

The Canadian Champion, Friday, April 13, 1990—12

## 'Fitness establishments have a bad name'

• from JIU-JITSU on page 11

stuff," says Kranz. "Pain takes away aggression, if it can be applied at will it can be controlling."

But the wanton instruction of violent techniques does not take place, according to Kranz. Part of the criteria for a black belt from the Milton School of Jiu-jitsu is the completion of a level one National Coaches Certificate and training in first aid.

Kranz is candid about his beginnings in jiu-jitsu, claiming he got involved because he always managed to get in trouble when he was younger. "The more you learn, the more confidence you get and the more convinced you become that fighting is unnecessary," Kranz explains. "I've never had to worry about my personal safety, nor that of my family, and that's what counts."

The club is a real members' club, says Kranz, with a respect for the traditional aspects of oriental philosophy entwined with the martial arts. "In those respects we are about five to seven out of ten," he says. "We teach mutual respect and humility."

There's not only an undertone of moral values at the club, there's also exceptional value for one's money, Kranz said. Because of its non-profit status the Milton School of Jiu-jitsu is considerably cheaper than some of the other schools and clubs around.

Juniors pay \$14 a month or \$130 each year while adults pay \$24 a month or \$220 each year. Student rates are available. "We just need enough money each month to pay the rent. Any extra money goes for more equipment or other incidentals," says Kranz. "Even the good clubs get stuck with the fitness club stigma. Most clubs are good, but not all."



Bob Kranz, head sensei of the Milton School of Jiu-jitsu and a fifth degree black belt, demonstrates a kick.

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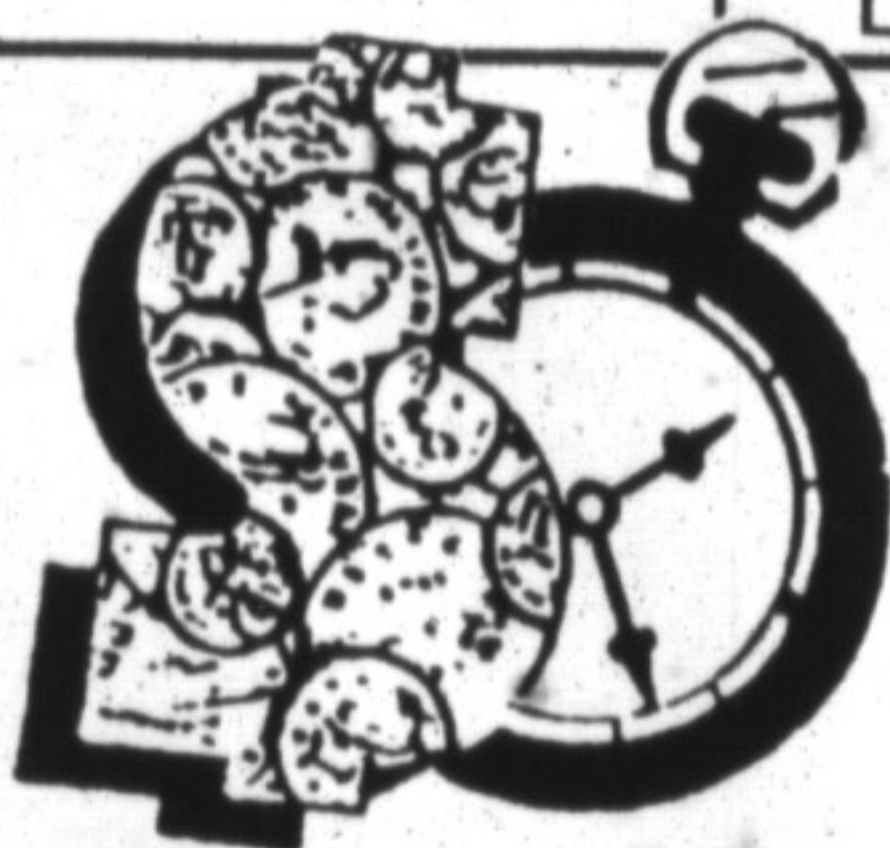
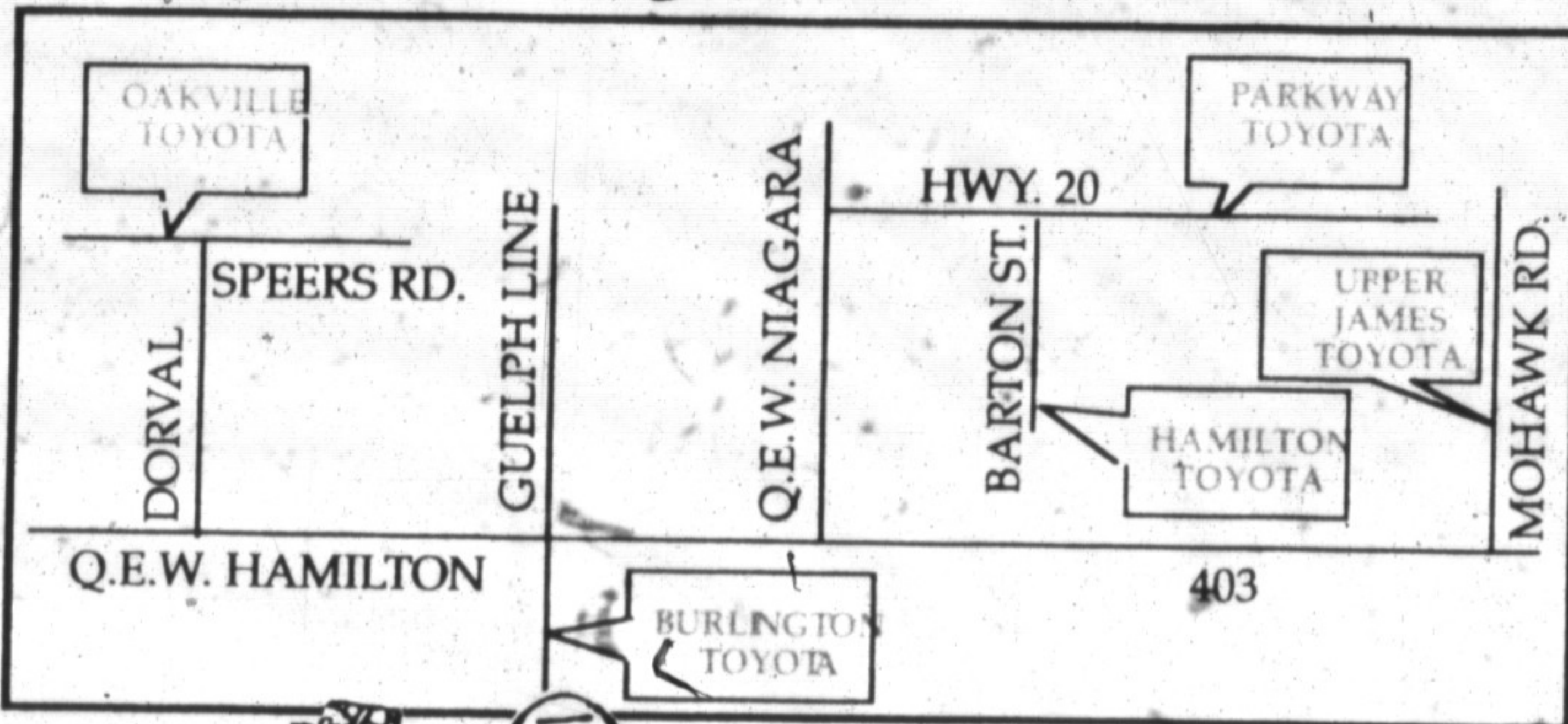
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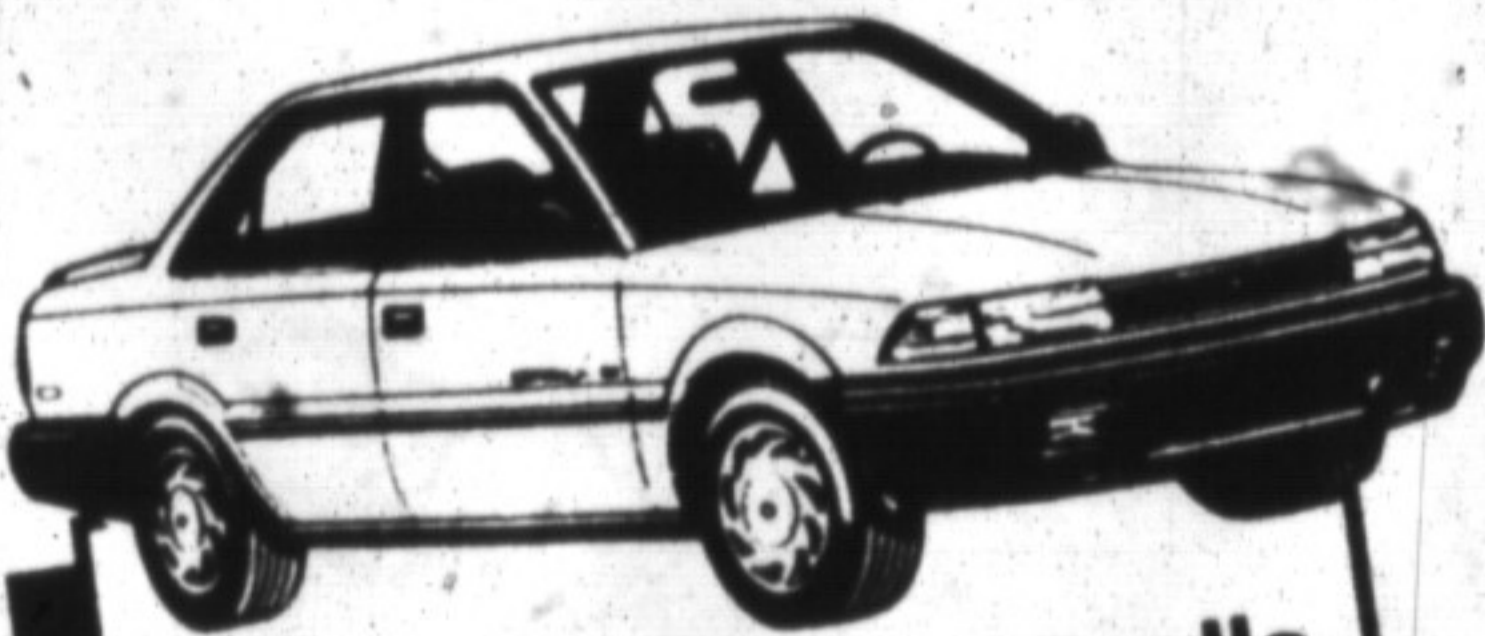
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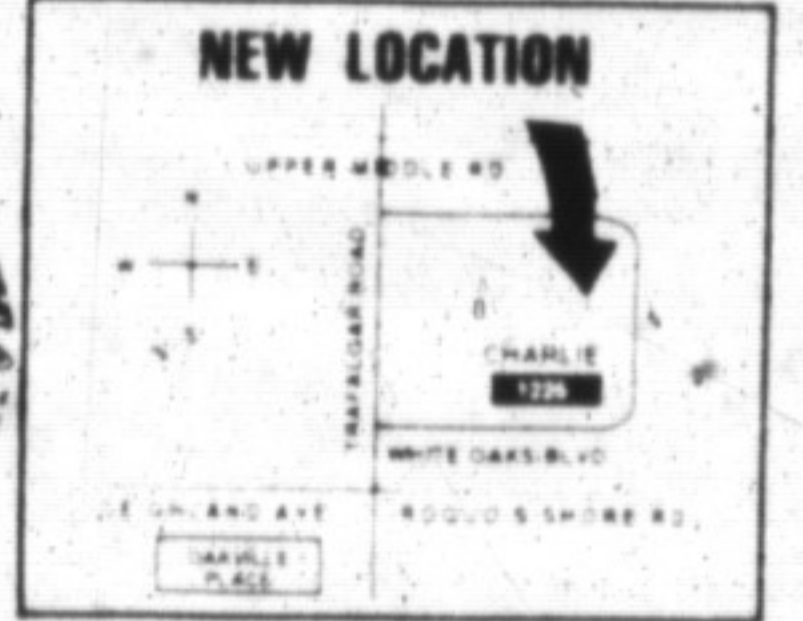
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