

# HJHS students get martial arts lesson

About half of the 450 seventh and eighth grade students at Highland Junior High participated in a martial arts unit in their physical education classes this winter.

Physical education teacher Tom Burns introduced his students to a unit covering basic martial art techniques. The unit culminated with a demonstration by Daiber's Martial Arts (DMA) at the school on Feb. 17.

Members of DMA who participated in the demonstration included David Kapp, Troy Kapp, Neil Lohman, Danette Daiber and chief instructor David Daiber. The demonstration covered several aspects of the martial arts including form, self-defense and breaking.

More than 200 students attended the presentation as one of their teachers, Danette Daiber, took the floor to demonstrate forms. Forms are pre-arranged techniques which are practiced solo against an imaginary opponent. The defensive and offensive techniques, which make up the forms, are a several hundred years old. By practicing the forms the students learn discipline, proper technique and concentration.

Members of DMA performed a variety of self-defense skills. Among the techniques were escapes from common holds like headlocks, bear-hugs and full nelsons. Also defense against a punch was demonstrated with combinations of blocks, strikes, locks and takedowns. Students also were shown the stick and dagger weapons technique.

A highlight of the demonstration was the breaking portion. Each of the five DMA members performed a different breaking technique. Breaking is the splitting of wood or smashing of concrete with a particular technique to prove that it will be effective if needed in a self-defense situation. Most breaking is done on white pine boards.



**MARTIAL ARTS LESSON**—Dave Daiber of Daiber's Martial Arts gives a 'breaking' demonstration recently to a crowd of Highland Junior High School students. The students learned about the art during physical education courses at the school.

"The purpose of breaking," David Daiber explained to the students, "is a test of an artist's ability. It tests the martial artist's power, speed, concentration, accuracy and breathing." Daiber also explained that this is how a martial artist gains confidence in his technique.

David Daiber, broke three two-inch concrete blocks which represented drug abuse, alcohol abuse and driving under the influence of drugs or alcohol. Daiber made his anti-drug message hit hard as he broke the total

of six inches of concrete with one swift movement of his foot.

Daiber concluded the demonstration by reminding students that the martial arts is intended for defense only.

"With knowledge comes responsibility," Daiber said. He also stressed that the martial arts teaches more than self-defense techniques, but also skills such as coordination, confidence and discipline, which can be used throughout life.