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01/13/1981 - Karate Demo

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EASTERN ILLINOIS UNIVERSITY
 Charleston, Illinois

news

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HARRY READ, Director of Information and Publications (217) 581-2820

January 13, 1981

FOR IMMEDIATE RELEASE

CHARLESTON, IL --Free Karate demonstrations will be presented at Eastern Illinois University on Sunday and Monday, Jan. 18-19 from 7 to 8 p.m. in the wrestling room of Lantz Gym.

The demonstrations will be sponsored by the Office of Public Service and Development (581-3817) and interested persons may register for a non-credit karate course.

Doug Dennis, fifth degree black belt holder from Springfield, representing the National Karate Association, will give the demonstration in conjunction with the Panther Karate Club.

The karate style is Shudo-Kan, School of Okinawan Karate.

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CHARLESTON, IL --Aerobics for Fun and Fitness, described as a "lively physical fitness program," will be offered as a non-credit course by the Office of Public Service and Development at Eastern Illinois University.

The course will be given on Tuesdays and Thursdays, beginning Jan. 20, from 6:30 to 7:30 p.m. Complete information about places and other starting dates may be obtained by calling 581-3817.

Aerobics is a continuous movement class, starting with warmups, exercise routines set to music, followed by "cool down" time.

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