

Sports

Martial arts help muster strength, maintain control

Patrick Young
Frontline Staff

The graceful arc of a well executed spinning heel kick can be beautiful, with its speed and precision, it is an art – or rather part of a martial art.

The Directorate of Morale, Welfare and Recreation is providing an opportunity for children of deployed Soldiers to take up to eight free weeks of classes at no cost. The children can choose among many of the Child Youth Services programs to include dance, tumbling, gymnastics, piano, and Tae-Kwon-Do.

The opportunity is part of the new Fort Stewart's 15-12 initiative, derived from an Army-wide boost in funds to improve quality of life for Families of deployed Soldiers.

The classes are part of the Schools of Knowledge, Inspiration, Exploration and Skills Unlimited, or SKIES program, and are available to all CYS registered customers, according to Leslie Rangel, instructional program specialist. The class sizes are limited and have been ongoing for some time, so customers may be put on a waiting list.

Tae-Kwon-Do, is one of the classes available.

Master Phillip Konz, 4th degree black belt and primary instructor at the CYS on Fort Stewart teaches two classes a week. The classes are Tuesdays and Thursdays at the School Age Services. The beginner's class is 5:30-6:30 p.m.; the advanced class is 6:30-

7:30 p.m.

Konz said martial arts provides a focus for children, helping them improve all aspects of their lives, providing them a discipline they can learn, and improve with, as well as a safe environment.

"One of the students we have now is the son of a deployed Soldier," Konz said and noted the child had a unique challenge – being visually impaired.

"He's progressing very well, Konz said. "Although it takes a little longer for him to learn some things, he's faster in some areas too."

The initiative only offers free classes for children of deployed Soldiers for up to eight weeks, and CYS is available for youth 18 and under. Yet, martial arts are good for everyone.

Luckily, there are many forms of martial arts available in the local economy open to all ages, including Karate, Tae-Kwon-Do, Hapkido, Ju-jitsu, Pan-American Go-Ju, Kempo, and even Yoga. They all generally develop

students' self-discipline, confidence and fitness.

Sgt. 1st Class Terry Thomas, Headquarters and Headquarters Company, 4th Battalion, 64th Infantry Regiment said he took advantage of the benefits offered by martial arts years ago.

"I put my son in the World Martial Arts Academy in 2004," said Thomas. "My youngest was too young at the time, but he later joined in 2006. I think they learn a lot of life skills there. It helps them understand things like setting goals and discipline. It also helps them with their physical development."

Thomas said it also helped during deployments because he believed children need role models. He said being in the classes help fulfill those roles.

Thomas' children Terry Jr., 10, a purple belt, and Evan, 6, a yellow belt, get the benefit of the discipline but have made friends too.

One of Terry Jr.'s friends and sparring partners is blue belt, Michelle Roberts, 10.

Michelle's father Bob Roberts said she has increased in strength and confidence, partly because of the physical aspect, but also because of the emphasis on the total person – including home life and school work.

They have school rules and insist that the students maintain good grades," he said.

Michelle, who plans on being a lawyer one day, says she feels better about herself.

"I'm not afraid anymore," she said. "I've gained self respect, discipline and self-confidence."

One of Roberts' fellow students and friends is Tyler Dixon, 10, who is a child of a deployed Soldier and has worked his way up to black belt.

"The class has taught me a lot. The class has helped me improve my self-discipline. It's taught me it's important to respect my friends as well as my family. And I now know how to defend myself if I'm ever attacked," Dixon said with a grin.

Dixon's fellow black belt, and junior instructor, John Dingle started taking martial arts as an alternative to sports, according to Leon Dingle.

"My son had bad allergies and asthma when he was younger. He started martial arts when he was 12-years-old, and he hasn't had an asthma attack since," Dingle said.

"I've got confidence from martial arts. When I find out I can do something, I know I can do other things on the outside too."

Victor Maldaonado, a former Marine, church volunteer and Walthourville firefighter says the arts are part of his daily life because it promotes peace.

"I started martial arts when I was 10," Maldonado said. "It got me off the street and provided a positive outlet."

The primary instructor at the academy is Steven Westerman, who says he's seen similar improvements in children he's taught over the years.

Westerman said martial arts were good for people, whether to provide structure, discipline, an emotional outlet, or just if they may have a passion for the martial arts.

"I wanted to teach something or be a part of something bigger than myself," Westerman said. He said his teacher, Master Kevin "Tiger" Bang inspired him with discipline and showed how he could believe in himself. "Now that I see the world through his eyes, maybe I can do the same for someone else."

Community members are encouraged to take advantage of the programs available on post at the CYS and throughout the local communities.



Mallery McGill, 8, practices a front snap kick while taking Tae Kwon Do.

Above: Tyler Dixon, 10, stretches with Terry Thomas Jr., 10, before they take to the mats. Both are children of Soldiers who are either deployed or will soon deploy.

Right: Terry Thomas Jr., 10, performs a low block, under the close supervision of assistant instructor Anthony Cipolla, retired Army first sergeant, as Michelle Roberts, 10, attempts a round house kick at Thomas. Cipolla is also a 5th grade teacher on Fort Stewart at Kessler Elementary School.



Tyler Dixon, 10, stretches with Terry Thomas Jr., 10, before they take to the mats. Both are children of Soldiers who are either deployed or will soon deploy.



John Dingle, 17, a black belt junior instructor, performs an axe kick to green belted Victor Maldonado, during a sparring match Friday at the World Martial Arts Academy in Hinesville.

Classes available at CYS

Pat Young
Frontline Staff

Child and Youth Services have offered the following classes prior to the Army wide initiative to provide children of deployed Soldiers with up to eight weeks of free instruction. The classes will continue to be available to all CYS registered customers. Classes may require a waiting list for a spot to become available. Class schedule and courses may change. To find out more about

available options, call CYS at 767-6071.

In addition to the below classes, CYS offers piano lessons, which must be coordinated to set up a time for individual instructors.

Also, the activity provides academic assistance with affordable tutoring in math and reading at School Age Services with group classes for \$30 per month, and individual tutoring for \$50 a month. The group classes are 5-6 p.m. on Tuesday, Wednesday and Thursday and individual classes must be coordinated through CYS.

Class	Ages	Time	Day	Location
Gymnastics	4-5 years	9-9:55 a.m.	Saturday	Jordan Youth Gym
	6-7 years	10-10:55 a.m.	Saturday	
	8-9 years	11-11:55 a.m.	Saturday	
	10 and up	noon -12:55 p.m.	Saturday	
Mommy-and-Me tumbling	2-4 years	9:30-10:15 a.m.	Wednesday	
Tumbling	2-4 years	11:30 a.m. to 12:15 p.m	Tuesday	Child Development Center
Tumbling	2-4 years, CDC registered	9:30-10:15 a.m.	Tuesday	CDC, Building 403
Dance - Creative movement	3-5 years	5-6 p.m.	Thursday	Bryan Village Youth Center
Ballet, Jazz, Hiphop	10 and up	7-8 p.m.	Thursday	Bryan Village Youth Center
Jazz, Hiphop	6-9 years	6-7 p.m.	Monday	Bryan Village Youth Center
Ballet, Tap	SAS registered	5-6 p.m.	Tuesday	School Age Services*
Ballet, Tap	6-9 years	6-7 p.m.	Thursday	Bryan Village Youth Center
Jazz, Hiphop	SAS registered	4-5 p.m.	Tuesday	School Age Services
Creative movement	3-5 years	4-5 p.m.	Wednesday	Bryan Village Youth Center
Jazz, Hiphop	6-9 years	5-6 p.m.	Wednesday	Bryan Village Youth Center
Creative movement	Pre-K registered	3-3:45 p.m.	Thursday	Pre-K building
Creative movement	3-5 years	9:30-10:15 a.m.	Monday	CDC, building 403
Tap, Jazz, Hiphop	10 and up	7-8 p.m.	Wednesday	Bryan Village Youth Center
Creative movement	3-5 years	9:30-10:30 a.m.	Monday	Bryan Village Youth Center
Ballet, Tap	6-9 years	6-7 p.m.	Wednesday	Bryan Village Youth Center
Creative movement	Pre-K registered	3-3:45 p.m.	Monday	Pre-K building
Tae-Kwon Do	Beginners	5:30-6:30 p.m.	Tuesday, Thursday	School Age Services
Tae-Kwon Do	Advanced	6:30-7:30 p.m.	Tuesday, Thursday	School Age Services

Jake's Body Shop

Make exercise work for you

Jake Battle
DMWR Fitness Director

To get the full benefit of exercise, you have to exercise regularly. Exercising regularly is easier when it becomes an accepted part of your schedule. That way, you do not have to make a decision each time. It becomes a habit. So do not take a chance on wasting valuable time and energy by starting off on the wrong foot. Just as using a good map tells you how to find your destination, be sure you plan before you start your exercise program.

Exercising your heart

Your heart is a muscle just as your arm or leg muscle is. And, just like arm and leg muscles, your heart needs exercise to be strong and work at its best. When you exercise your arm and leg muscles, they get stronger and firmer. When you exercise your heart, its new strength pumps more blood through your body with less effort. A stronger heart can help you wake up rested so that you can look forward to your day. It can also give you more energy.

Exercising your heart is simple. All it takes is moving your body until your heart beats faster than it does when you are sedentary. But there is more to helping your heart get stronger. There are three guidelines that your exercise must meet to give your heart the right exercise.

Three steps for exercise

1. You need to exercise (get your heart to beat faster) a minimum of three times a week with no more than two days of rest between exercise sessions.

2. You need to have your heart rate beating at its target speed. Generally, this is when you are breathing hard and sweating. You'll feel like you are exercising hard. Be careful, though, if your heart rate is higher than the target, you could be so tired and winded that you will have to stop to catch your breath. Then your heart rate will fall, and it could be unsafe for your heart.

3. Keep your heart rate in your target heart rate a minimum of twenty minutes without resting.

For success follow these three guidelines. First, exercise three times a week. Second, make sure your heart is in its target range. Third, continue for twenty minutes.

These guidelines represent the minimum. You need at least this much effort to exercise your heart and to look and feel your best.



Patty Leon

Terrance Jemison (13) gets ready to wrap up Melvin Loving. Curtis Bryant (44) assisted on the take down.

Tigers move ball; not enough to spill Coffee

Patty Leon
Coastal Courier

The stands were at capacity Friday for about 30 minutes, then the skies opened up and the lightning knocked out the stadium lights twice. It was a message of things to come.

By the time the Bradwell Tigers and the Coffee County Trojans took to the field two hours from the original kickoff time, the home-team stand was nearly empty. Die-hard Coffee County fans who stuck out the bad weather made a party of it and soon the pizza delivery man showed up with about 30 pizzas for the hungry Trojan crowd.

Apparently, they weren't the only hungry ones. Coffee County took the field on the first offensive drive and, like a hungry warrior in need of Tiger meat, easily took the ball all the way across the field for a touchdown. After missing the extra point it was a 6-0 lead for the Trojans who used a minute and a half in their opening drive.

Throughout the entire game it was apparent the Trojans front offensive linemen were bigger and stronger than the Tigers. The Trojans front opened gaps for

stellar running back Melvin Loving, who kept finding holes and making the necessary cuts to gain yards.

At the beginning of the second quarter the Trojans had a 13-0 lead, primarily from the running game of Loving along with Rod Jones, Dermane Gaskins and a few passes caught by Demario Bennett.

The Tigers offense regrouped in the second quarter and senior quarterback Josh Magaw threw a pass to Manuel Crum who drew a pass interference penalty when he was hit by two Trojan defenders too early.

The running combination of Sheldon Barnes and quarterback Magaw helped move the ball down field and an offside penalty by Coffee County placed the Tigers in scoring position with a first down on the Trojans' 15-yard line. Demario Day then took the ball down to the 9-yard line, after a block by Barnes opened up the middle of the field. Barnes ran the ball to the 4-yard line, giving the Tigers a first and goal.

But the Trojans defense held strong and the Tigers looked at a fourth and inches at the half-yard line after a dropped snap that was recovered by the Tigers. Going for it on fourth down, the

Tigers drove the ball in for the score. The point after by kicker Joey Lliso made it a 13-7 ball game.

The Trojans came back offensively and Loving continued to move the ball as they were determined to put more points on the board before ending the half. They had a 19-7 lead to end the half and began the third quarter with another scoring drive, making it 26-7.

The fourth quarter started with Magaw being hit hard, forcing him to leave the game for a few snaps. Day stepped into the quarterback position.

After a penalty against the Tigers, Day threw a pass that was tipped by a defensive Trojan and caught in the end zone by Ronald Joseph.

The point after by Lliso was good and the score was 26-14 with 8:35 left on the clock.

But Trojan quarterback Burke Batten once again handed the ball to Loving, Jones and Gaskins as they stacked up yards and time off the clock. The Trojans scored again with 2:30 remaining, making it 33-14.

The Tigers now have a bye week as they prepare for regional action starting Sept. 28 when they host Beach.

2007 INTRAMURAL FLAG FOOTBALL

Marne Conference

	WON	LOST	PCT
F 703rd BSB	5	0	1.000
B Co. 4/64 Armor	5	1	0.833
A 703rd BSB	4	2	0.666
549th MP Co.	3	3	0.500
C Co. 4/64 Armor	3	3	0.500
E Co. 4/64 Armor	2	3	0.400
92nd Chem Co.	1	5	0.166
HHC 4/64 Armor	0	7	0.000

Rocky's Conference

	WON	LOST	PCT
C Co. 3/7 Inf.	6	1	0.857
632nd Maint. Co	5	2	0.714
E 703rd BSB	5	2	0.714
135th QM Co.	5	2	0.714
A Co. 3/7 Inf.	2	5	0.285
G Co. 703D BSB	2	5	0.285
HHC 4/3 BSTB	2	5	0.285
HHC 4th Bde.	1	6	0.142

Southeastern Conference

	WON	LOST	PCT
B Co. 1/76 FA	4	1	0.800
D Co. 4/64 Armor	3	2	0.600
15 ASOS	3	1	0.750
HHT 6/8 Cav.	0	6	0.000

American Conference

	WON	LOST	PCT
3/3 Avn	7	0	1.000
514th ENG	5	1	0.833
512th QM	5	2	0.714
473rd QM	4	3	0.571
224th MI	4	3	0.571
D Co. 3/160th SOAR	4	3	0.571
HHD 260th QM	3	4	0.428
10th Trans.	2	4	0.333
USMC	2	5	0.286
24th Ord.	2	5	0.286
USCG	2	5	0.286

Panthers take first win

Patty Leon
Coastal Courier

The Panthers repeated history as they beat the Brantley County Herons 33-13 Friday night in Nahunta, making the Panthers 1-1 for the season.

Apparently the early bye week, last week, along with the shutout loss of game

one against McIntosh, ignited the Panther offense.

Head coach Kirk Warner had said the seniors felt embarrassed by the first loss and he was hoping it would spark the team.

The Panthers will host Calvary Day at Olvey Field tomorrow. Kickoff is 7:30 p.m. The game will be broadcast on WOA 106.3 FM

2007 HIGH SCHOOL FOOTBALL SCHEDULE

BRADWELL TIGERS

Date	Time	Opponent	Location
Sept. 28	7:30 p.m.	Beach*	Home
Oct. 5	7:30 p.m.	Jenkins*	Away
Oct. 11	5:15 p.m.	Jenkins*	Bradwell
Oct. 12	7:30 p.m.	Windsor Forest*	Home
Oct. 20	7:30 p.m.	Johnson, Savannah*	Away
Oct. 26	7:00 p.m.	Groves*	Home
Nov. 2	7:30 p.m.	Savannah*	Away
Nov. 9	7:30 p.m.	Camden County*	Away

*=Region Game

LIBERTY PANTHERS

Date	Time	Opponent	Location
Sept. 21	7:30 p.m.	Calvary Day	Home
Sept. 29	7 p.m.	Harlem	Home
Oct. 5	7:30 p.m.	Glenn Hills	Home
Oct. 12	7:30 p.m.	Burke County*	Away
Oct. 19	7:30 p.m.	Richmond Hill*	Home
Oct. 26	7:30 p.m.	Hephzibah*	Away
Nov. 3	7:30 p.m.	Benedictine*	Away
Nov. 9	7:30 p.m.	South Effingham*	Home

*=Region game

