

Norval Karate champion walks on broken glass

by Gord Murray

After years of training his body through karate and his mind through psychic study, Bill Pickells, R.R. 2, Norval, is combining mind and body control in a daredevil demonstration in which he walks on broken glass.

The North American Karate and Kung Fu champion, who runs the Northern Karate School at the Way Jay Sports Club, admits many who see his demonstration think he's crazy but at the same time are fascinated with his feat.

Pickells recently put on a demonstration for the Independent. From all appearances his act is completely legitimate.

He breaks the glass bottles, generally beer bottles, up with a sledge hammer then walks on them, crushes the glass with his feet and lies bareback on the sharp edges.

A 24 year old who has been studying karate for over seven years, he says he is a martial arts promoter and showman. He has won many awards in karate including the North American crown.

When he does his mind and body control demonstration in the broken glass, Pickells admits he never knows if he will be cut. When he is cut he never realizes it until the demonstration is finished. If he loses his concentration, though, he will likely be sliced up some.

He has been into mind and body control for two years now and finds it satisfying and enjoyable.

Pickells' training in psychic awareness was done under Denis Wilson, a heralded Brampton psychic, who runs Zelta Meditation.

Karate has both mental and physical aspects and while the mental side of the Martial Arts aren't examined by many in North America they play an equal role with the physical part in the Orient.

Pickells' delved into the psychic world as part of his mental karate training.

Speaking of his demonstrations of mind and body control, he said, "I do it now for show but originally it was just to see if I could do it."

Despite the fact he is deathly quiet and expects the same of his audiences, is visibly concentrating deeply and appears to be in a contemplative trance while preparing for his demonstration, he claims he doesn't meditate in the normal sense prior to plunging into the act. Pickells also usually spends a night with the bottles he will break to get to know them.

The best way to describe his actions before the demonstrations is a "psyche up".

A common expression in the sports world Pickells' psyche up is purely mental as opposed to emotional.

His psyche up is designed to control fear. As his confidence increases, the psyche up becomes easier. Each preparation and demonstration is a different experience.

One key is "dynamic power breathing." This brings out what he describes as ki energy which comes from an area about three inches below his navel. This spot is the "sun" of the body and according to Orientals is where the soul is located.

"You distribute your ki energy to where your body needs it for protection," Pickells explains.

The mental protective ring

the psyche up builds around him is something like the aura around people who meditate, he says. Some can't see auras but Pickells isn't one of them. He reports sometimes people see yellow aura surrounding him during his demonstrations.

Recalling the first time he walked on glass, Pickells notes he was cut. He says he realizes this was because in his mind he was still skeptical of mind and body control and was also a "little scared."

"I have sort of a craving to do more of this kind of thing. It's almost like an obsession, a need to do this type of thing," he declared. That's one reason why he's contemplating learning to walk on burning coals next.

He also realizes a lot of people think he's "nuts."

Pickells says he gets a lot of publicity for his work in karate and mind and body control and feels he has promoted these things more than any other martial artist in Ontario. He is frequently on television.

He has to be careful about

doing his demonstration too often. Pickells says he tries to do it just seven or eight times a year but will go over that limit this year likely since he is booked for a four day show this month and a show in March. If he does it too much he says he gets sick.

The mental strain of the demonstration can result in a lengthy depressive illness with headaches and nausea.

Besides walking, lying and crushing the glass with his feet, Pickells can also lie on a board filled with nails, something he describes as "not much."

He can stop spears and arrows thrust at his throat, slice a watermelon in half which is placed on another person's stomach while blindfolded.

The biggest attraction in his show is the smashing of a ten-inch thick concrete block which is placed on his belly as he lies bareback in glass. He performed this for the Independent and walked away without a mark.

The beer in the bottles? He drinks that.



PETER ROBERTSON places a concrete block on Bill Pickells' stomach in preparing to break it. Pickells, who does mind and body control demonstrations, is lying with his back buried in broken glass.



SMASH! PETER ROBERTSON of the Way Jay club smashes a concrete block on Bill Pickells' stomach while the karate champion lies in broken glass. There wasn't a mark on Pickells.

Philosobits

By Edith Sharpe

When we lose someone we love to death, or in any other way, we must remember this. Life must go on, even if at the time we don't know why. We feel lost and alone, we feel that the sun will never shine again, but it will—in time it will shine even more brightly. Grief and sorrow teach us the importance of time and how little of it we have on this journey here called "life". To make good use of our time is more important than how much time we have left. It's true, when we lose someone dear to us, we have to reassess our life and see it in a different light. Living a new life entirely different from the old one, but as the days go by, new ventures will cross your path, new thoughts will pop into your head and life will once again be worth

living. Yes, the sun once more will brighten your days and yesterday's sadness will be today's memories.

Few things are more bitter than feeling bitter. Bitterness poisons the person who harbors it.

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PREPARING TO smash bottles for his mind and body control demonstration is Bill Pickells, North American Karate and Kung-Fu champion.



BILL PICKELLS, R.R. 2 Norval, demonstrates mind and body control crushing broken beer bottles with his feet.

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