

OCC instructor says Judo good for defense and health

By Carol Azizian
staff writer

For Sheila M. Gregory of West Bloomfield, learning and teaching judo are family affairs.

Gregory, 22, has been studying judo — a form of Japanese wrestling — since she was 5 years old, under the wing of her parents. Both are judo enthusiasts.

Gregory's husband, brother and sister also practice the sport. She plans to start teaching her child (now 2 years old) when she turns 5.

"I've always enjoyed it," she said. "It's a good way to relax and relieve tension."

Gregory will be teaching "Judo and Self-Defense" for girls (ages 8 and up) and women from 7-8:30 p.m. beginning this week through March 23 at the Highland Lakes Campus of Oakland

Community College.

A HOUSEWIFE, Gregory regularly practices the sport with her father, Ken Wise, an instructor at the Milford YMCA. Her husband, Bill, assists Wise.

Gregory believes it's important for both children and adults to learn the sport.

"Judo teaches self-control," she said. "It trains you to react automatically (in a situation) without having to think about what to do first."

That comes in handy when women are assaulted and face potential danger, she said.

"Most women don't know what to do in a situation. If you're trained, at least you can be more confident."

Although she has never had to use judo outside the classroom, Gregory said she'd use any self-defense measure if assaulted.

"My former partner was a meter reader, and she was attacked while on her route," she said. She fought the man, and he took off."

CHILDREN benefit from learning the sport because it increases their self-confidence, Gregory said.

"A lot of parents say their children improve in school (after taking judo classes). Their coordination is better, and they get along better with other kids."

Besides judo, Gregory teaches other

self-defense techniques.

"According to the rules of judo, you're not supposed to hurt anybody. But I teach self-defense, such as where and how to hit someone to hurt them in any way you can."

Gregory has earned the rank of first degree black belt, and her husband has a second degree brown belt. Black belt is the highest rank, but there are varying degrees — from one to 10.

Only six people throughout the world have earned the 10th degree. They're all deceased now."

'World Adventure Series' films at Highland Lakes

Oakland County viewers will be transported to Austria in the first of a three-part "World Adventure Film Series" by the Detroit Institute of Arts Friday, Feb. 11.

Complete with music and natural sound effects, "Life in Austria" will be shown at 7:30 p.m. in the student center building of Oakland Community College's Highland Lakes Campus, 7350 Cooley Lake Road in Union Lake.

Ken Lawrence, a 25-year veteran film maker, announcer and lecturer, will narrate his new full-length color film. Viewers will witness a wedding in a medieval church in Durnstein, visit Shoenbrunn Palace in Vienna and tour other Austrian cities, including Salzburg.

Tickets are \$3 per film for the general public or \$8 for all three in the series. Discount rates for students and senior citizens are \$2.50 per film or \$6 for the series. Group rates are available upon request from Carol Lubin at 350-3044.

Video recorders need tender care

Next to computers, home video recorders may be the most popular device on the market.

The rapid rise of this form of entertainment has prompted at least one college to offer a course on how to operate recorders and which ones to buy.

The Highland Lakes campus of Oakland Community College is offering an "Introduction to Home Video Recorders" from 7-9 p.m. Mondays through Feb. 28.

"It's a growing area. While retail sales were (generally) down last year, video recorder sales were up," said Richard VanCurler, instructor. He also manages the audio and video department of Danny Paris Appliances in Drayton Plains and Ulster.

"IT'S A CHEAP form of entertainment," he said. "Rather than taking the family to a movie, a lot of people will just buy a tape and invite friends to watch a film at their home."

But many consumers don't know how to operate the device, he said.

In his course, novices will learn how to operate and repair video recorders and cameras. They will learn to

nize the different kinds of devices on the market.

VanCurler believes the common practice of taping television shows and movies at home for later viewing is a fair use of video cassette recorders.

"Once a program is on television, it's the homeowner's business if they want to record it," he said.

THAT PRACTICE was recently defended by Sony Corp. of America in the U.S. Supreme Court. The case has become known as "the Betamax Case."

The issues are whether owners of video recorders are violating copyright laws and, if so, whether manufacturers can be forced to pay royalties. The case was initiated by Universal City Studios Inc. and Walt Disney Productions. The high court is expected to decide the case later this year.

Siding with Universal City and Disney are, in general, book publishers, authors, music publishers, screen writers, the recording industry, creators of television shows and the film industry.

Sony's allies are electronics manufacturers, retailers, consumers, teachers and university professors, libraries

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