes some determination and you really respect those around you who got through," he said.

Other students found that the martial arts provided a constant in their lives. "Tae Kwon Do gives you a stability that a lot of people, especially in college, look for," Capizzi said. "It's something you'll always have with you."

Although able to defend themselves, many students of Tae Kwon Do have never had to use their techniques. Instead

of the violence depicted in many martial arts movies, individuals are taught to walk away from a fight. "You are a lot more confident knowing you could defend yourself, but it is the better man than can walk away from a fight," Chung said.

Most of Master Choi's students agreed that though many of the kung fu and karate films do show legitimate moves, the philosophy is not always accurately represented. During club workouts, actual physical contact, or sparring, is done but not without physical control and not to harm an opponent.

In addition to a non-violent approach to self-defense, Capizzi also stressed that Tae Kwon Do is not reserved for any particular gender or size. "I think body structure allows only so much, but I've never considered being female a hindrance," she said. "Master Choi doesn't expect me to break five boards like a guy would, but no one is there to prove anything except to themselves."

Interested students of any ability should attend an introductory meeting of the Carolina Martial Arts Club on Thursday, January 17 or Thursday, January 24 at 7 p.m. in the Frank Porter Graham lounge on the second floor of the Student Union.

Rose starts stint as teacher's assistant in hometown gym

From Associated Press reports

CINCINNATI—Pete Rose reported for duty at a school near his inner-city roots Monday to begin court-ordered community service as a gym teacher's assistant.

The former Cincinnati Reds manager began his 1,000 hours of community service by helping students at Heberle Elementary School in gymnastics exercises. Baseball's career hit leader also talked to one class about baseball.

"How to hit a ball and throw," said Tyrone Satterwhite, 8, a second grader, as he left the school with his mother, Angela Satterwhite. "He was nice."

Virgil Amison, 10, a third grader, said Rose helped youngsters do flips on the rings.

Another third grader, Lawanda Bradley, 8, said Rose appeared to enjoy himself with her class.

"He said it was fun to be here," she said.

Statues

This University committed the vandalism.

Bill Hildebolt, student body president, said Hardin's decision to relocate the statues was the only solution to a problem that many people were trying to resolve to everyone's satisfaction.

"I feel great about the decision," he said. "But it seems like such a small thing for all the effort. It was the most frustrating issue."

Administrators and students ex-

March

later, he intervened calling Iraq's move on Kuwait brutal naked aggression.

"It can't be the end of our effort whether shooting starts right away or whether it's delayed," said Rev. Jimmy Creech, a guest speaker at the rally. "We must continue to let George Bush

know that we are not supporting the war."

Creech urged Durham and Chapel Hill residents to rally again quickly as a continued sign of discontent should shooting begin.

Protests in Durham began before Christmas with a "die-in," which included about 700 Duke students and faculty members. The protesters lay in the streets to symbolize the potential loss of life in the Middle East. Fourteen students were arrested.

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For the Record

The Jan. 11 Daily Tar Heel article, "Charles Kuralt speaks on life as a journalist," should have stated that

Kuralt attended UNC for three-and-a-half years and that he did not graduate in 1955.

AP Top 25

| Team | Record | Pts | Pvs |
|--------------------|--------|-------|-----|
| 1. UNLV (64) | 11-0 | 1,600 | 1 |
| 2. Arkansas | 15-1 | 1,520 | 2 |
| 3. Indiana | 14-1 | 1,425 | 3 |
| 4. Ohio St. | 14-0 | 1,412 | 4 |
| 5. N. Carolina | 13-1 | 1,370 | 5 |
| 6. Arizona | 13-2 | 1,276 | 6 |
| 7. UCLA | 13-2 | 1,057 | 7 |
| 8. Syracuse | 14-2 | 1,010 | 8 |
| 9. Kentucky | 12-2 | 997 | 11 |
| 10. St. John's | 11-2 | 971 | 10 |
| 11. Oklahoma | 13-2 | 924 | 12 |
| 12. Duke | 12-3 | 882 | 14 |
| 13. Connecticut | 12-2 | 821 | 9 |
| 14. Virginia | 10-3 | 753 | 13 |
| 15. ETSU | 12-1 | 675 | 16 |
| 16. Pittsburgh | 14-3 | 663 | 17 |
| 17. LSU | 16-1 | 635 | 18 |
| 18. S. Miss. | 8-1 | 559 | 19 |
| 19. Georgetown | 10-3 | 542 | 15 |
| 20. LSU | 10-3 | 448 | 20 |
| 21. N. Mexico St. | 11-1 | 340 | 23 |
| 22. South Carolina | 12-3 | 255 | 21 |
| 23. Utah | 15-1 | 174 | — |
| 24. Iowa | 13-3 | 119 | 22 |
| 25. Seton Hall | 10-3 | 55 | — |

Others receiving votes: Michigan State 53, New Orleans 43, Wyoming 27, Mississippi State 23, South Florida 21, Kansas 20, North Carolina State 17, Temple 15, Georgia Tech 14, Princeton 13, Illinois 12, Washington 9.

DTH Top 25

| Team | Record | Pts | Pvs |
|--------------------|--------|-----|-----|
| 1. UNLV (12) | 11-0 | 300 | 1 |
| 2. Arkansas | 15-1 | 284 | 2 |
| 3. UNC | 13-1 | 265 | 6 |
| 4. Arizona | 13-2 | 247 | 4 |
| 5. Ohio St. | 14-0 | 241 | 8 |
| 6. Indiana | 14-1 | 239 | 7 |
| 7. UCLA | 13-2 | 213 | 6 |
| 8. Kentucky | 12-2 | 195 | 21 |
| 9. Syracuse | 14-2 | 190 | 3 |
| 10. Virginia | 10-3 | 170 | 19 |
| 11. Connecticut | 12-2 | 167 | 18 |
| 12. Duke | 12-3 | 166 | 10 |
| 13. Oklahoma | 13-2 | 160 | 13 |
| 14. St. John's | 11-2 | 153 | 14 |
| 15. Pittsburgh | 14-3 | 112 | 15 |
| 16. ETSU | 12-1 | 111 | — |
| 17. LSU | 10-3 | 106 | 12 |
| 18. Georgetown | 10-3 | 102 | 5 |
| 19. Nebraska | 16-1 | 101 | — |
| 20. S. Mississippi | 8-1 | 63 | 22 |
| 21. S. Carolina | 12-3 | 57 | 19 |
| 22. New Mexico St. | 11-1 | 48 | — |
| 23. Seton Hall | 10-3 | 22 | — |
| 24. Mich. St. | 10-4 | 21 | 17 |
| 25. Iowa | 13-3 | 10 | — |

Others receiving votes: Pete Chilcutt 7, New Orleans 7, UTEP 6, Rodney Monroe 4, Uva. women 4, Utah 4, N. C. State 2, Georgia Tech 2, Wake Forest 1, Erik Rogers 1, U.S. Desert Shield 1, The Chopper 1.

Sports on TV

Tuesday, January 15
7:30 p.m. — College Basketball: Oklahoma at Missouri; ESPN
8 p.m. — NBA Basketball: Orlando at Miami; TNT
9 p.m. — Boxing: Brett Lally vs. Art Serwano; USA
9:30 p.m. — College Basketball: LSU at Alabama; ESPN
10:30 p.m. — NBA Basketball: Charlotte at Los Angeles Lakers; 22

Campus Calendar

TUESDAY
7:45 a.m. University Career Planning and Placement Service resume drop for employer recruiting on campus for Feb. 4-8 will continue until 3 p.m. in 211 Hanes.
2 p.m. UCPPS will conduct an Interviewing Skills Workshop in 306 Hanes.
3:30 p.m. "Selective Education in northern Nigeria: Issues and Implications for Women," a lecture by Renee Ilene Pittin of the Institute for Social Studies, the Hague, will be presented in the assembly room of Wilson Library.
4 p.m. An open forum on the impending war will be held in 205-206 Union until 5:30 p.m.
5 p.m. The UNC Juggling Club will meet in the Carmichael Residence Hall Ball Room. Everyone is welcome.
6 p.m. Auditions for "Broadway Melodies 1991", a musical showcase, will be held until 9 p.m. Interested singer/actors should sign up for an audition time at the Union Desk.
7 p.m. The Carolina Racquetball Club will have its first meeting of the semester in the lower level of Fetzer Gym. All interest players are invited.

8 p.m. Campus Scouts will meet in the Union South Gallery meeting room.
ITEMS OF INTEREST
R.A. Applicants, don't forget the Candidate Orientation tonight in the Great Hall at 7 p.m.
The UNC Go Club Spring Event will take place tonight at 8 p.m. in 208 Union. It will continue every other Tuesday night from 7:30-11 p.m. in 220 Union. The game is open to players of all levels and it is free. Both players and spectators are welcome to attend.
The Black Student Movement Gospel Choir auditions will be held at 8:30 p.m. today only. All interested persons please attend.
The UNC Chess Club meets every Tuesday evening at 7 p.m. on the second floor of the Student Union.
The N.C. Fellows Program will be holding its Open Houses for all interested freshmen applicants on Jan. 16-17 from 4-6 p.m. in 224 Union. All freshmen are welcome.
The Student Government Tutoring Program offers free tutoring in ECON 10, STAT 11 and 23, Math 22, 30 and 31, Spanish 1-4 and French 1-4.

Come to third floor Greenlaw every Tuesday night from 7:30-9:30 p.m.
The University Counseling Center is seeking new members to join its Dissertation Support Group. The group is designed for graduate students who are currently working on their doctoral dissertations and who seek emotional support and some advice on how to successfully complete their research. Call 962-2175 for further information.
"BROTHERS" discussion group for and about African-American male students is currently seeking new members. The group offers social support, cultural affirmation, and educational programming on topics of interest to black males. Call 962-2175 for further information.
The Elections Board announces to all graduate students in nursing: your Student Congress representative has resigned. If interested in serving, call Mary Jo Harris at 929-1397 or stop by our office in Suite A of the Union.
Course Offering: Dynamics of Effective Leadership, theory and skills development. Thursdays, 2-3:15 p.m., one credit, p/f. Register through instructor: Cynthia Wolf Johnson, 966-4041, 01 Steele.

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