

Local judo competitors sit up to go to nationals

By DAVID SAUNDERS

A sport where there is minimum effort and maximum efficiency is being learned by area residents. The sport is judo.

The Southfield Judo and Karate Club held a successful demonstration and Sit-Up-A-Thon at the Orchard Mall Saturday. Money raised will send its members to the National Judo and Karate Competition in California, July 7-9. They raised \$1,548 in pledges to send their members to San Francisco. Any money that is left will go to Muscular Dystrophy.

Ten members and instructors participated in the Sit-Up-A-Thon as they combined to do 8,854 sit-ups. Their faces turned from sheer pleasure to sheer agony as they went through the motions.

Ben Peach, a 15-year-old third degree brown belt, topped everyone Saturday in sit-ups, doing 1,302 of those gut

busting exercises. Peach will be a junior at Southfield-Lathrup this fall. He'll be going to the National Judo and Karate Competition in July.

Two other members of the club, brothers Mark and Greg O'Gawa, each did 450 and 1,100 sit-ups, respectively. They both qualified to go to the National Competition in San Francisco, but will be unable to attend. Both are green belts.

Greg and Mark live in West Bloomfield. Greg, 14, will be in ninth grade

at West Maple Jr. High this fall. Mark will start at West Maple Jr. High this fall. He is 12.

THERE WILL be two other club members going to the National Competition in July. They are Marshall Phahler of Birmingham, and Mike Costello of Pontiac. Costello did 550 sit-ups Saturday.

In judo, a tournament is decided by a clean throw, which is called an ippon. An ippon is an automatic victory. A half-point goes to someone who throws someone but it isn't fast or clean enough for an ippon. This is called a wazari.

An ippon can also be achieved by holding an opponent for 30 seconds. An ippon is also awarded if the opponent

gives up on a choke. The choking technique looks dangerous, but an accident has never occurred during a choke, according to instructor Noburo Saito, a fifth degree black belt in judo and a fourth degree black belt in karate. The reason why it isn't dangerous is that the technique is halted before it is usually becoming effective. It's called by the opponent "tapping out," a signal used when he wants the match stopped.

A joint throw is usually the most dangerous of all the throws because it can throw a joint out of place.

PEACH'S FAVORITE throw is the uchukata, or the hip throw. Peach will be fighting in the

heavyweight bracket in National Competition. But he doesn't look like a heavyweight, he's only 5-7 and weighs 138 pounds.

"I started when I was 13," said Peach. "My big brother was taking Karate and my little brother took judo. I didn't think I'd like karate so I took judo. After that, I started competing in tournaments."

"I like judo," adds Peach. "My favorite tournament was when I finally beat Robert Martell of Detroit Judo Club at the state finals. I used a 'okeri, or a choke hold on him."

Besides judo, Peach also likes to wrestle and play football.

This will be Peach's second time to the nationals. His first time he placed 12th while his opponent went on to place fourth.

Mark and Greg O'Gawa started to learn the sport of judo two years ago.

"My dad said we should learn some type of self-defense," said Mark. "He was in judo, so we decided to learn it. We began taking lessons at the Farmington Y."

"We went to the Y every Saturday for a year, but we didn't learn that much, and we weren't able to get into competition," adds Mark. "So my dad got us into a different club and a different instructor."

This is our first year in tournament competition," said Mark. "There a lot of fun. I like throwing someone by ippon the best."

Greg says, "Tournaments are a good learning experience because you fight other people than club members so you improve by watching their skills."

Greg's favorite moment was his first tournament he was in and he placed third out of the eight people he was competing against. That tournament was sponsored by the Southfield Judo and Karate Club in February, 1976.

This will be Mike Costello's fifth appearance at the nationals. The 15 year old has been going to the nationals since he was 11. He started when

he was nine, and has placed in the top 50 in the nationals once.

Sunday these youths went to the Kona rank evaluation tournament at the Macomb YMCA. Mark O'Gawa fought in the 12-year-old heavyweight bracket and placed first.

Marshall Phahler of Birmingham, placed second in the 14-year-old lightweight division. Greg O'Gawa placed third in the 14-year-old lightweight division.

Right now, their looking for more tournaments to fight in, but their stomachs are saying they're not ready for more sit-ups.

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Raider Cup Award shared

For the first time in North Farmington High School history, two athletes were named joint recipients of the Raider Cup Award June 7, at the All Sports Spring Banquet.

Seniors Paul Patek and Mike Thomas were named the best boy athlete. In order to be nominated for the award, each athlete had to have participated in at least two sports and carried at least a 2.5 grade point average. A \$200 scholarship went to the winners.

Patek lettered in football, wrestling and baseball. He'll attend the University of Michigan this fall. Thomas played in football and baseball and will also be going the U.M.

The winner of the Raider Girl Cup Award went to senior Magan Saunders. She participated in basketball, volleyball and softball this year and will attend Central Michigan University this fall.

The Raider Cup recipients were chosen by the coaches of the various sports. Criteria included talent, attitude and contribution to the team.

Dick Lowry, head football coach at Wayne State University, was the feature speaker.

Outstanding athletes in each sport also were recognized at the banquet.

NAMED TO THE Northwest Suburban All-League team in baseball were Paul Patek at catcher, Tom Meggas in the outfield and Mike Thomas in the infield.

Scouts and mothers plan camp outing

Southern Oakland Girl Scout Council is again offering a summer program just for girls age six through 17 and their mothers or grandmothers. "Me and My Mom" is a chance for mother and daughter to get to know each other away from home. Participants need not be Girl Scouts to attend.

With the help of a staff, participants will plan their own activities July 12-15. They will cook their meals outside. Swimming will be available.

"Me and My Mom" will take place at the council's owned and operated Camp Yntema, 240 acres of woods and field, located seven miles west of Clarkston.

For all details on programs offered by the council, write Southern Oakland Girl Scouts, P.O. Box 156-LV, Lathrup Village, 48078, or call 559-7510.

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