

Karate

Delicate way to confidence

By REESA PESICK

EAST LANSING - Walking alone at night can send chills up a woman's spine, especially in this age of growing violence. So maybe it's no surprise that karate is turning into a popular pastime lately.

"Knowing karate gives a woman self-confidence," according to Jack Porter, karate instructor at Michigan State University.

He says that in the last three years, the number of women taking karate has increased by 30 percent.

Culleen Denton, a Southfield-area karate student at MSU, says, "you can be anywhere and something can happen."

"I'VE HAD EXPERIENCES where I would have felt more confident if I'd known some sort of self-defense," she says. "I used to hitchhike a lot, and I've been in situations where it would have come in handy."

Another student, Patricia Spith, says some of her karate classmates decided to take the course because they've been attacked.

But karate's more than just self-defense. It's a delicate and graceful sport.

"For me, it's an art," says Ms. Smith. "It's one of those things I've always wanted to take but haven't had the time for until now."

She says karate's like modern dance in many ways. She should know, since she's studied dancing extensively.

Both co-eds agree the exercises are rough, but they're expected to perform on a par with males.

Drop in on a class and you'll see the women knocking out push-ups right along with the men.

"BUT I USUALLY COME OUT of the class sore," said Ms. Smith.

She says she's undeterred by a few aching biceps. "I enjoy the activity, and it's helping me get into shape."

Porter says the exercises are so strenuous for purposes of conditioning as well as to "chase off people who aren't really interested in karate."

He says the rugged work-outs can help raise women's consciousness, too.

"WE PUSH WOMEN HARDER because they've got more social obstacles to cross," he said.

"Women are socially conditioned to think they're weak. There's no reason why women can't perform on the same level as men."

He admits some women aren't very eager to endure the physical demands of karate. "Sometimes you get a bone broken. Sometimes you get hit in the chest. It's inevitable," he shrugged.

"So we give women the option of fighting each other in class - we don't force them to fight men."

A woman's smaller size shouldn't pose a problem for her when she's confronted with danger, according to Porter. "The element of surprise is there. The mind reacts before the body."

"YOU CAN THROW a larger person off balance easily," says Ms. Denton. "They don't expect it from a smaller person, especially from a woman. It shocks them."

Porter says it takes at least a year to become proficient in karate. And, he says, women don't get any special treatment when it comes to passing out the belts that signify rank.

"Women don't get promotions unless they deserve them. And that means having to get out and fight for it - and win."



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Make-up blossoms as an ego booster

By SHIRLEE IDEN

He's tall, dark, and handsome and has made up women on two continents.

Ami Waknine is a firm believer in skin treatment.

"American women go for make-up, but when it comes to treatment they say they don't have time," he said.

"Actually, if women treat their skin well, they will require less make-up to cover things up later."

Waknine, a native of Morocco, lived most of his life in France. At the present he's settled in New York City.

He visited the area for a few days as a representative of Charles of the Ritz.

WAKNINE SAID he once owned a beauty shop where he did everything from hair to make-up.

"I find make-up a much more creative field," he said. "When I work with make-up, I feel the women have complete confidence in me."

"My belief is deeper than just the application of make-up."

Waknine said he is sometimes asked what he can do for an ugly woman.

"Every woman, if she puts on mois-

turizer, lipstick and blusher looks good. There's no way she can look ugly," he said, diplomatically.

He thinks make-up gives a woman confidence and is a great ego booster.

A COMPLETE make-up job takes him 30 minutes, because he takes extra time to instruct the client.

"A woman can learn to do her make-up in ten or 15 minutes," he said.

"The resistance I find is in the use of night cream, eye creams and toners."

"After all, if you take an ordinary piece of leather and oil it every day regularly, it will become soft."

"The skin is a living organism and you strip natural oils from it all the time."

Waknine believes the best time to apply creams is at night.

THE LOOK OF spring, Waknine predicts, will be the look of lighter shades.

"Make-up will be soft and light," he said.

"Eyebrows are thinner and less pronounced and false eyelashes are really out."

Eye shadows in pale pastels of green, blue and other natural looking colors are the fashion for now.

"It takes no more than six products for a woman to get the total look of today as well as treatment for her skin," he said.

Waknine said the trend is for companies to produce products that combine ingredients and purposes to save time for today's busy women.

"We make cleanser which is also a night cream and moisturizer all in one," he said, "and a toner which also acts as an oil blotter."

WAKNINE SAID powdery looks have given way to softer, polished, even glossy looks.

"In this time of energy crisis," he said, "with lights dimmer, lighter shades work out better."

Waknine thinks the age of 14 is correct for a girl to start caring for her skin.

"The best gift a mother can give a teenager are the basics of skin care," he said. "She should be using cleanser, moisturizer, and toner at the least."

Waknine calls his lighter, more natural, glossy look "the romantic look."

