



Reader interest prompted the Herald to print the third in a series of articles on self-defence. This week area residents Leslie and Bill Pickells are featured demonstrating the art of karate.

In the first photo, the attacker approaches from behind the victim.

Photo Two: Attacker grabs the victim by the arm.

Photo Three: Victim turns quickly knocking aside the attacker's arm.

Photo Four: Victim now becomes the aggressor by sharply snapping a side kick into the knee of the attacker, thus breaking or dislocating his knee.

Photo Five: Victim subsequently follows up her defence by quickly pivoting her body and culminating the action with an elbow strike to the attacker's face.

# Another in a series of self defense lessons



## with karate experts Bill and Leslie Pickells

Photos by  
**Brian Turford**



**MCINTYRE CR. GEORGETOWN**  
\$52,500 Try your down payment! 3 bedroom detached, 4th bedroom and rec. room. Single garage. Good location on quiet crescent. M. Belcher 877-5237.



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4,200 down. Immaculate 3 bedroom home close to all amenities. Features rec room and bar, laundry room, fully broadoomed, 4 appliances and freshly decorated. J. Clark 877-5237.



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REALTOR

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\$6,500 Down, 3 bedroom brick home, broadloom, fireplace, newly decorated, single garage, walkout to patio. V. Hennessey 877-5237.

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