

# Rockwood's self-defense pioneer

BY DOUG HARRISON  
The Rockwood Miller

After spending half his life focusing on personal gain, Larry Hitchcock has used the last six or seven months devising a plan to spread the wealth.

"It's about time," the Rockwood resident sighs. "I've been studying martial arts for 12 years and it's nice to switch to something that will benefit everyone."

He has, but he's leaving the weapons at home. Hitchcock has taken the best techniques from various forms of art and created a self-defense system.

Enter Conceptjutsu, "The Art of Concept or Art of Creation."

The idea is to maximize your ability and personality, while learning various skills. Hitchcock isn't teaching a set pattern or a restrictive technique, but rather a concept behind a certain self-defense skill.

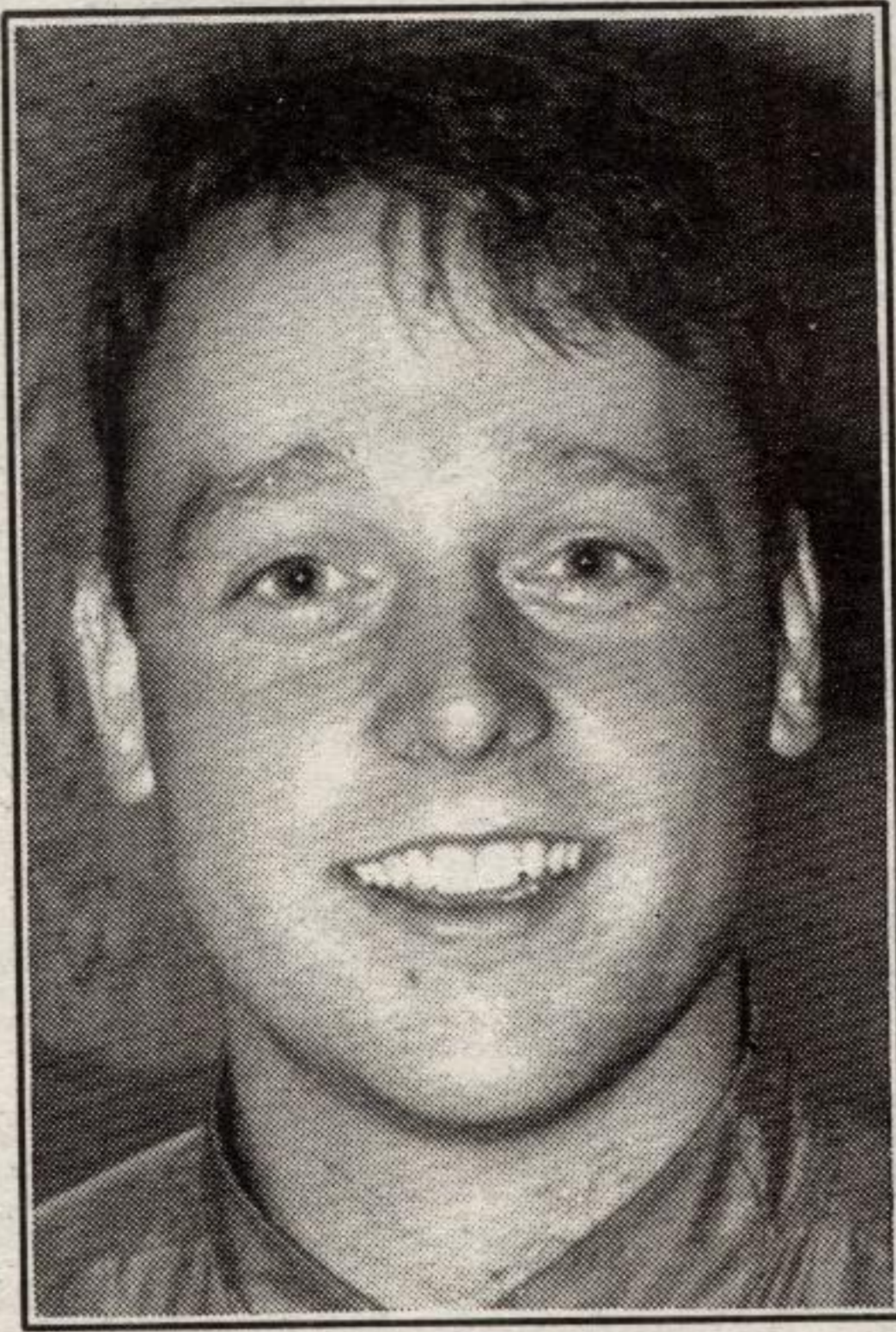
"Rather than saying 'you have to do this,' you teach the concept. Each individual will apply that knowledge differently," says the former Acton resident, who will run Conceptjutsu classes in Rockwood starting Sept. 7 and running until June 21, 1995.

The program offers physical self-defense, including learning strikes, punching, grappling and breaking falls to defend against all types of attacks; mental self-defense (building confidence and self-esteem); fitness self-defense; first-aid self-defense (a certified instructor will teach proper first-aid procedures); nutritional self-defense and financial self-defense.

Whatever the problem, Hitchcock says, there is a defense for it.

"It's quite a project. It's always been in my mind to do something like this. But a lot of people don't have the time or patience to work through it," Hitchcock, 24, said.

His dream is to get a couple of schools started locally and then branch out to London and Buf-



LARRY HITCHCOCK

falo. He figures there could be 10 to 12 schools like it in two years.

"I've had enough hardships in my life with financial problems and stress, so my goal is to help

people. I'm quite happy and hope I can spread Conceptjutsu around.

"It's a way of life. I used to train six-days-a-week and brought it home with me. It's not something that will go away. Being able to use my talents excites me. And I want to do something different."

Conceptjutsu is for all men, women, and children. It will improve discipline, confidence and self esteem — grades or job performance may even improve.

"People will come to the classes, relax and enjoy it. I will also make it entertaining. Everything I do is dynamic," said Hitchcock, who started his martial arts career studying karate in London. "We play lots of games and learn something at the same time."

Classes will run from 7 pm to 9 pm at St. John's Parish Hall. Cost for the program is \$275 for adults and \$225 for children.

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## Boy, 7, falls from house

Firefighters received a medical assist call around the noon hour on Monday after a 7-year-old boy fell off a house that was under construction on Lou's Boulevard.

The boy fell approximately seven feet to the ground but his fall was broken by a pile of wood.

Dave Sherratt of the Rockwood Fire Department reports that the boy was lucky that he received only a bump on his head. Sherratt advises parents to keep close tabs on their children.