

## SIDELINES

### Cross Creek Cycling Club

The Cross Creek Cycling Club will host a social bicycle ride on Fort Bragg on Sunday. The ride will depart from the Fort Bragg Officers' Club parking lot at 9 a.m., and the ride distance will vary depending on the route chosen. After the ride, riders will get together at the newly opened Iron Mike Brew Pub for a no-host lunch. All cyclists are welcome, however, road bikes are recommended. For more information go to [www.crosscreekcycling-club.org](http://www.crosscreekcycling-club.org).

### Soccer players needed

Bragg United F.C. is recruiting new players and assistant coaches. Those interested should contact David Kelley at 717-3363 or Anthony Recinos at 578-8597.

### Wrestling events

■ The Amateur Athletic Union and USA Rhino Wrestling Club is accepting registrations for the 2006/2007 wrestling season. Club memberships are open to boys and girls from four to 18 years of age. Multiple membership types are available. Please check our Web site [www.rhinowrestling.org](http://www.rhinowrestling.org) for more information. Registrations will be held Monday and again on Wednesday from 6 to 8 p.m. at Jack Britt High School. For more information, call Marty Bartram at 824-0024.

■ The Post Wrestling Tournament will be conducted Nov. 6 through 8 at Ritz-Epps Physical Fitness Center at 6 p.m. each day. To enter, participants will be required to weigh-in on Nov. 6 at Ritz-Epps PFC from 7 to 8 a.m. or noon to 1 p.m. The tournament, which is open exclusively to active-duty personnel, will employ freestyle rules. Wrestling mats will be available for training at Ritz-Epps PFC. To enter, participants are encouraged to submit an entry form to the Sports Office, Building 4-2843, Normandy St., fifth floor, Wing B. Entry forms may be faxed to the Sports Office at 396-1216 or entry information can be e-mailed to [steve.johnson3@us.army.mil](mailto:steve.johnson3@us.army.mil).

■ The Fayetteville-Cumberland County Parks and Recreation is accepting registrations for youth wrestling at all recreation centers now through Nov. 12. Registration costs \$20 for children ages 5 through 12. For more information, call 433-1396.

### Adult, Youth Basketball Clinic

Fayetteville-Cumberland County Parks and Recreation will hold the adult and youth basketball officials clinic for the winter athletic season starting Dec. 16 from 1:30 to 3:30 p.m. at the Kiwanis Recreation Center on Devers Street.

Those interested in becoming an official can contact James Parker at 433-1392 or 257-1729 or Fred Clark at 988-1563.

# Fluid motions in karate

by Casey Nelsen

Paraglide



In an instant, slow fluid movements transform into bursts of speed cutting through the air. Fabric snaps taunt

in unison as fists and feet fly with precision at a Chito-Ryu class held on Fort Bragg. Chito-Ryu is a style of karate that traces its lineage to Okinawa, Japan. As the class begins, old and young, military and civilian, experienced and beginner move together, as if one cohesive body led by instructor Warren Pochinski.

"It's prearranged movements, fighting hypothetical opponents," explains Pochinski, who like Chito-Ryu, got his start in Japan when he was stationed there as an infantryman in the early 50s, but with a different martial art.

"I became involved in Judo, look at my size, then I weighed 127 pounds and the Japanese said 'ha ha ha, they beat us in war huh.' They beat the daylights out of me," Pochinski said.

Before Pochinski left Japan, he began learning the Chito-Ryu style. With age, his stature hasn't changed much, but his skill and knowledge have. Since the '60s, he's trained regularly, when his military career would permit.

Today, three times a week, Pochinski passes on his knowledge to about 20 students of varying ages.

There's no cost involved,



photos by Casey Nelsen/Paraglide

**Hailey Phillips, left, spars with A.J. Ordillas, both family members, during a Chito-Ryu karate class held at the Fort Bragg community center town hall.**



**Eric McPherson, left, 647th Quartermaster Company, 507th Corps Support Group, works on perfecting his movements.**

unless students want to join the Chito-Ryu Karate Federation, which allows them to test and move up skill levels. He does ask that students be at least eight years old.

"Normally they'll have two years of school, (in

which they'll learn that discipline in school (is important) and then we reinforce that," he said, adding that the values taught are similar to the Boy Scouts.

Pochinski says many of the students come in knowing different types of karate,

with different stances or ways of punching, and they integrate well adapting their skills to the Chito-Ryu style.

Student Eric McPherson, 647th Quartermaster Company, 507th Corps Support Group, has played other sports most of his life, but always wanted to try a martial art and said he was hooked after the first day.

"It helps me stay focused. It helps me to relax. At the end of the day, it's something different, something to keep me away from the regular routine of the Army every day," he said.

McPherson, now a green-belt, which takes about 9 months of regular training to achieve, recommends trying it out for at least a week.

"You'll have a pretty good grasp of what to think about it after that," he added.

The Chito-Ryu classes are held three times a week from 6:30 to 8:30 p.m. on Mondays, Wednesdays and Fridays and are open to everyone ages eight and up. Meeting locations vary from week to week, those interested should contact Warren Pochinski at 858-3693.



**Steven Coleman, 11, performs a kata, a series of movements made up of punches, kicks and steps.**



**Warren Pochinski, Chito-Ryu instructor, leads his karate class in the performance of a Kata at the Fort Bragg community center town hall.**

Showa is the code or motto of Chito-Ryu practitioners. This code is often recited at the end of classes.

***"We who study Karate-Do shall never forget the spirit of the warrior's way with peace, perseverance and hard work — we shall reach our goals."***