

Laws apply to bikers

Many vehicle laws also apply to bicyclists. Bicyclists have the same responsibilities as the drivers of other vehicles. (257.651)

Some Michigan communities do have local licenses for bicycles. It's a good idea to check with your local police. (257.606 a-b)

The law says bicyclists must travel WITH THE FLOW OF TRAFFIC on the right side of the road. (257.600)

Bicyclists must not drive more than two side-by-side at any time on any public street. (257.602 b)

The law also says that bicyclists must drive as close to the right edge of the road as possible. This would not normally allow side-by-side cycling anywhere. And it's much safer to drive single file on public streets, especially in traffic. (257.660 a)

BICYCLISTS MUST signal when they plan to turn or stop, just like motorists. There is only one hand signal in Michigan. You hold your left hand and arm straight out to your left, from the shoulder. This warns other traffic that you are about to change directions or put on your brakes. (257.657)

You should know the meaning of traffic lights, signs and all other traffic control devices. They tell you what you should know and what to expect from the traffic around you. (257.657)

Stop at all stop signs and red or yellow traffic lights. Slow down at FLASHING yellow lights and yield signs—be ready to stop for any other traffic. (257.657)

Whenever there are usable bicycle paths, the law requires bicyclists to use them instead of the streets. (257.660 c) Bicyclists are not allowed on limited access highways, such as interstate expressways. (257.646)

Sidewalk riding is against the law in some communities but legal in others. (250.419) (257.604 a-b) Parents should check the law in their community and make sure it lets small children ride on sidewalks until they are big enough to handle their bikes in traffic.

BICYCLISTS ON sidewalks must stop or get out of the way for pedestrians (people walking). When coming near a pedestrian, you must signal, using your bike's horn or bell. Pedestrians have the right of way over bicycles, just as they do over motor vehicles. (257.637)

Never try to hitch a tow by holding on to a moving vehicle. It's against

the law, for your own good. (257.688)

Don't ride between lines of traffic, not even to pass slow-moving cars. It's dangerous as well as against the law. On two way streets, the law does say you MAY pass on the left side of vehicles moving in the same direction, and on one way streets, you MAY use either a right or left lane—whichever is clear of traffic. But whatever you do, remember, anytime you are not driving on the right edge of the road, you are in a tricky position. And driving between traffic lanes is illegal. (257.600 d)

When riding your bike, SIT on the stretched seat. (257.658 a)

A BIKE SHOULD carry only the number of persons it was built for, usually the bike operator alone. A banana seat is NOT for two riders; it is a single seater even though it is an extra long style. And never ride anyone on the handlebars or cross bar. This is illegal, because it is unsafe. (257.658 b)

Don't drive a bike when carrying packages which keep you from having both hands on the handlebars at all times. For packages you need a carrier or basket. (257.651)

When you get off your bike to walk it, you become a pedestrian. Then you must obey pedestrian laws. If you walk your bike on a public road where there is no sidewalk, you must walk FACING TRAFFIC. (257.39, 257.655)

It is a misdemeanor to break any of the state's traffic laws or bicycle safety laws. (257.536 f) (Appropriate Michigan State Law)

Variety is stressed in the martial arts

By RICHARD GOLD

Karate. Judo. Tae Kwon Do. Ju Jitsu. Isshyunru. Kung Fu. Aikido. All originate in the Orient.

That is where the similarity ends. Each martial art involves different techniques and moves, just as each is based on its own particular philosophy. While they come from the east, some are Chinese and Korean. Others are from Okinawa or Japan.

Some stress the physical aspects of combat. Others emphasize philosophy and mental discipline. Some use violent kicks and punches. Others utilize throws, or weapons.

PERHAPS THE MOST contradictory form is Aikido. It may be the most deadly and yet it is the least aggressive.

"Aikido is strictly defensive," says Wayne Tourda, who is helping to instruct a Thursday class this summer at Oakland University. "It is non-aggressive. Those who practice it would seek almost any alternative to fighting."

He added, "There isn't anything you could say to me to make me strike you."

Tourda is assisting Sensei Takashi Kushiida, a seventh degree black belt in teaching.

Kushiida, Tourda and third-degree black belt Masatoshi Morita are not associated with the university but hope to see a course in Aikido included in the Oakland curriculum this fall.

"What the sensei would like," explained Tourda, "is to see that Aikido is perpetuated in its purest form in North America. The best way to do that is at the university level."

He added, "We would like to see

people going to college be able to take Aikido as a four year course and graduate with a black belt."

Kushiida is one of the ranking Aikido experts in the world. He currently teaches at the University of Michigan, Wayne State, Eastern Michigan and the University of Windsor.

Said Tourda, "Aikido appeals to a certain kind of person. It is aimed at calming. This is a high pressure society and everybody is uptight. Aikido relaxes you."

Tourda explained, "Aikido does not involve competition and that makes it completely different. It is aimed at calming. This is a high pressure society and everybody is uptight. Aikido relaxes you."

"THE GOAL is balance. Let's face it, you get up in the morning, your wife, your boss, the tax, and you're uptight for the rest of the day. You rush to work, the whole shot. Meditation, learning to bend, are part of Aikido, and they relax you."

Unlike other forms, Aikido does not involve high flying kicks, yelling, punches, or weapons. There are no tournaments. In fact, some of the moves can not be practiced at all, because they are fatal if executed properly.

"Aikido teaches you to attack the weak parts of the body. The joints and the central nervous system are targets. Karate experts focus on such attacks. If you struck a man in the groin in a match you would probably be disqualified in competition," explained Tourda.

According to Tourda, there are more than 3,000 techniques (moves) in Aikido, of which 250 are basic.

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