

KARATE...

**Synchronized
Self-Defense**



ATTACK: The upper target punch is an effective attack move. Jan Lubin and Mark Feldman (center) execute the move with the class.

Self-defense is the first reason most people take up Karate. But even if they never use the techniques, students of the Oriental art form build self-confidence, physical fitness, and improved body coordination. The classes in Karate offered at the Smithtown YMCA emphasize Korean Karate, Tae-Kwon Do - and because no body contact is involved in beginning classes, all ages can participate together. The classes which are co-ed, meet on Tuesday evening under the direction of Charles Barrett, a black belt, and on Sundays under instructor James Condit. Practice is usually done in a gi, the traditional uniform, but work is also done in street clothes to prepare for real life situations.

photos by Judy Glass



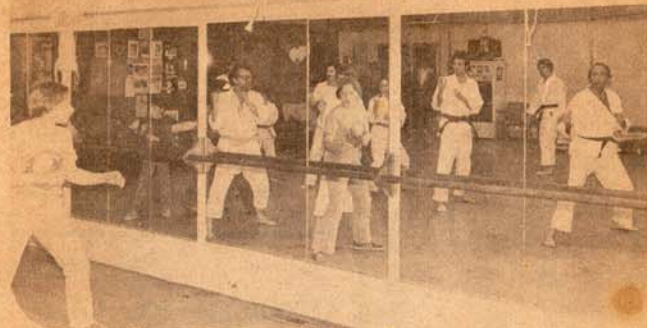
DEFEND: The double arm block is a basic move that protects the upper body. (l. to r.) Greg Purello, Mark Feldman, Jan Lubin and John Pius lunge into it.



NOT ROCKETTES: A well-placed kick is a mean move. The class is told to go for the groin, the in-step or the solar plexus - vital areas. "Avoid the stomach as it doesn't meet that definition," the class is told.



POTENTIAL FOR DESTRUCTION: The right techniques can turn a school boy into a source to be reckoned with. Kenny Krieir, a fifth grader at Nesconset Elementary School kicks the bag.



THE ENEMY: Focusing on their form, the class executes The Six Step, a combination of punches, kicks, and blocks that ends with the yell "UTZ!"