



# Sport Spots



By FRED SIMPSON

## Hi Karate?

I've just finished a two hour karate workout and I'm pooped. Just finished watching it. Can hardly get out of my chair. There it was. All unfolding before my eyes at the Japanese styled Willowdale Karate Club on Franklin Street where some 35 to 40 people were jumping and screaming their heads off. Kicking and punching large chunks of air in the super-charged atmosphere of the workout room.

Putting them through their non-stop agonies was a 35-year-old Richmond Hill man by the name of Bill Sarantos who at 170 pounds on a 5', 9 1/2 inch frame doesn't look all that dangerous, all that dangerous, all that dangerous.

"It's all a matter of getting into condition," explained Bill as I struggled to get out of my chair. "It's tough for awhile but it's only a short time before you could workout for hours without too much difficulty. Besides after the first hour we take a five minute break." All I can say is whoopee, a five minute break.

Bill has been in the karate business for the past 10 years and has punched, kicked and screamed his way through a succession of white, yellow, orange, green, blue, brown and, finally, his third degree black belt which he achieved just recently. He tells me that there are 10 degrees to achieve in black belt and you're pretty good when you get there. Nothing to it, folks.

## BAD TEMPER?

Bill, who operates Jiffy Auto Glass and Trim at 460 Elgin Mills Road East, put me off right at the beginning because he told me he had a bad temper. I decided to treat him gently. He went on to add, however, that karate is a good discipliner of tempers and that he had never been in a fight since he started taking up karate.

"It's the old story," he said. "When you can do something you don't have to go around proving yourself. Besides, karate is very dangerous and you could quite easily end up in jail. But especially any such goings-on would only give the art of karate a bad name and I don't want that."

I became uneasy again when he later admitted somewhat reluctantly that, yes, he could snap an inch-thick pine board or a 2-inch cement block with a punch.

"But that's not the idea of karate," he said. "Karate is a tremendous conditioner and that's by aim at the club. I find that working out, holding classes three night a week takes the pressure off work. It relaxes your mind as well as your body."

Bill is somewhat of a stern disciplinarian at his classes which often number 150 robe-clad souls which also include some gals. Those gals, by the way, are in good shape so watch your moves.

## TAKE IT EASY

"Karate is very rewarding but also very strenuous. You have to work at it regularly and be dedicated. Then again, it's like anything else. You take it at easy stages and you'd be surprised how your conditioning improves."

Bill has students ranging from small children to age 45 at his classes and they all work out according to their abilities and training programs.

## HOLD ON THERE

"You treat some more gently than others, of course, depending on their progress," he said.

(Continued on Page 16)



(Photo by Ron Fawn)

## So Glad To Meet You!

Flying through the air with the greatest of seeming ease is Richmond Hill Karate Expert Bill Sarantos as he demonstrates one of the finer points of "kicking" at his Willowdale Karate Club. Recipient of his greeting is Rick Fenn (left). Bill, who holds a third-degree black belt, conducts classes three nights a week and does it with exuberance as may be observed above. For a further report on Bill's activities and that of the club read Fred Simpson's Sports Spots on this page.

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## Finnish National Juniors Play Provincial Junior "A" December 21

The Finnish National Junior Hockey Team will play an exhibition game with an All-Star team comprising players from the Provincial Junior "A" Loop December 21 at North York Centennial Arena.

Line-up of the All-Star Club will likely include some members of the Richmond Hill Rams and will be selected by the league executive December 12.

It will be the first time a representative team from the two-year-old league has played in international competition.

"We feel it is quite an honor to be chosen to play the touring team, especially in view of the fact that it is only our second year of operation," said League Convenor Bill Rud-dock.

Ted Tobias, who guided Wexford Raiders to the league championship last year, will coach the Provincial "A" Team.

"I expect the Finns to be excellent skaters and to be well drilled and disciplined. They'll be as good a junior team as you'll find in the world."

But he pointed out that the league's select team will also be outstanding.

"An All-Star team from our league would have to be comparable to any major Junior "A" Team in Canada," he said.

"Our only disadvantage will be that we'll be lucky if we can squeeze in two practices before the game. Our schedule is that tight."

Former Swedish National Team Coach Arne Stromberg also figures the Finns will be very tough.

Stromberg, who was touring with a hockey clinic last week, said "they were very close to the Swedish Junior Team but we have pulled ahead a little in the last two years."

He noted that the Swedish Juniors had recently defeated both Czech and Soviet Junior Teams.

Tickets for the game will be priced at \$3.50 and \$2.50 per seat. They are available at the home arenas of Provincial Junior "A" Teams or by cheque or money order addressed to the league at 312 Adelaide Street West, Toronto.

## Rams Get Bombed By 11-0?!

By FRED SIMPSON

Hockey coaches suffer nightmares like anyone else. But sometimes they experience them without going to bed first.

Such was the situation with Richmond Hill Rams' Coach Karl Brimblecombe Monday night as his team walked into a massacre at Seneca College.

What happened was that the high-flying Seneca Flyers white-washed the Rams by an 11-0 score and make it look just as easy as the score tends to indicate. The win moved them into a three way tie for first with Aurora and Vaughan.

"Agghh!" That would be the only quotable quote from Mr. Brimblecombe in the wake of a previous 3-2 loss Thursday night of last week to the lowly Whitby team in Whitby.

But things were much, much worse at Seneca Monday night as both teams started out bashing one another for the first few minutes.

**TIDE TURNS**  
After that the tide suddenly turned as the homesters rapped home five unanswered goals and could have had more as they hemmed the Rams into their own end at times.

The second period produced much the same situation with three more goals zipped in by Seneca as they

An indication of the way things were going for the Rams occurred in the second period when Dave Stuart broke in alone on Benny with the score 6-0 only to shoot directly into his pads as the latter skated out of the net. It was that kind of net.

Brian Stankiewicz started in goal for the Rams and lasted until Keating's made it 6-0 on a long slap shot from the blue line at 4:27 of the second period. Doug Brumwell came in after that but no one was going to stem the Seneca tide this time out.

**GUEST INJURED**  
The Rams' woes were further added to early in the game when star Defenceman Jack Guest limped off the ice forcing Brimblecombe to pair Billy Stephenson (Guest's regular mate) with Al Potts.

Also missing from the lineup with a cranged nose was rugged Ernie Takeuchi.

**WOE IS**  
Coach Brimblecombe Goals by Stuart and Jim couldn't find much elation with the Whitby game either as his boys took an early lead in the first period only to have Whitby score one in the second and two in the third to win it behind the sharp goaltending of Mike Ryckman.

Clement made the horizon look temporarily bright in that first period but it darkened considerably from there on in as Tom McLeish scored once in the second and Greg

**STANDINGS**

	G	W	L	T	P
Aurora	22	12	5	5	29
Vaughan	20	13	4	3	29
Seneca	19	13	3	3	29
Richmond Hill	21	12	6	3	27
North York	22	12	8	2	26
North Bay	21	11	9	1	23
Wexford	21	9	8	4	22
Dixie	20	9	11	0	18
Markham	23	6	12	5	17
Weston	21	5	11	5	15
Whitby	21	4	14	3	11
Downsview	19	2	17	0	4

## BOWLING RESULTS

**ABC BOWLING**  
The Pooh Bears and Amateurs are tied for first with five points apiece as the new series is underway. Following are the Killers with 2 Tigers 2, and Gamblers 0.

Top three ladies for the night were Myra Young with a big 747 (237, 250, 260); Gloria Byer 707 (337, 197, 173); Katy Weber 678 (265, 212, 201).

For the men it was George Stepanous with 736 (204, 259, 273); Ron Price 707 (192, 222, 293); Ed Whitehouse 696 (227, 231, 238).

The Professionals lead the President's Trophy race with 34,283 points followed by the Killers at 33,475, Pooh Bears 33,226; Gamblers 32,979, Amateurs 32,579; Tigers 31,981.

Don't forget the turkey bowl off night tomorrow night (Friday). Bowl off scores do not win turkeys.

## Provincial O.H.A. Junior "A" Hockey

**SENECA**  
vs.  
**RAMS**  
TUESDAY, DEC. 11  
Time: 8 p.m.  
RICHMOND HILL NEW ARENA  
Adults \$1.50, Students 75¢

## Town To Host Swedish Players

A Swedish Midget Hockey Team will be visiting Richmond Hill December 28 and 29, during the Rose Town Invitational Pee-wee Hockey Tournament sponsored by the Richmond Hill Lions.

The Swedish contingent including 22 players, five team officials and 28 parents and civic dignitaries, Chancellor Lars Ljungburg, Royal Swedish Embassy, Ottawa, will be flying in to attend the welcoming ceremonies at 11 am December 28 and the game that evening.

Monday evening, November 26 Richmond Hill Council agreed to host a banquet in honor of the visiting team.

The Swedish guests will be billeted in Richmond Hill homes. They will also be visiting and playing in other Canadian centres.

## Nats Tied For First Lose 5-3 To Dixie

A four-goal deficit in the first period proved to be too much to overcome for the Vaughan Nationals Saturday night at home.

Result was a 5-3 win for the Dixie Bees in a Provincial Junior "A" hockey game.

The Nats previously downed North Bay Trappers 6-3 Thursday night of last week at North Bay.

The win and loss left the Nats in a three-way tie for first place with the Aurora Tigers and the high-flying Seneca Flyers.

Saturday's loss saw Dixie's Mike Kaszycki rap home two goals behind Ray Hough in the first period along with singles by Dave Large and Doug Patey.

**BURST IN THIRD**  
The Nats got one back in the second on Brian Wilton's goal and put on a third period burst to get two more on scores by Jim Tyrell and Ray Koopman. Kaszycki came through with his third goal of the night and it was all over for Vaughan.

Dixie Goaltender Dave Le-gree was a major stumbling block for Vaughan all night coming through with a number of key saves. Hough was also great for Vaughan in the second and third periods. The Nats outshot Dixie 47 to 35.

Thursday it was Brian Wilton who was the big gun for Vaughan as he scored twice

and added a couple of assists. Charlie Hughes also picked up four assists.

**LED AFTER FIRST**  
Vaughan led 3-2 at the end of the first on goals by Wilton, Bob Osborne and Brent Bowen, a former North Bay player.

Brian Karuliak and John Baby replied for the north-erners.

It was 5-3 at the end of the second as Wilton and Brian Burch scored for the Nats and Claude Noel replied for North Bay.

Hough came up with some fantastic goaling for Vaughan in the third period as they were shorthanded on three occasions. The Nats' final goal by Alf Lamoureux was into the empty net at 19:59.

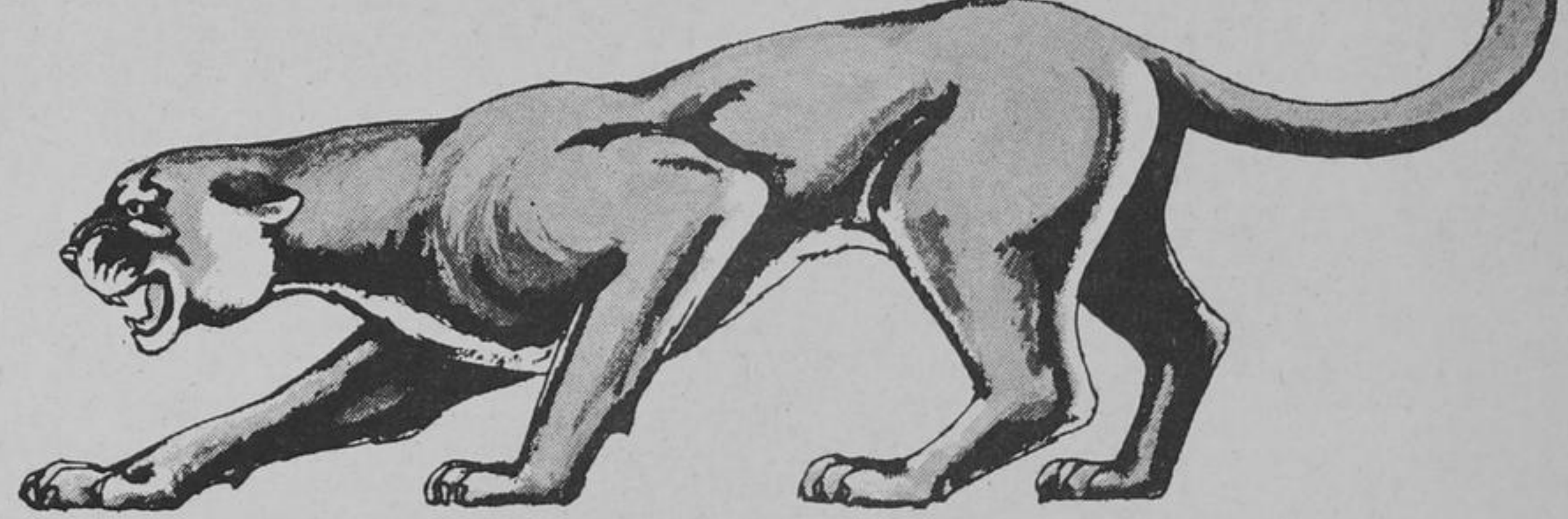
Vaughan plays in Downs-view tonight (Thursday) and are at home to Weston at Maple Community Centre Sunday night at 7:30 p.m.

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