


Fine Jewellery
Jewellery Watch Repairs
Custom Design




fire & ICE
 Jewellery Emporium
 310 Guelph St. Unit 5, Georgetown
 Tel: 905 873-4405

Directory

NO JOB IS TOO BIG, NO JOB TOO SMALL — WE'RE THE PROFESSIONALS, GIVE US A CALL

ROBERT BONUS CONSTRUCTION LIMITED
 "AT BONUS PRICES"

- Renovations • Fencing
- Landscaping • Lawn Maintenance
- Snow Plowing • Roofing
- Under Car Oiling • Electrical
- Gravel • Top soil



ROCKWOOD 856-4396

AUTO BODY

HALTON HILLS COLLISION

Complete Collision Repair

853-2860

R.R. 1 Acton, Ont.

BOTTLED WATER

ATTENTION BOTTLED WATER DRINKERS:
 We Now Have Pure Water

Best Prices in Acton — Guaranteed!

GLENLEA DRUG MART
 294 Queen Street • 853-2220

PLUS Water Coolers
 BUY • RENT • LEASE

CARPENTRY

KL CARPENTRY

GENERAL CARPENTRY

Specialists in Finish Carpentry
 Renovations • Basements

Kevin Lumbers
853-1104

CATERING

Make it a Success with ...

Cocktail hour Catering

Jennifer Alton

CALL 416-877-2517

CATERING

Bountiful Buffet Catering

dinners • weddings • receptions
 hot and cold buffet • appetizers
 wedding packages

R.R. 1 Limehouse LOP 1HO
Lucie Rens
 519-853-3667

ADVERTISING

Showcase your business or service in this spot for as little as

\$10
 A WEEK

Call the Tanner at
853-5100

CONSTRUCTION

GRANT'S CUSTOM CARPENTRY

- CUSTOM HOMES •
- ADDITIONS •
- GENERAL CONTRACTING •
- RENOVATIONS •

Specializing in: FINISH CARPENTRY

Grant Tribble
853-3636

FENCING

F.L. FENCING

- Privacy Fences
- Sundecks
- Home Renovations and Repairs

Call Fred Lockerbie
519-853-2642

FLOORING

Lakeview Flooring

Specializing in sales and installation of carpet, vinyl, tile and blinds.

853-1190

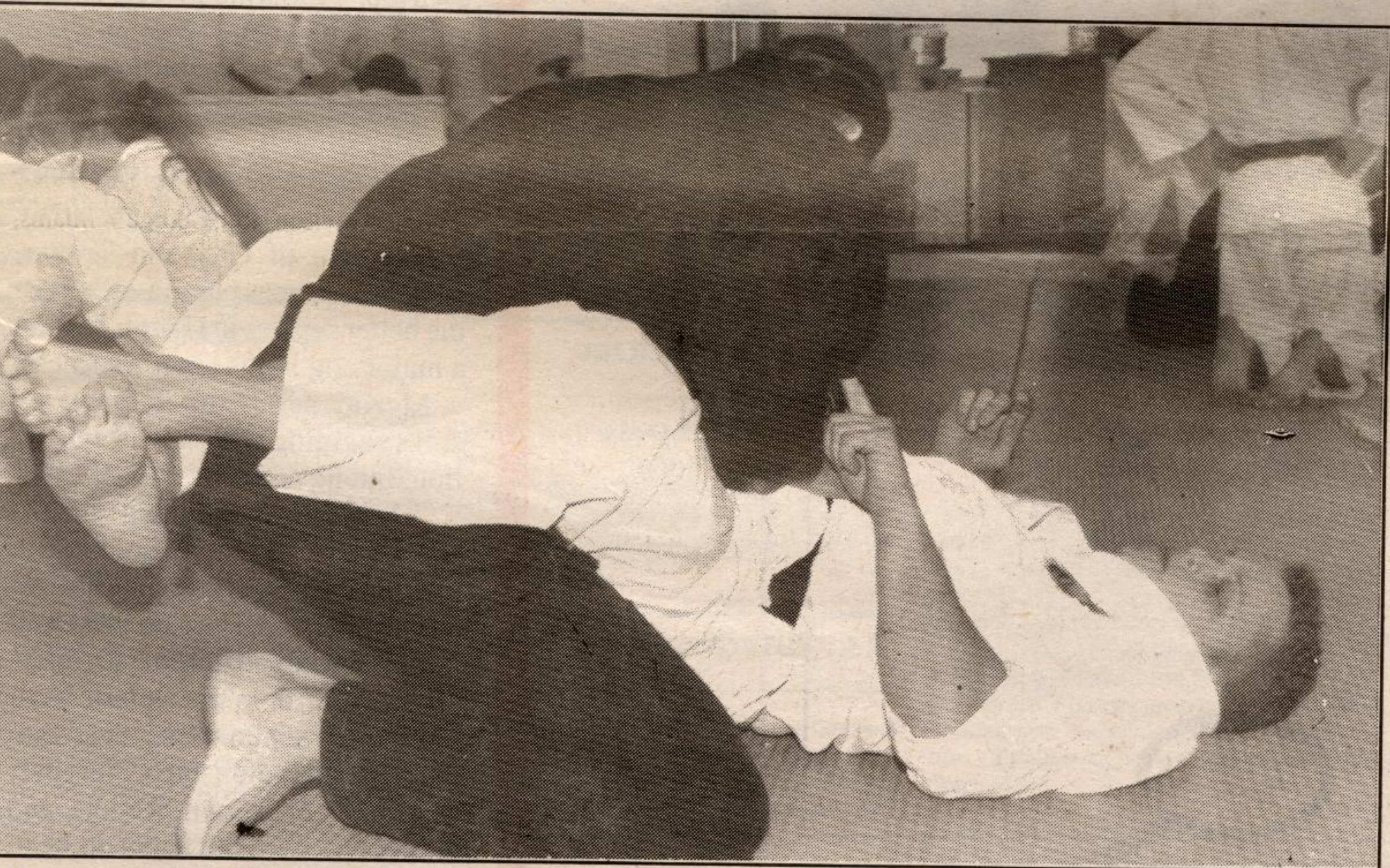
Hwy. 25, 1 mile south of Acton
 A division of Touch of Class Kitchen Showroom

GRAPHICS & PRINTING

MCNABB graphics

Complete Printing Services!

56 MILL STREET EAST • 853-5615



Kai-shin student Hubert Mique, left, demonstrates a Brazilian Jujitsu technique on Georgetown karate student Chris Boreland at the recent Brazilian Jujitsu seminar. (Lori Frechette photo)

Lost Japanese art surfaces locally

BY DOUG HARRISON
 The Acton Tanner

Already immensely popular in Halton Hills with between 500 and 600 students and growing, martial arts has seen a new area of study open up in Brazilian Jujitsu, which is the martial art and will soon change the martial arts scene, predicts a local instructor.

Dr. Fred Haynes, a fifth degree black belt with 25 years of Aikido training, became convinced when over 120 students ranging in age from four to in their 60s attended two recent one-day seminars in Brazilian Jujitsu at Halton Hills Aikido, located above Gordon Alcott Arena.

Mits Yamashita, who has trained in martial arts for over 30 years, travelled from Los Angeles to teach the students the fundamental skills for ground grappling, known as Brazilian Jujitsu — one of the lost arts in Japan.

Haynes gathered athletes from seven of the area's karate schools to

join his Aikido students.

"He (Yamashita) grabbed the attention of the martial arts community," Haynes, 41, said recently, adding a good percentage of local martial artists reside in Acton. "The karate clubs were interested in what to do on the ground and the theory that size and strength are not important. "They were fascinated to try it to see where the power comes from."

In Jujitsu, 90 per cent of the techniques are for standing. In the Gracie style — named after the only family who was directly taught this art back in the 1920s — of Brazilian Jujitsu, there are only 24 standing techniques and thousands for the ground.

Haynes says Brazilian Jujitsu is so highly effective on the ground that one can challenge wrestlers, athletes studying other styles of Jujitsu, karate and Aikido.

"It's a great alternative for an indoor sport for people not interested in hockey," Haynes reveals. "It helps better one's confidence,

nurture their skills, self control and improve concentration.

"I've been told by parents that their kids do better at school because of it and have better social skills."

Haynes says the 6 to 12-year-old age group loved the visit by Yamashita. He adds kids get into playground situations and Brazilian Jujitsu, "acts as a defence mechanism to just escape and that's it."

Haynes, who works full-time running Contact International, a company that writes science books, will offer free one-hour Gracie clinic classes through December and January on Monday nights from 8 to 9. For details, call 873-1295.

He says in three classes, one could develop a good self-defence against a non-Gracie Jujitsu opponent.

"It's used as a way of self-enlightenment," Haynes says of Brazilian Jujitsu. "It kills your ego and aggression in you and makes you more harmonious in nature, making you a better citizen."

HEATING

BAILEY HEATING & COOLING
 A division of Bailey Fuels, Milton, Ltd.

- SALES
- INSTALLATIONS
- REPAIRS

AIR CONDITIONING • FURNACES • GAS FIREPLACES

103 STEELES AVE. UNIT 6 & 7 MILTON
 FREE ESTIMATES
878-4821

LANDSCAPING

CREWSON CORNERS LANDSCAPING AND HOME MAINTENANCE

- Landscaping • Lawn & Garden Maintenance
- Spring & Fall Clean Ups
- Home Maintenance Inside & Outside
- No Job Too Small • Snow Removal

Winter is coming, book now for snow removal

CEES BRAAMSE
853-3661

REPAIRS

CAR CLEANING & MINOR REPAIRS

D 'N R Repairs

106 Main St., S., Rockwood
856-4416
 (Beside Waterside Park)

PAINTING & DECORATING

DAVE'S HOME SERVICES PAINTING & DECORATING

- Airless Spray Painting
- Interior Priming
- Varnishing & Staining
- Paper Hanging

"Free Estimates"
853-1617

ADVERTISING

Showcase your business or service in this spot for as little as

\$10
 A WEEK

Call the Tanner at
853-5100

TREE SERVICE

MATTHEW'S TREE SERVICE

- TREE PRUNING
- TREE TOPPING
- TREE REMOVAL
- HYDRO SERVICES CLEARED
- FULLY INSURED
- FREE ESTIMATES
- COMPETITIVE RATES

(519) 856-2597

TV'S & REPAIRS

Repairs to all models of

TVs and VCRs

Authorized Service Centre for RCA, G.E., Goldstar

JJ Electronics • 360 Guelph St., Unit 37, Georgetown
 Corner of Guelph Street & Delrex
873-1820