

Sensei Toby Lewis:

The Art Of Karate

By YVONNE BAKER

Karate is one of the most popular sports in America today. Not only does it teach you self-defense techniques, but show's you how not to use them. The Elizabeth City School of Karate is a local place where anyone can learn the art of Karate under the instruction of Sensei (instructor) Toby Lewis. Toby has been an instructor of the Martial Arts for four years and is a Nidan (second-degree) Black Belt. The belts range from White to Black, with Yellow, Orange, Green, Blue and three Browns in between. Black belts go up as far as Hachidan (eighth-degree). Lewis stated that the main system he teaches is "Shito-Ryu" — one of four major systems in Japan and one of the newest. He teaches under the "National Karate-JiuJitsu Union," which is a national operated organization — "it's like one big family, all under one roof, and I teach because I like to teach, that's why we all teach," he stated. There are very few professionals (which mean they teach full time). We teach the self-defense techniques, self-discipline, and mental discipline.

At the current time, Toby has approximately 25 students in Perquimans County and Elizabeth City combined. Four of his students started at white belt and within the year will be ready to test for their black belts. They've come a long way.

Toby started taking Karate at the age of 25 and is still learning at the age of 32. He's been a Nidan black belt for 1 year and 5 months. When asked when he would test for Sandan (third-degree) he said "approximately 1 1/2 to 2 years, I have a lot to learn."

When a person comes to Toby to take Karate, they start classes on Monday and Thursday nights, with the DoJo (school) open on Tuesday nights and Sat-

urday mornings for what Toby calls "Open Workout."

Is there any goal you have set for yourself as far as Karate is concerned? Toby replied "I care mainly about training good citizens, who can handle themselves and the Martial Arts. What I'd like to see is a school in every town in every state — to make better citizens, and better individuals."

Toby's instructor is Shihan (shower of the way) Joseph Ruiz, of N. Augusta, S.C. In a recent Karate tournament held at North-eastern High School, Shihan Ruiz was present showing many styles and techniques learned in Karate.

Most people think Karate takes a lot of strength and muscle to really hurt someone. When Toby is asked this question, he replies "It takes self-discipline, training yourself takes more speed and focus than it does strength. The male handicap is he thinks in terms of muscle. Actually, he has to loosen up and develop speed. The art of "Kung Fu" was developed for the small individual to defend themselves. "Wing Chun," which is what Bruce Lee Studied, was designed by a nun, and Lee himself didn't hardly weigh 125 soaking wet."

Why do you break boards? Toby's reply was "To demonstrate what the body can do. If you have the proper mental control, you'll say I can do it, and it won't hurt."

At the present time, out of his 25 students, 10 are white belts, Mike Delaney, David Benton, Bill Campbell, Greg Gregory, Thomas Thornley, William Journigan, John Journigan, Peter Colclasure, and Rhonda Perry; three are yellow, Alan Stallings, John Maggio, and Robert White; 2 are green, Linda Gray, Junius Liverman, four blue, a whole family of Cerego's, Abelen, Lardy, Audie, and Abraham; one

3rd brown, Steve Barnard, two 2nd brown, Casey McDough, and Jim Williams; three 1st brown, Martha Cartwright, George Berry, and Jimi Sutton, and two black belts, Bobby Britton, and Jack Boyce.

Steve Barnard has accomplished a brown belt in two years and 1st brown belt Martha Cartwright in 3 1/2 years. A black belt can be gotten in a minimum of 33 months.

Toby had this to say about Bruce Lee. "He did a lot for Karate: to get people aware of it, and to make a name for himself. He could make good films, but he wasn't as perfect as he was displayed in films, because that's just what they were, films, but he was GOOD. There is always "someone" better. He could have done a lot more for Karate if he hadn't died so early."

Some of the things Toby teaches his students are: KATA — forms; fighting multi-imaginary opponents. KUMITE — Fighting, free sparring. SELF DEFENSE; JUIJITSU. WEAPONS — Martial Arts Weapons are for advanced grades only — starting with brown belts. MEDITATION and SHIATSU — Japanese massage — accupressure using finger pressure.

Karate started in the orient. China is given credit for Kung Fu. Kempo — a budist monk teaching Chinese breathing techniques and developing concentration. This may have originated from Yoga. In 1922 Gichen Funikoshi brought the art to Japan from Okinawa and called it Karate.

Toby, a native of Columbia, S.C., lived in Raleigh before coming to Elizabeth City. He attended East Carolina University and has a B.A. degree in Geography. He is presently employed at the N.C. Division of Veterans Affairs as a District Officer.

If you are interested in the Art of Karate, go to the Elizabeth City School of Karate and get the work from Sensei Toby Lewis.



POWER PUNCH — Sensei Toby Lewis is shown in the above picture demonstrating a power punch to the mid-section with the right hand loaded ready for a second punch. Another of many techniques learned in Karate.



WATCH THE NOSE — Sensei Toby Lewis demonstrates to yellow belt student Alan Stallings just one of the many techniques learned while taking Karate. Stallings says he enjoys Karate. It's a unique learning experience.



IN THE GUT — Sensei Toby Lewis and brown belt student Steve Barnard are shown in the above picture demonstrating how to block a punch to the mid-section and then kick to the mid-section where it really hurts.

ask for **Happy Jack** ... your dog would.

Formulated specifically for hunting dogs at prices below national brands.

WESTERN AUTO STORE
Harris Shopping Center
Hertford, N.C. Ph. 426-7551

ROSES

OPEN
Friday and Saturday
Nights Til 9 O'Clock
Until Christmas

CHURCH ST.
HERTFORD

10% DISCOUNT
ON ALL SALES \$5.00 OR MORE
ON FRIDAY AND SATURDAY NIGHTS.

CHECK OUR STORE FOR OTHER SPECIALS EVERY DAY.

Use Our Layaway Plan - A Small Deposit
Will Hold Your Merchandise Until Christmas.

Notice Of Meeting

The North Carolina Coastal Resources Commission will be holding its November meeting in Onslow County on Tuesday and Wednesday, November 29 and 30, at the Holiday Inn in Jacksonville, North Carolina.

The meeting is tentatively planned to follow the usual format, with an opening session beginning at 9:30 a.m., followed by standing committee meetings and concluding the day with task force sessions. There will be a closing session at 9:00 a.m. on Wednesday for reports and actions.

Various elements of the CAMA major and minor development permit programs will be discussed at this meeting. The CRC will establish preliminary procedures for: where and how the applicant can obtain, fill out and submit an application; how the CRC and its staff or the local permit

officer will evaluate a project and decide whether or not to issue a permit; how the applicant may exercise the right to call for a hearing on the application, appeal a local permit officer's decision to the CRC, or seek a variance; and other important aspects of the permitting process that may affect the rights of citizens. These procedures will then be made available for public inspection for 30 days, after which a public hearing concerning them will be held in the coastal area.

The Brunswick County Implementation and Enforcement Plan will be reviewed along with the revised Beaufort County and Washington County I & E Plans.

The Commission will review the revised Carteret County Land Use Plan and will consider comments received from other state and federal agencies on the

revised plan. A public hearing on the Carteret County Plan will be scheduled for the next CRC meeting in early January.

FONDUE
The word fondue comes from the French word "fondre" which means "to melt."

List Your Property With
William F. Ainsley
Realtor
Hertford, N.C.
Dial 426-7659

WE CLEAN AND REPAIR
RADIATORS, TURN BRAKE
DRUMS.
DIXIE AUTO SUPPLY
HERTFORD, N.C.
PHONE 426-5716

You spend more than 5 hours a day in the kitchen-

shouldn't you have a phone there?



SURE you should. It just makes sense ... especially when an extension telephone costs less per day than a postage stamp. At that rate, maybe you should have a phone in every

important room in your house. Think of how much time and how many steps you and your family will save. Call our business office. We'll help work out all the details.



NORFOLK CAROLINA
TELEPHONE COMPANY

WOODARD'S PHARMACY

Special

99¢

NOW

THROUGH THE

MONTH OF NOVEMBER



"Come to our OPEN HOUSE TUESDAY."

We want you to be sure to see our new John Deere Service Center. So we're having an Open House. Stop in and learn what we have to offer — parts, shop and field service, and how we can answer your needs.

Starting at 1:00 p.m., we will have a field demonstration of the new Iron horses. Check performance in action — here's your chance to see one up close and operate it in the field.

At 5:00 p.m., dinner will be served.

DATE: Tuesday, December 6th, 1977
TIME: 1:00 p.m. til 7:00 p.m.
LOCATION: John Deere Service Center 7 miles South of Elizabeth City on Highway 17.

JOHN DEERE

HOBBS IMPLEMENT CO., INC.
EDENTON, N.C. (919) 482-7411
WOODVILLE, N.C. (919) 264-3333