

Lifestyles

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1 RULES OF ENGAGEMENT AA
Daily 6:45 p.m. & 9:00 p.m.
Sat. & Sun. 2:00 p.m. & 4:15 p.m.

2 FINAL DESTINATION AA
Daily 6:55 p.m. & 8:45 p.m.

2 MY DOG SKIP FAM
Sat. & Sun. 2:00 p.m. & 3:50 p.m.

3 The ROAD TO EL DORADO FAM
Daily 7:00 p.m., Sat. & Sun. 2:00 p.m. & 4:00 p.m.

3 ERIN BROCKOVICH AA
Daily 8:45 p.m.



Photo by GRAHAM PAINE

Guest black belt instructor David Tsuruoka demonstrates a karate technique to students of the Milton Tsuruoka Karate Club.

Karate on a bit of a high

By **ANDREW JENKINS**

The Champion

Hollywood has long portrayed the traditional martial arts fighter as a man who can walk on water, levitate in the air for eight or nine seconds while roundhouse-kicking a circle of thugs and looking strikingly dapper in traditional karate gear complete with head and wrist bands.

But these movie-phony's have in a way paved the road to the phenomenon now sweeping the fitness nation by storm.

Sharp yelps with crisp arm jabs and leg kicks have become familiar echos by more and more children, youth and adults around Milton athletic centres and fitness workout joints across North America. Recent health and fitness studies say martial arts fitness programs are surpassing many of the traditional group exercise programs of this decade.

White robes and cloth belts hold more tradition than many people understand. Cheaply-budgeted infomercials, such as the infamous Tae Bo workouts, may seem extreme and boorish, but the ultimate message is reaching out to everyone and the ancient art of karate has become a lifestyle for many.

Lots of Milton interest

Milton is home to several martial arts schools including the Tsuruoka Karate School operating out of the Milton Leisure Centre, which runs the successful cardio karate program. This program has seen appeal from men and women of all ages.

"Karate right now is on a bit of a high," said James Burke, head instructor at the Milton Tsuruoka Karate School.

"It's very cyclical. Thanks to Tae Bo, it has renewed interest in the adult population. But it has always been for the kids. For them, it's just to have fun."

When Hollywood released cult-classic the Karate Kid, the interest of martial arts began to grow among children. Then throughout the years, with more appeal reaching adults through the sudden health and better living craze, karate became more than just an after-dinner activity for the kids. It became a lifestyle for the whole family.

"It's a funny inadequacy," said Mr. Burke.

"The general public may not be too interested in karate until there is a video on it released in stores. For others, they are life-long trainees. They've had the benefit of spreading the activity over to their life."

Karate and martial arts have kick-started a new way of life for many. The big push now for the future of karate is to attain a total mind and body connection. More adults and children are expected to leap onto the healthy body, healthy mind train as thousands already have.

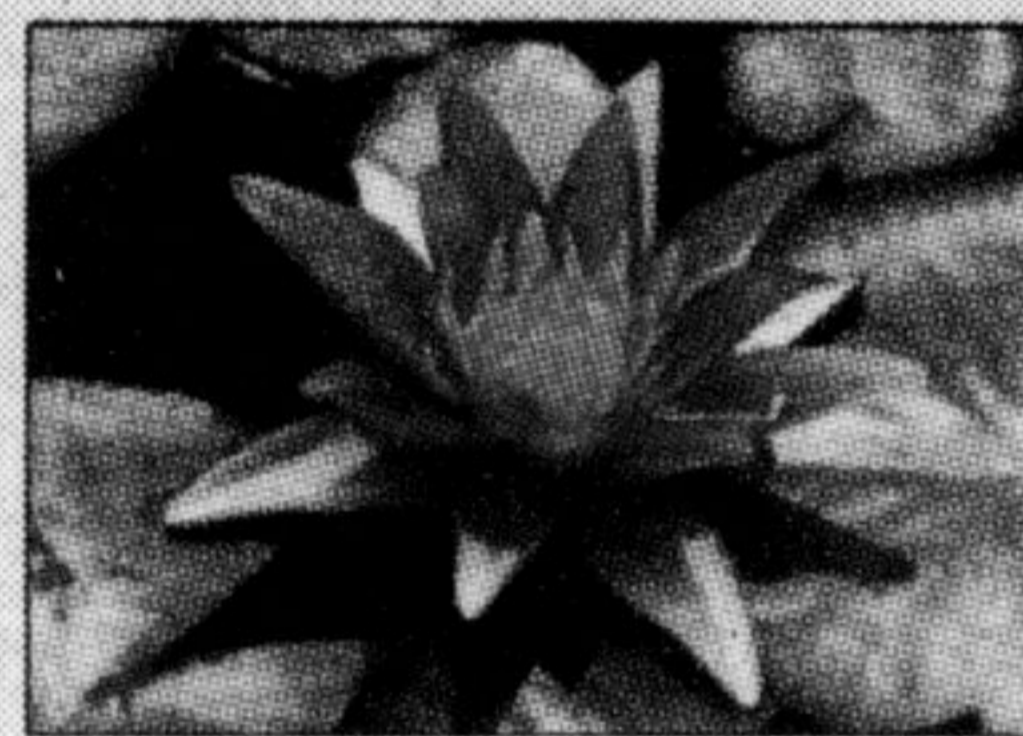


invites you to join us

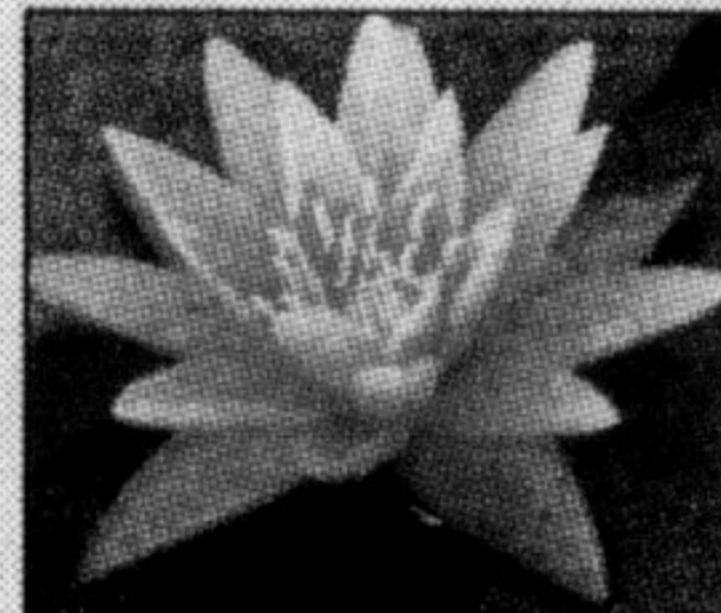
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