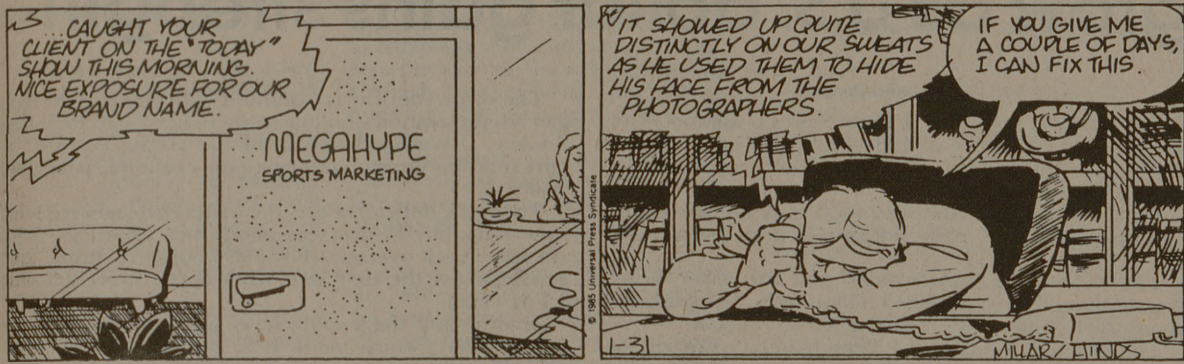


SPORTS

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Tae Kwon Do stands out in the martial arts crowd

By BRANDON BERRY
Sports Writer

Dr. Michael Trulson regularly eats, sleeps and teaches anatomy at the Texas A&M College of Medicine with a deadly weapon available at all times.

Trulson is a registered third-degree black belt in the martial arts and his body is therefore considered lethal. He also serves as faculty advisor and head instructor of the Moo Duk Kwan Tae Kwon Do Club at A&M.

"We teach traditional Tae Kwon Do techniques here," Trulson said. "And when people hear that, they assume that we mean ancient and that's not what we teach at all."

"We teach the most modern self-defense and free-form fighting techniques. Tae Kwon Do has evolved just like everything else over the years and is totally different from what it was 2,000 years ago."

"What the word traditional refers to is the additional philosophy and history we teach along with just the fighting techniques. Every (physical) move has a reason behind it."

"That, more than anything else, is the difference between Tae Kwon Do and the other martial arts, the extreme emphasis on a philosophy whereby you respect your opponent. Kung Fu and Karate don't really stress that same philosophy."

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— Michael Trulson, Martial Arts Instructor

Tae Kwon Do was developed approximately 2,000 years ago in Korea by priests who needed a way to defend themselves. The physical and spiritual aspects of the martial art have since been modified to incorporate disarming an opponent's firearms.

Trulson said Tae Kwon Do is not an aggressive past-time, however.

"Several studies have shown that Tae Kwon Do actually decreases aggressiveness if it is taught in the traditional way, stressing respect for your opponent," he said.

"If an already aggressive person is taught only the fighting techniques

without any of the philosophy or history behind them, studies have shown an increase in aggressiveness. It's like giving a criminal a loaded gun.

"But I think that's the most important thing to say to anyone interested in getting started in the martial arts. Make sure you get with the right club. Martial arts are becoming very popular in the U.S. today. There are upwards of a half million people signing up each year. These people need to make sure that they are getting started with something that will do them some good, some lasting good."

"We have members as young as 12 and as old as some of the professors. This is something you don't outgrow and that you can do for your entire life."

"If you get in with the right club, one that teaches the traditional forms and the philosophy, you can get quite a bit out of Tae Kwon Do."

"I would advise people not to mess with the places that only teach you how to fight. They actually promote aggressiveness and encourage people to show off."

"We only use our teachings for self-defense or in the defense of someone who can't defend himself."

U.S. ski team starts from scratch

Sarajevo hard to repeat

Associated Press

BORMIO, Italy — The United States, the No. 1 nation in Alpine skiing at Sarajevo, has named a widely rejuvenated team to defend its prestige at the World Championships, which open Thursday.

The Americans took three out of six Olympic golds a year ago, killing the pride of traditional powers such as Austria and Switzerland. "This year we've had to start almost from scratch, but I am confident these youngsters will do well here," said Harald Schoenhaar, the West German-born director of the American Alpine team. The results will probably not match those in Sarajevo, but our team will not be wiped out."

The best American hopes appeared to be Bill Johnson, the men's Olympic downhill champion, and Tamara McKinney, the 1983 World Cup champion.

"We haven't done so well so far in the season, but this could be expected after all the excitement from the Olympic golds," Schoenhaar said. "Our top stars have had a late start, but they have planned their

training on the World Championships."

Johnson, 24, of Van Nuys, Calif., was 19th in the downhill trials Wednesday. His time of 2 minutes, 10.72 seconds was 4.39 seconds off Peter Mueller of Switzerland.

Johnson said, however, he concentrated on studying the track more than on speed.

Another American, Doug Lewis, 21, of Salisbury, Vt., did well in Wednesday's downhill trials. Lewis' 2:09.17 was ninth fastest time.

"I see Johnson in the top five and Doug Lewis in the top 10 for the downhill," Schoenhaar said. "But for the men's slalom and giant slalom anything in the top 10 would be a real surprise. We have to rebuild a new team without the Mahres."

The Mahre twins, Phil and Steve, who for years were the leading American skiers, retired after Sarajevo.

Phil, a triple World Cup king from 1981 to 1983, won the Sarajevo special slalom and Steve was second.

Another U.S. winner at Sarajevo,

Debbie Armstrong, was here for the Championships. The 21-year-old star from Seattle captured the giant slalom gold at the Olympics.

"Debbie and Tamara can hope for a medal in the slalom and giant slalom," Schoenhaar predicted. "But I am also confident in Eva Twardokens and Diann Roffe."

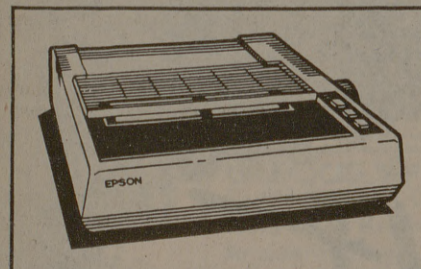
"They have the potential to do well. I've told them they have no pressure, they've got to treat it like a normal race, and they have to keep relaxed as possible."

Roffe, 17, of Williamson, N.Y., and Twardokens, 19, of Squaw Valley, Calif., have emerged this season as regular starters on the American women's team.

Twardokens was second in the giant slalom at Arosa, Switzerland, last week, the last World Cup race before the World Championships.

Schoenhaar was not so confident in the American women downhillers.

"I hope to have one in the top 10. Anything more would be an unexpected bonus," he said.



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