

OCC instructor says

Judo good for defense and health

By Carol Axzman
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 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 7:30 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 is 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.

Video recorders
need tender care

Next to computers, home video recorders may be the most popular devices 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.

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

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 recorders were up."

Richard VanCurter, Instructor. He also manages the audio and video department of Danny Paris Appliance Inc. in Drayton Plains and Utica.

"IT'S A CHEAP form of entertainment," he said. "Rather than taking a ticket 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 record

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