

More people get their kicks from karate

By MIKE TURNER
Herald Sports Editor

The movie, Karate Kid, and its sequel KK II have probably done for the martial arts what ET did to enhance relations with alien beings.

That, at least appears to be the case for Mark Yates, who operates the Promar Karate Club, and instructs about 200 students in the martial art.

Yates is an Erin native who now lives in Waterloo. He has been involved with the martial arts for close to 10 years, starting in judo after being a high school wrestler. From there, he went on to jujitsu and kung fu. He has earned a black belt in Goshin Jitsu and a brown belt in Judo.



Mark Yates

As an instructor he conducts three sessions a week in Georgetown at Cedarvale gym, two sessions in Erin, and another in Acton for the YMCA.

His students range in ages from six-years-old to those in their 50s. He prefers students to be at least in Grade 1, because at that point they have learned discipline to the degree that is necessary to take the lessons.

Because of the wide range in ages, Yates says people want to learn karate for different reasons.

"I think for the kids, it's a faddish sort of thing," he says. "TV has a lot to do with that. But for the adults, it's more because they want to learn self-defence and get themselves in shape."

Yates admits his methods are a little different than other clubs when it comes to starting off new students in karate.

"It's very demanding physically. What some schools will try to do first thing, is see if a new student is tough enough to take karate. What I like to do is start people off at a lighter pace, and let them work their way up. Within 10 weeks to three months, they're generally keeping pace with the rest of the seniors."

Despite a high dropout rate with some clubs, ranging anywhere from 50 to 60 per cent, Yates says he has only had 10 to 15 per cent who give it up.

In terms of competition, Yates says they hold several in-club tournaments each year, but most members are not that interested in going to larger competitions, mainly due to the costs that are involved.

"We have to look at what people want," he says. "A survey done by Judo Ontario a few years ago showed that less than 20 per cent of all martial artists will attend tournaments, and less than five per cent do so on a regular basis. But if students want to, we'll gear them more towards sport karate, and coach them the best we can."

The concept many people have of the art of karate is using fists and feet to break boards. Yates says this has its place for students, to work on their focus of power. But he's careful, because less experienced students can seriously injure

themselves if they are not shown how to do it properly.

Just as the ages of students range, so do their "slapes and sizes", according to Yates.



Mark Yates, who conducts the Promar Karate School, has been involved with the martial arts for close to 10 years. Here, he demonstrates a move to members of his class during a workout at the Cedarvale gym. (Herald photo)

"Not everyone has 'the perfect physique'. We get quite a cross-section. There is more emphasis on physical fitness for the people as they get older. Most are trying to get

in shape."

One student attends sessions Saturday morning and then heads off to play hockey after the karate workout has loosened him up.

There is one other black belt student in the class who assists Yates with instruction, and several other members of the club have the experience to help out when necessary, as well.

There are several female members who take lessons as a means of learning to protect themselves, if the need ever arises.

Yates is careful to screen all the people who wish to enroll in his classes. "I'm very fussy about who I train, and how they conduct themselves," he says. "I look down on people who come in just because they want to bust heads."

In the three years he has been teaching, Yates says he has heard of only one incident where one of his students had to rely on his karate in a fight. And in this case, the altercation was provoked by the other party.

By no means does he intend to train students to go out and pick fights. "If you can avoid a fight, that's the right thing to do. The main goal is to get the knowledge to become a good technician. People should learn to size up a situation and know when to walk away."

A creed developed by a jujitsu school, conducted by a friend, sticks in Yates' mind, and he feels it exemplifies what he is trying to instill in his students.

Before each session, they recite: Fight not for selfish ends, but develop might for right.

"The worst thing that gets hurt that way is your ego," Yates says. "And that heals pretty quickly."

Promar Karate begins a new session of lessons Feb. 16.

Casselman fuelers oust Oakville

By RON KERSLAKE
Herald Special

The Casselman Fuelers AA Minor Novices have blown away Oakville in their second round of zone playoffs. The scores were 4-1 and 10-1 with Georgetown outplaying Oakville throughout the games. In the first game, Oakville scored first but then Andrew Craig shut the door for the next five periods of hockey as it wasn't until the end of the next game that Oakville was able to score again.

Ryan Taylor started the scoring in the first game with assists from Jamie Briggs and Robert Walsh. Jamie later set up Gary McNiven for the first of his two goals.

After Tim Van Hinte dumped the puck into the corner, Andy Kerslake dug it out and fed Pete Mashinter who scored the third goal. McNiven's second goal was started by Van Hinte again with Curt Carr getting an assist too.

The second game started faster for the Fuelers as Pete Mashinter took a pass from Robert Walsh and lobbed a shot over the goalie's shoulder. Tim Van Hinte pounced on a rebound shot by Aaron McLughlin and scored with a hard backhand scoop shot. Ryan Taylor's first goal was a bullet shot from the point after taking a pass from Nathan Milne.

Gary McNiven scored on a hard low shot with a helper to Warren

Evans. Then in the third period the roof fell in on Oakville as Briggs and McNiven got shots but Robert Walsh persisted and scored the loose puck. Then with a male in the box, Robert got two goals for the real hat-trick - first assisted by Ryan Taylor and ten seconds later got one on his own.

The Fuelers added three more short-handed goals as Mashinter scored unassisted and Milne scored from Kerslake. Nathan set up Taylor to hit double digits again this week.

Everyone's hoping some of the scoring has been saved for the upcoming Zone finals which should be starting in a week.

Landry named top athlete

Robert Landry, a native of Milton, was named the Seagram's VO Athlete of the Week, after he led the Sheridan Bruins to a 13-5 victory over the Conestoga Condors of Kitchener, in Ontario Colleges Athletic Association hockey, on Jan. 30.

Landry, 21, scored five goals and assisted on two others in the victory over the Condors. He also picked up two assists in Sheridan's 6-4 loss to the Georgian Grizzlies Jan. 28.

Landry's scoring output for the season as of Feb. 3 totals 38 points on 18 goals and 20 assists in 15 games. He remains tied for second in the overall scoring race with teammate John Chadala. Joey Condotta leads the league with 45 points.

The Bruins are in second place in the five-team Tier 1 level of the OCAA with 20 points on 10 wins and five losses. They trail Humber College by four points.

Skiers scuttle competition

Members of the Milton Heights Ski Club were active on three fronts over the weekend, and emerged victorious in all three competitions.

The Mountain Dew Division skiers, for those under 13-years-old, remained undefeated as they outscored Hamilton Chedoke 109-86 at Chicopee in Kitchener on Saturday.

Joey Hertz of Georgetown topped the field of skiers in the boys' division, while Danay Antonios of Burlington was second, and Jason Penman of Milton was third.

In the girls' division, Cathy Bradley of Milton claimed first, Angela Fitzsimons of Georgetown was fourth, and Monique Hoewing of Norval was sixth.

The Mountain Dew squad faces one more racing competition before advancing to the semi-finals.

The Milton Heights' Red Alpine division was at Pineridge Sunday to take on Loretto, and came out on top by a 101-91 margin.

Rob Dannison of Burlington was the top Milton-Heights skier, taking first place. Peter West of Oakville took second, while Marc Hoewing of Norval was fourth in the event.

In the girls' division, Kerry Bromley of Milton was first, while Holly Bamber of Oakville took fourth, and Diane Chesla of Milton was fifth.

The Red Alpine skiers advance to semi-final competition on Feb. 22.

Also on Sunday, the White Alpine skiers of Milton Heights were at Dagmar to race against the host club, and took a 163-74 decision.

In the boys' division, Milton Heights locked up the top three positions. Simon Bullen was first, Kevin Smith was second and Jason Fanstone was third. All three skiers are from Burlington.

In the girls' division, Jenny Quinn of Burlington was the top Milton Heights skier as she finished first overall. Judy Eaton of Acton was fourth in the event and Stacey O'Neill was fifth.

M and M splits groundhog games

The M and M Pro Sports Major Bantams travelled to Ridgetown for the Groundhog Tournament at the end of January along with the minor bantams.

Ridgetown prides itself as being Ontario's friendliest town and once again they proved their point.

It is hoped local parents and townsfolk will rival Ridgetown for this honor when kids roll in for the bantam tourney here in March.

The team's first game was against a former playoff opponent, Owen Sound. Our boys put on an excellent display of passing, team work, and discipline coming out on top 5-2.

Sean Cotton played a strong game in net. Game sheets were not

available, but a good effort came from all the boys.

Honorable mention should go to Stuart Vogt and Stephen Lee both netting goals, and Chris McCarthy on defence.

The boys played later that evening against Dresden but couldn't manage the same winning results.

If they had played a similar style to the morning game, they could have beaten Dresden handily. Steven Sutherland didn't make the tournament. The team could have used him as they just plain ran out of steam.

Doug Kent saw limited action this game because of bruised ribs following a check in the first game.

However, the team clung to a 1-0 lead on a breakaway goal by Kent until the remaining four minutes. The team's luck ran out then as Dresden went on to win 3-1.

Curtis Green had played a steady game in net. His horseshoes kept a few pucks out!

Georgetown had to play out numerous penalty minutes. Dresden intimidated the boys and they fell for it. Too bad cooler heads hadn't prevailed.

Couch Bert Osborne's comment was that he felt the game wasn't called fairly by the refs. In this case, a feeling held by many.

The loss eliminated Georgetown from further tournament action.