

The Herald Second Front

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Karate exhibition is a hard act to follow

It's a hard act to follow. First, Pat McCarthy smashes up 24 beer bottles

than steps barefooted into the crushed remains. A sharpened spear is plucked from a block

of wood and placed just below his Adam's apple. On his back are placed 60 pounds of con-

crete blocks before Bill Pickells, Herald karate columnist, lets fly with a sledgehammer.

The dust flies, the crowd gasps and McCarthy, a Fourth Dan black belt, takes a bow before going into the next part of his performance.

He repositions himself in the crushed glass, then spins completely around and kicks a stack of boards out of the hands of Gus Spens.

You expect the soles of his feet to be cut to shreds but after another bow, McCarthy gives the crowd a look at his feet and there's not a drop of blood.

The first time the 22-year-old McCarthy did the death-defying feat, "I was very scared," he told The Herald in an interview after the performance. Since then he has demonstrated his ability about 200 times across North America. McCarthy said he has been training in karate for 14 years.

McCarthy, along with Bill Pickells, Gus Spens, Bert Bryan, Rick Petzold, Bill Fry and Mo Chow are members of Northern Karate Club of Toronto. On Friday evening at the Riviera Club in Norval, they put on a demonstration of death-defying feats and karate skills.



DISCIPLINE. BILL FRY CAN TAKE IT WITHOUT FLINCHING WHEN NORTHERN KARATE CLUB PRESIDENT CESAR BORKOWSKI BREAKS A ONE-BY-TWO BOARD ON HIS BACK.

Bill Pickells suspends himself between two chairs and 10 inches of concrete blocks are placed lengthwise on his bare middle before club president Cesar Borkowski, a former Canadian Karate Champion, brings the sledgehammer down with enough force to shatter the blocks.

Fry stands before the crowd, meditates, takes a few deep breaths and prepares himself

for lengths of one by two boards to be broken on his back and thighs. When it's over, he smiles and takes his bow.

How can they take such punishment?

"Basically through mental control," Mr. Borkowski replied. The amount of mental control depends on the individual and the difficulty, he said.

The club's efforts are a sideline to raise income, he said. "Everybody enjoys performing...rather than just demonstrate skills it's an act," he said.

In terms of time and energy, the club members, in spite of their youth, have years of dedicated training behind them. Mr. Borkowski, 21, it has

been nine years of "becoming better, faster, harder," he said. "An individual never stops learning."

As they say: "That's show business."

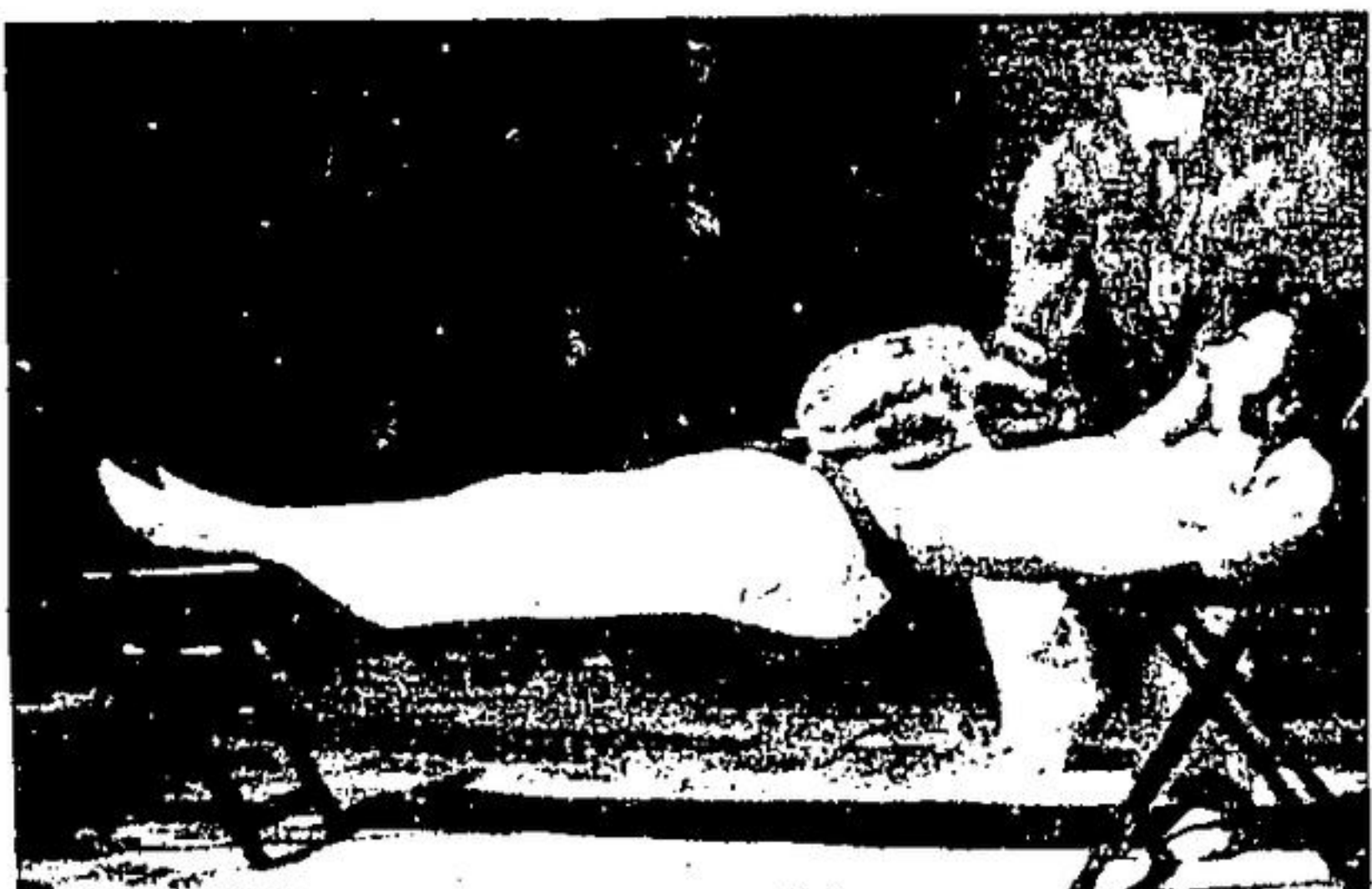
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THE HERALD'S KARATE COLUMNIST BILL PICKELLS SHOWS WHAT HE DOES WHEN HE'S NOT WRITING HIS COLUMN. GIVING HIM A BLOW ON THE

STOMACH IS HIS TEACHER AND PRESIDENT OF NORTHERN KARATE CLUB, CESAR BORKOWSKI, A FOURTH DAN BLACK BELT.



WATERMELON ANYONE? WHILE BILL BORKOWSKI CUTS A WATERMELON WITH A SWORD, FRY IS SUSPENDED BETWEEN TWO CHAIRS. BLINDFOLDED CESAR

Herald Photo Feature By GEORGE EVASHUK



LOOK, MA, NO CAVITIES. MENTAL POWER, SAYS PAT MCCARTHY, PLUS 14 YEARS OF TRAINING, PREVENTED THE SOLES OF HIS FEET FROM BEING CUT AFTER HIS PERFORMANCE IN A PILE OF CRUSHED GLASS IN THE FOREGROUND.



KNIFE FIGHT. IN AN UNREHEARSED KNIFE FIGHT, "TO SIMULATE THE REALITY OF A STREET FIGHT," CESAR BORKOWSKI, A FOURTH DAN BLACK BELT, SHOWS WHAT TO DO WHEN ATTACKED.



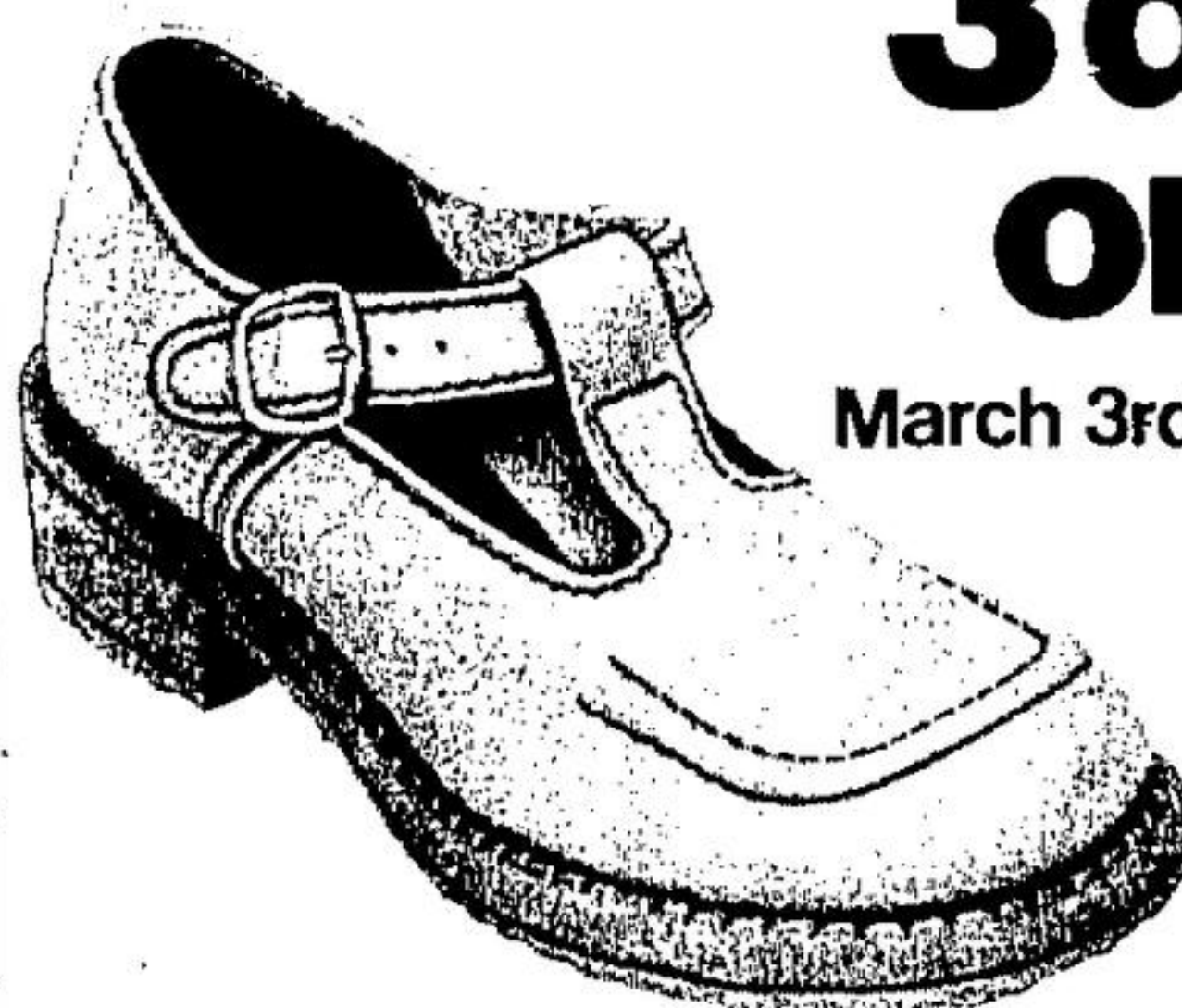
KNIFE WIELDER BILL FRY TAKES A SURPRISE THUP AT THE HANDS OF CESAR BORKOWSKI, FOURTH DAN BLACK BELT. FRY WEARS A PROTECTIVE HELMET WHICH BORKOWSKI WEARS PADS ON HIS FEET DURING THE FULL CONTACT EXHIBITION.

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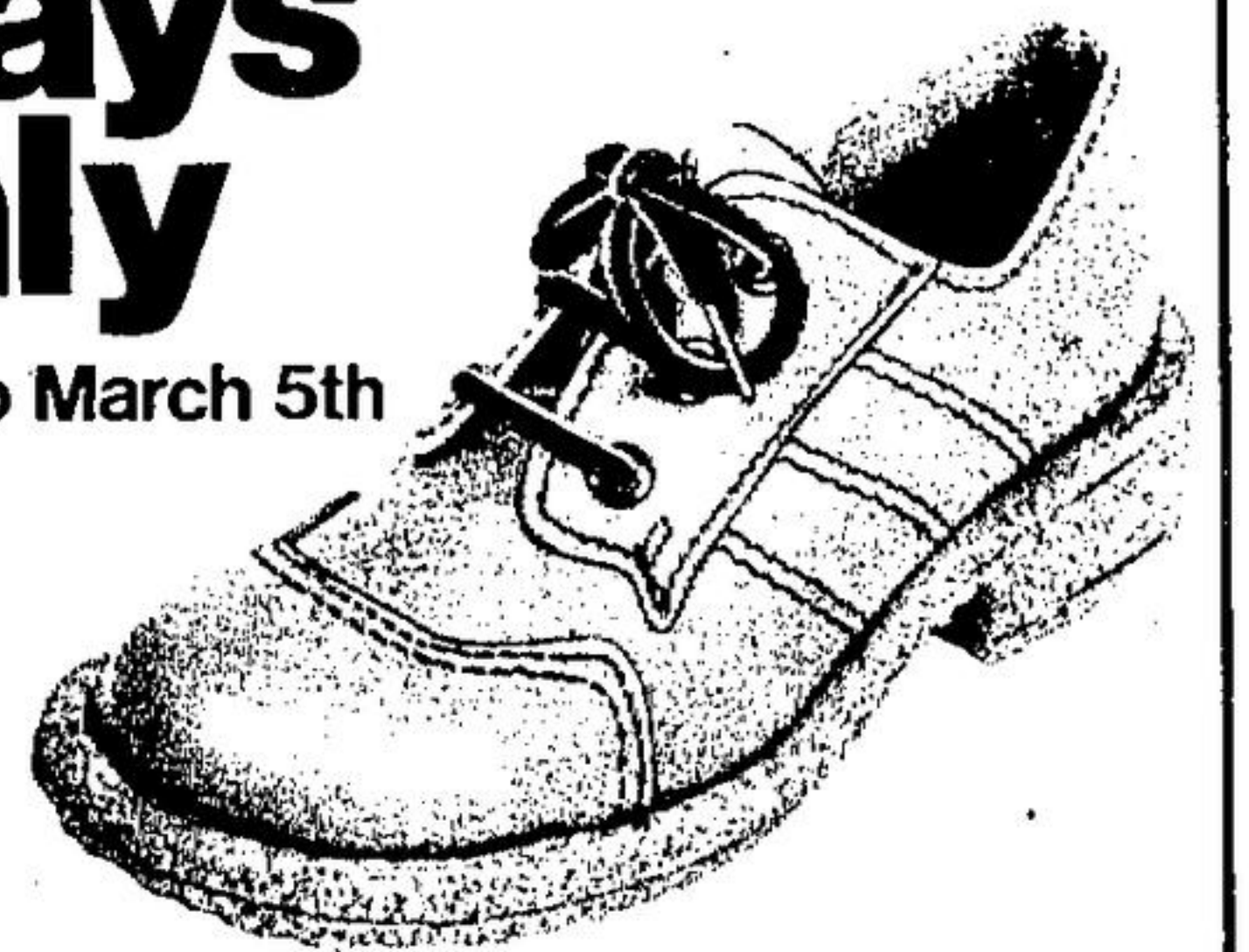
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