



Julia Dickenson finds out what the amateur choke feels like thanks to Lynn Bandy. The two were learning escapes from choke holds with the aid of Miss Green last Tuesday night at a session led by Theresa Green at Centennial Public School in Georgetown. Teaching a system of self defence designed for women, Miss Green was demonstrating some of the moves for the University Women's Club.

(Herald photos by Ani Pedertian)

PROTECTION!

Quick with the foot, teacher Theresa Green demonstrates the snap kick used in wendo. It differs from the football players kick in that the knee is brought up high before the foot jerks out.

UWC learns about self-defense

Some 'wen do's and don'ts

By ANI PEDERTIAN
Herald Staff Writer

Don't sulk around to say "I'm sorry" after you've kicked yourself free from an attacker, warns Theresa Green, teacher of a system of self defence designed specifically for women.

It may sound like unnecessary advice, but Miss Green said that when it comes to self defence, women have a lot of social and cultural conditioning to overcome.

"Our backgrounds have taught us we're feminine and we can't hurt anyone. You don't lose any of your feminine qualities by defending yourself," she said.

The self defence course in "wendo," a technique practised and taught by Miss Green,

teaches women awareness, avoidance and reaction to attacks.

Speaking to about 40 women in the Centennial School library on Delrex Boulevard, Miss Green said "circularly" distinguishes the wendo technique. Women using it follow the motion of the attack instead of resisting it, and twist their way out of it. The system was developed ten years ago in Toronto and is being taught to women internationally.

"You have to be confident when you're using the techniques. Knowing the moves well means you can use all your strength to make them more effective," Miss Green said.

Smoothness and confidence in application is very important

when it comes to using wendo. Knowing just a few techniques well and being able to follow them through is much better than being vaguely familiar with many, Miss Green said.

Reacting as quickly as possible to an attack isn't as important as making your reaction effective. It's much better to pause, then use your kick and connect with an opponent's knee than to whip the air in your hurry, she said.

Often an attacker is surprised when a woman fights back. He isn't expecting it and that element of surprise works to a woman's advantage.

Stressing common sense, wendo seeks to make women aware of their surroundings at all times.

"If you're daydreaming, you can be oblivious to people coming up behind you or people who are going to attack you," Miss Green said.

Attackers are looking for victims who aren't paying attention to their surroundings. Walking self-confidently like someone who knows exactly where they're going makes women less appealing as a target.

"We don't suggest looking obviously fearful, because this

brings people out in droves to attack you," Miss Green said.

Although many women's fashions, from high heels to tight skirts, aren't amenable to fleeing a dangerous situation, one can benefit from what appears to be disadvantageous, she said. Those high heels can squish the feet of an attacker and cause enough pain so they'll let their victim run away.

"If you have to drop parcels to defend your body, the female instinct is that you drop them gently — just a minute. You must learn to just drop them," Miss Green said while the women laughed. Your attacker isn't going to wait for you to place them down neatly.

If you're out walking a dog, Miss Green advises you to put him on a leash. She said even a scruffy chihuahua or poodle on the end of a leash can scare off an attacker, whereas a dog on the loose may be too far away to defend you.

"Know your routes; know which stores are open late and where neighbors and friends live," she advised. Taking a well-lit route and avoiding dark parking lots are common sense, but not often thought about before stepping out.

When walking at night, Miss Green says to avoid hugging

Several break-ins at industrial complex

The industrial complex at 348 Guelph Street in Georgetown had several businesses broken into over the weekend.

Thieves entered the complex by breaking the wooden panel in the door which gave them access to a common hallway shared by all the businesses.

Andy's Import Auto Service had \$500 worth of tools and a

1973 Volvo station wagon stolen. The vehicle was recovered Monday afternoon in Toronto by a Metro policeman about to issue the car a parking ticket when he discovered it was stolen.

The stolen car was sporting a licence plate taken from a car parked in Cash and Carry Carpets.

Harrow Industries had a \$40

AM-FM radio stolen from their premises.

Cookies, candies, gum and a Timex watch worth \$70 were stolen along with about \$10 cash from Campbell O'Brien, a variety shop also in the complex.

Thieves broke in at Philip Publishing Co. Ltd. but took nothing.

Croatian priests to have jury trial

A preliminary hearing into charges against two Franciscan priests from the Croatian Centre near Norval concluded Monday with Mladen Chuvale and Berto Dragljevic choosing to be tried by judge and jury in county court on the charge of possession of a weapon dangerous to the public peace. Charges of extortion and use of a firearm, also laid June 22

by Halton regional police, were dropped.

The charges were laid after a complaint was received from employees of Fairmount Amusements, a firm which

had been operating carnival rides on the Croatian premises June 13 for Feast of St. Anthony celebrations.

The trial is expected to take place in the summer.

Clothing theft

Summer and spring ladies' clothing worth \$4,700 were stolen from Christiane's Hair Styles on Guelph Street overnight Sunday. The thieves got in by forcing the lock on the front door of the boutique.



BIRTHDAY BUSS

Edgar Beesey gets bussed by an old friend, Pearl Bert, during a celebration at the Ballinfad Community Hall Saturday night honoring his 80th birthday. Well-wishers filled the hall for two hours and Mr. Beesey received congratulations from the town of Halton Hills through Coun. Russ Miller, who brought greetings from Mayor Pete Pomeroy, unable to attend. (Herald photo)

Too much time on your hands?

One of Halton Hills' longest-serving organizations, the Georgetown District Memorial Hospital auxiliary, could use your help.

Area residents with a little time to spare and share are invited to attend one of three coffee hours planned for coming weeks: Feb. 17 from 2:15 to 3:30 p.m., March 3 from 9:45 to 11 a.m. and March 17 from 7 to 8:15 p.m.

While the auxiliary has traditionally been "women's territory", that's no longer the case, and the March 17 meeting is particularly designed for interested men in the community who think they'd like to join two current male members of the auxiliary helping hospital staff and patients.

One of the auxiliary's chief fundraising activities is coming up April 5: a fashion show at the Halton Hills Library-Cultural Centre.

Raffle winner

A fund-raising draw for a baby's car seat was held last week by the Georgetown District Memorial Hospital auxiliary. Holder of the winning ticket was June Beesey of RR2 Georgetown. The auxiliary extends its thanks to all ticket purchasers.

SWEETHEART OF A DEAL from Barrager's Cleaners

Men's 2 Piece SUITS \$359

Ladies Plain Day Length DRESSES \$279

Offer expires Sat. Feb. 20th

BARRAGERS CLEANERS
160 Guelph Street
Georgetown
877-2279

DON'T SETTLE FOR LESS!

RCA ColorTrak TVs can now receive **122 CHANNELS** MORE THAN ANY OTHER BRAND

RCA Cable-Ready Tuning — Every new ColorTrak model features RCA's multi-brand cable-ready tuning system. That means direct tuning access to as many as 122 channels. All channels are tuned with quartz-crystal precision of ChannelLock electronic tuning. And built-in cable connector makes hook-up quick and simple. So don't settle for a set that could become obsolete. You're ready for everything with RCA ColorTrak!

BUY NOW & SAVE! 26" RCA ColorTrak Remote Control Console 122 Channels

SPECIAL PRICES ON THESE 2 REMOTE MODELS

Infrared Remote Scan Control

At the touch of a button you can "scan" the set on and off 21 preset channels up or down or make it completely "off" — all with one touch. It's the only remote control that scans across the room. Bright LED channel number display on the set.

SAVE UP TO \$20.00 OFF FACTORY LIST PRICES ON SOME ITEMS!

14" RCA XL-100 \$388.00
20" RCA XL-100 \$478.00
28" Deluxe Console \$738.00

3 YEAR WARRANTY
All RCA Color Television Sets have complete 3 year in-home warranty service!

SPECIALS ON VIDEO CASSETTE RECORDERS

BEAT INFLATION
Don't settle for less! Get RCA quality and performance and SAVE \$\$\$.

Milliere T.V. SALES and SERVICE

GUARANTEED SERVICE WITH ALL SALES

877-3405
We Service What We Sell!
14 Waslayan Street
Just off Mt. St.
We will not knowingly be undercut.
NOW IN OUR 28th YEAR

Before you buy check our low, low prices! WHY PAY MORE?

DON'T MISS IT!

The Georgetown Decorating Centre's

WALLPAPER and PAINT SALE

FINAL 4 DAYS

SAVE 20% to **50%** ON WALLPAPER ORDERS

Ultra Hide FLAT CEILING LATEX NOW ONLY \$9.99 Gallon

FLOOR ENAMEL NOW ONLY \$12.95 Gallon

Sale Ends Saturday, February 13th

GEORGETOWN DECORATING CENTRE

"Your One Stop Decorating Shop"

63 - 65 Main St. S. DOWNTOWN GEORGETOWN