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RON BEER
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Olympic hopefuls taste Beer's flavor

Members of the European Olympic Judo teams were able to test the skills of local martial arts coach Ron Beer recently. Beer was invited to Camp Budokan, a Judo camp, between August 5 and 18. The event was hosted by members of Canada's Olympic team and was also attended by teams from Ireland, Poland and Japan.

Renowned sensei Bill Doherty, one of the best Canadian coaches who has produced five Olympians, is training Ron for his latest challenge - a return engagement with 63-year-old martial arts legend Gene LeBelle.

LeBelle is a professional martial arts coach who resides in Los Angeles and is well known for having trained the likes of Bruce Lee and Chuck Norris. "In his heyday he was called the toughest man alive," Ron says. "In addition to his other credits, he trained the Los Angeles police department in self-defense for over 20 years."

Last February, Ron was invited to stay at Gene's prestigious ranch outside of Bak-ersfield for 10 days for some intensive

training.

"I've been around the world three times for training and work connected to martial arts and nothing compares to the experience of training with this master," Ron says. "The holds and techniques he has are incredibly effective. He really has taken martial arts to a new level."

During his stay at the ranch, Ron met Gokor Chivichyan, Olympic World Champion and trainer of the last two champions of the infamous Ultimate Fight Championships.

Gokor and his team visited Ron's Family Self-Defence Centre here in Markham last May and passed on an invitation for Ron to return to Los Angeles for additional upgrading later this year.

The recent judo training camp, Budokan, takes Ron one step closer in the constant ascent in upgrading in the martial arts field.

Ron Beer's Family Self-Defence is celebrating its 18th year in operation in the town this fall. Classes are available for men and women of all ages, as well as for children (ages 4 to 12) and teens. Karate,

Jiu Jitsu, Tai Chi, and Kung Fu classes offer something for everyone. "You can start anytime and go at your own pace," Ron says. "It's a fun and friendly atmosphere but learning one of these disciplines also builds your sense of safety and security."

Classes are taught by Ron Beer and in a recent development, sensei Bill Doherty is also on board teaching at the Family Self-Defence Centre.

Ron Beer's Family Self-Defence Centre is located at 5762 Hwy #7 West, in the Big V Plaza. For more information call 905-294-6044.



Student Rob Coppa puts a hold on instructor Ron Beer (centre kneeling) at his Family Self-Defence Centre, as students Thomas Crichton (left) and Brad McNeice look on.

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