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## With Karate

By JOAN M. SMITH

"It is an art," explained George Lippa, owner-instructor of the karate School of the Rising Sun. He emphasized that karate was an art of self-defense, not a James Bond gung-ho type of heroics.

Karate means "empty hands" — no weapons but the martial manipulation of hands and feet. It is the schooling of body and mind in the expertise of self-

Mary Ann Greco, a junior at St. Agnes High School, is one of Lippa's enthusiastic students. She devotes two nights a week to developing her karate skills, has a purple belt, and is now determinedly working toward her brown belt—1st degree.

Mary Ann outlined the various stages of progression which are indicated by belt color; white (beginners), yellow, orange, green, green with stripe, purple, three degrees of brown, black, which has ten degrees, and the ultimate red belt.

It took Mary Ann 2 1/2 years to achieve her purple belt, and she intends to keep going as far as she can go. Asked why she became involved in this particular activity she said, "it started out as something to do, then it became like a disease."

She is one of three girls left from a group of 40 women who orginally started in the classes. Lippa indicated it was too bad more women didn't pursue the art but he emphasized, "It is not a place to come and giggle, it is hard work."

Karate enthusiasts can attest to the hard work. The sessions are not displays of dramatic theatricals but vigorous workouts. Following oriental tradition, the classes begin with bows, meditations, then into exhausting physical Warm-ups. During the actual training every body movement is examined for timing, balance and precision which are all necessary to attain maximum effectiveness.

Lippa strongly urged practice. To emphasize this he demonstrated a deadly side kick which was skillfully and quickly executed, but he pointed out that class hours alone do not produce this type of expertise, only practice and more practice.

Karate which began in India centuries ago has many oriental off-shoots such as Kung-Fu, Judo (more body contact as opposed to the hand/feet theory of karate), and Korean karate. Within the art there are various categories like Kata, a succession of pre-arranged moves, and the difficult Goshin Jutsu. Requirements for the various belts differ from category to category, and from school to school.

Beginners learn the history and logistics of karate along with the basic punches and hits. Then in each phase of advancement the students develop their sense of timing, balance; learn how to fall, and meetthe demands of perfect height, thrust and snap involved in the round-house, front and side kicks.

Some of the requirements Mary Ann will have to perfect to be eligible for her brown belt are kicks to the head area, and defensive moves against clubs

Both she and Lippa acknowledge confidence" as the greatest benefit of karate, and there is no denying the body conditioning advantages of the art.



Instructor Lippa with a karate flip lays low an "attacker."



Students stretch muscles as they prepare to train in various karate movements.



Concentrating on her style, Mary Ann Greco delivers a karate kick to opponent.

## St. Martin's Boxing Thrives

By JOHN DOSER

The St. Martin Boxing Club, originally formed in 1969 as part of the now defunct St. Martin de Porres Community Center, will play a major role in a Rochester television first, 9 p.m., Friday, on Channel 21.

That's when the St. Martin Boxing Club team will participate in a 9-minute, 10-bout amateur boxing telecast from ringside at Channel 21's large TV studio at 280 State St. in Rochester

According to Barry Goldfarb, Channel 21 sports commentator, the telecast will be the first time a boxing card of any kind has ever been televised live in a Rochester TV studio.

The program, called "A Night of Boxing," will be a real first for Rochester, Goldfarb says.

The boxers including Bob Dixon, 21. Ken Wyatt, 19 and Pablo DeJesus, 17, of St. Martin's, will come from all over New

Dixon, the St. Martin's team captain, holds two Golden Glove championships and won the 1975 open crown in the Adirondack Tournament; Wyatt is also an Adirondack Open Tournament champion at 125 pounds; and Delesus was a runnerup in the 1974 Niagara District Novice Championship Bouts and won a title in the Syracuse Niagara AAU Championshigs.

Goldfarb has imported a couple of "heavyweights" to serve as commentators for the bouts — former world middleweight and welterweight champion Carmen Basilio, and former Syracuse University intercollegiate and Aguinas Mission Bouts boxing champion Frank Guelli.

Tom Stenhouse, Junior Olympic Boxing Divison chairperson for the Niagara District AAU will serve as

The boxing program at the former St. Martin de Porres Center was initiated to develop a sense of self-confidence and self-worth within the young people of the Rochester community, according to Goldfarb.

The club is under the supervision of Bob Johnson, Don Simkin and Rubin Griffith. Only Johnson was around when the club was part of the St. Martin de Porres Center, explains Simkin, a fulltime probation officer for Monroe

'lohnson was basically running the place at the time it folded," Simkin recalls. "It went under on March 31)

"The boxing club is really a continuation of something we did then at the community center," Simkin says.

"Funding became a problem the Community Chest once was interested in us, but times were rough, and sud-denly they (the Community Chest) set up something else without us.

Simkin says the tradition of the boxing club got its start with the center and several of the group's original boxers are still involved.

"We had the first Western New York Junior Olympic Tournament for boys 10-IS in Rochester this year and St. M. had: 40 of the 75 kids in the tour nament," he says.

Does the boxing program Simkin bélieves it does.

He cites an example where one youngster who "bombed out" of a Rochester public school, got into trouble, was sent to the State School at Industry, later went to prep school, and finally to Morgan State.

"The older ones help the younger ones, and this makes me feel good because I can remember when the older ones were the younger ones, Simkin

As a probation officer, Simkin has dealt with a lot of social agencies as well as with the community and the parents.

"One thing I see very clearly," he says,. "is that a lot of efforts are kind of wasted efforts. I mean you don't get much for your dollar.

"But I always felt good about this (boxing) type of effort because there isn't any hustle to it; it's all pretty much worthwhile effort by anybody who works at it."

There is no sponsor or underwriter, for Friday's "A Night of Boxing" according to Channel 21's Goldfarb

"WXXI is sponsoring it," he explains.
"We're paying the full shot for it because we think it's a good program."