

blitz

weekly from the **ARC**

March 26 - March 30 2007 51.W5

Parkour

VAULTING ACROSS CAMPUS

FIGHT CLUBS AT UNSW

JIMEOIN GIVEAWAY

MIDSESSION PARTY

ROMAN TOGA



THURSDAY 5 APRIL

ROUNDHOUSE 5PM TO LATE

F E A T U R I N G

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Wons Phreely**

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The One Hit
Wonders**

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UNSW Students FREE before 10pm \$5 After 10pm
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Roundhouse supports responsible service of alcohol, please bring proof of age to gain entry.



UNSW Student Life

EDITORS LETTER

Dear Reader

This week is the Sport Blitz, completely packed full of action. Often students are not aware that UNSW has a prolific sports culture. Many Olympic sportspeople have graced the hallowed halls of this university, however that isn't what makes sport at UNSW great.

University sport is great because that all those glasses wearing, physics-text-book-carrying geeks find their sporting niche at uni (such as me). University sport is incredibly inclusive, no matter how fat, thin, uncoordinated or unusual you are there is a group of people just like you playing sport together at UNSW.

Highlights for this week's edition include Carissa's feature on Parkour, a new sport that is vaulting its way across the campus. The massively popular martial arts grace several pages including a feature about all the 'fight clubs' on campus. Ana has also interviewed many sportspeople from campus and gained an insight into the myriad of reasons why people play sport.

If you're after something quirky, check out the article on Chess Boxing, the sport that combines brains and brawn. Finally, Arc will be running a series of workshops to help you with your emotional wellbeing, so if you're feeling out of balance, check it out.

I have been very surprised by the number of people wishing to join the contributor's email list, but disappointed by the number of people who actually come to the contributor's meetings or submit an article. For those nervous to do so, don't be! I can't count the number of times a student has claimed to be a terrible writer then submitted something great. Have a go!

Enjoy Week 5

Alex Serpo
Blitz Editor 2007

Blitz Magazine

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CONTENTS

6 The Art of Parkour

10 CHECKMATE KNOCKOUT

16 Fight Clubs

3 Editor's Letter

4 Chair's Letter

8 Karate Kids

9 Why Sport?

11 Emotional Health Forum Quiz

12 What's On

15 Snapshot: Taido Society

18 Reviews

19 Travelling Alone

20 Cancer Council Youth Relay for Life

21 Comics and Puzzles

22 Classified

23 Vox Pops





Chair's Report

We're nearly at Session One break, thank goodness! Of course with that comes Easter, and many chocolate eggs and other goodies. The downside is the exercise I know I'll have to do, in order to get rid of the post-Easter tummy bulge.

Unfortunately, I can't say I've ever been very talented at sport. Even though I'm left-handed, my family like to joke that I'm secretly right-handed, because my left hand throwing ability is so poor!

Yet there are sporting events that everyone can get involved with. For example, the Cancer Council, supported by the Arc, is doing its first Youth Relay for Life here at UNSW. The event goes overnight from April 20 to 21, with the overnight part being symbolic of the fact that cancer never sleeps.

Teams of 10 - 15 people take turns to walk, run or even skip (if that's your thing) around the Village Green from 4pm Friday on 20 April to 10.30am Saturday on 21 April. The event goes for 18 hours and includes a walk of honour for cancer survivors and their carers plus a candlelit ceremony for those who have lost the battle to cancer.

One person from each team has to be on the field at all points, so you can take turns having a rest and cheering others on. The relay is designed to have a festival atmosphere, with various forms of entertainment, games and activities.

So, for those of you who want to have some fun with friends, do something a little different, and contribute to a good cause, come to the information session being held this Thursday from 1-2pm & 5-6pm, in Quadrangle Building Room 1001. Even if you're not sure, check out the info session to find out more!

You can also register your team online at www.relayforlife.org.au/nsw and the Cancer Council is offering an early bird registration fee of \$11 per person if you register by the 5th of April. After that, the registration fee is only a little more at \$15 per person.

On a non-sporting-related-note, I'd also like to let UNSW's women know about the recently re-vamped Women's Room on Level 1 of the Blockhouse. The Arc's Women's Collective have completely re-invigorated this space, just for women to use. It has a kitchenette, comfy couches, computers, lots of reading material and even a little bed. The Women's Collective also holds meetings there every Tuesday from 1-2pm. So if you'd like to get together to chat about women's issues, or just have a nap between classes, come check it out.

Kate Bartlett
Chair of the Board



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Every generation should live better than the last

The OF



Art Parkour

Carissa Simons

A new breed of sportsperson has hit the world, and they're training at UNSW. Those handrail-jumping, office block-leaping, wall-dodging daredevils you may have seen flying around campus aren't just running late for class – they're honing their parkour skills.

Parkour was developed by French born David Belle in the 1990s, who adapted skills that his father had learnt as a young soldier in Vietnam. The fast-paced sport revolves around the concept of using physical agility and quick thinking to move around your environment efficiently and quickly, without having to detour around pesky obstacles.

According to one of those UNSW daredevils, Ishta Ho, parkour is "the discipline of reach and escape. It's running, vaulting, climbing, and rolling. Picture yourself being chased through the city by a lion and you'd pretty much be doing parkour. I mean, obviously you wouldn't be doing the flips and stuff because then you'd probably just get eaten."

While parkour is often confused with other disciplines such as yamakasi, urban tricking and free running, those who practice parkour, known as traceurs, avoid flashy maneuvers in favour of speed and efficiency. They also value the philosophy behind the movement, which encourages people to overcome obstacles and improve themselves physically and mentally. For some traceurs, parkour isn't just a sport – it's a way of life.

Parkour is still an underground sport in Australia. It first came to mainstream attention in Australia four years ago with a series of Nike Presto ads, which featured one of the original Parkour traceurs, Sébastien Foucan, being chased by an angry chicken.

David Belle starred in a follow-up ad where he leapt up and down a stairwell in order to fetch things for his new girlfriend.

It was these ads which first piqued Ishta's interest in the sport. "I've always been climbing and running and jumping over stuff for as long as I can remember. Before those ads I had no idea about how proficient people could get just from practicing. I didn't know it was an actual sport." Ishta's internet searches revealed little. "A few years later I met a few people at a uni party and they said 'yeah, come along. We just started training last night'. So I came along to a training session at uni and haven't looked back since."

Now Ishta, along with other UNSW traceurs, can be seen training all around campus, from the tables in the Clancy Auditorium, to the CLB, to the K17 car park. "UNSW has a lot of great spots for parkour. You can spend a whole day training there and not cover everything. Unfortunately we left some black marks on the walls in the CLB, but that's all the damage we do", said Ishta. "We train quite commonly [on the Basser Steps] as well. We do armjumps, which is where you jump off something and catch on with your arms and your feet. There are also a lot of rails, so there's a lot of rail work that we can do."

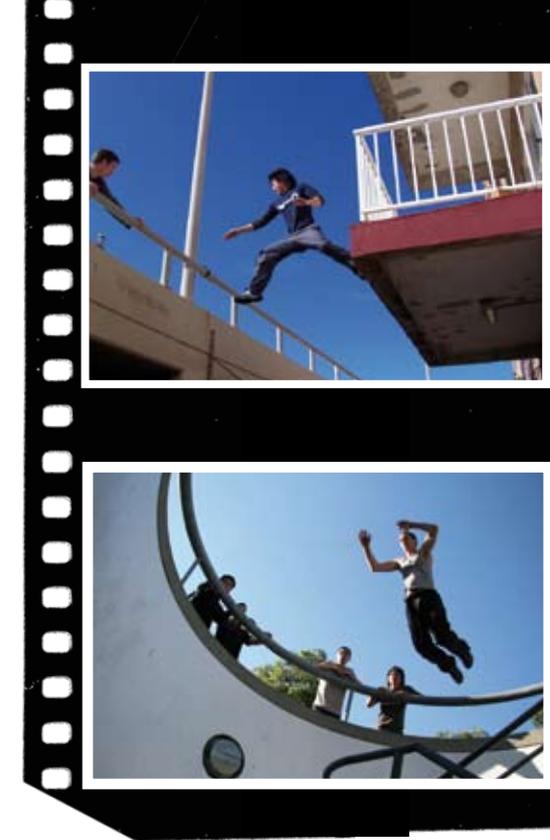
While the UNSW sessions are generally for more experienced traceurs, those who are curious are welcome to come up, say hello and ask a few questions. Although, if they're moving too fast for you to grab a quick chat, there's always the national Australian Parkour Association website at www.parkour.asn.au. This newly formed Australian organisation is dedicated to spreading and developing the sport of parkour in Australia. They're also running training sessions, details of which can be found on their website, or on the Sydney Parkour website, www.sydneyparkour.com.

If you want to get into parkour, a good pair of sneakers and comfortable clothes that won't get caught on things are must-haves. You also need to remember to start small, by practicing

'Picture yourself being chased through the city by a lion and you'd pretty much be doing parkour'.

on the floor and on smaller obstacles. Regular training, whether you're in a group or alone, is also important in order to maintain physical strength and to achieve the type of fluidity which makes parkour so aesthetically pleasing.

Despite the big jumps, overhead leaps and impressive flips, traceurs insist that there's also a relatively low risk of injury, as long as the proper emphasis is put on technique, preparation and training. It's as safe as any other sport. "There's a bit of a misconception that parkour is really dangerous. While we do big drops and stuff, that only comes after years of practice



and lots of training and conditioning to make sure that our ankles and tendons are able to do those big drops. The injuries that we get are fairly similar to any other sport. Parkour is a contact sport with your environment, but our obstacles don't move, whereas in rugby and stuff, your obstacles are moving."

Parkour is not only a phenomenon at UNSW, the sport has also taken Sydney by storm, forging a close knit community. Similar parkour communities have also been established in Melbourne and Brisbane. These bonds between traceurs extend beyond their training sessions, onto their numerous online forums, where they discuss everything from the latest moves to Thai pop music.

"Parkour culture actually developed with the internet, so a lot of the relationships are built up from meeting people online and the online contact that we have with them", says Ishta. Traceurs aren't only found on forums, where they can now be found on YouTube, where videos of UNSW training sessions are regularly uploaded. These videos aren't only impressive, they also show how what most of us see as a lecture hall or stairwell can be transformed into something so much more exciting.

Still not convinced? Try watching the opening sequence to the latest James Bond flick Casino Royale, which features Bond chasing down bad guy Sébastien Foucan, the guy from the chicken ads. After seeing that chase sequence, it's impossible to doubt the awesome fluidity, impressiveness and appeal of parkour.

Photos clockwise from top right:

"Ishta Ho" by Tom Law

"rhys James" by Chia Yu yen

"Wiseno" by Chia Yu Yen

"Kenny Yuen" Milton

"Rhys James" by Djordje Djordjevic



Karate Kids

Vicky Szmajda

My journey to learning Karate began because I could never see myself in a gym. I did try it once, but the gym I visited was full of bodies that didn't look as if they really needed to be there.

I wondered whether pudgier newbies hid themselves out in the back rooms until they were fit for public display. Alas, I found only a roomful of cycling dervishes, all facing the same direction and heading with great speed and determination straight to nowhere. And just how do you break the ice with the person on the bike next door if you have to yell over the sound of their iPod? Perhaps a step class? Step up onto the step, step down from the step...I could do that. The only problem was it was not the most exciting experience in the world.

I was to regret that thought when I went to a kickboxing class. I got partnered off with a guy who looked pretty serious about his kickboxing. The object of the partnering exercise was simple; take turns holding the bag while the other person kicks. I held the bag alright... right into the wall. Excitement plus, but again, this was not the class for me.

It was as I was throwing an elbow to get onto the 891 that I realised—perhaps I'd been approaching this from the wrong angle. Rather than signing up to a bunch of fitness classes, perhaps I could do an activity that I would get something meaningful from. Something that, by its nature, promotes a healthier, fitter lifestyle. Something like a martial art.

While I'm not a violent person at heart, at 5 ft 2" it was clear that martial arts would help my chances in a physical confrontation. Plus, I'd always enjoyed martial arts movies. I decided to tag along the next time a martial arts-enabled friend went to training, and it was the best decision I ever made.

UNSW Budokan Karate is a social martial arts club. While there are clubs around that cater for the serious karate-heads, UNSW Budokan Karate is accessible to the average person—people come for a variety of different reasons, and the club membership reflects this. There are roughly equal numbers of men and women, and club members are distributed over the full spectrum of abilities, from white belted newcomers to seasoned black belts, which means that there is always someone around to learn from. Some people initially join because they have a late class on Tuesday, and some come to learn something useful. All stay for the camaraderie and the joy of doing something worthwhile.

Karate is a discipline that moulds you even as you learn it.

Karate develops techniques that involve both your arms and legs in attacking and defending moves. While it takes a very long time to achieve a black belt, you will surprise yourself with what you can achieve in a short time. Knowing how to punch – and where – for maximum impact, how to deliver a kick, and how to block attacks to the face and body is shown in the first class. Exercises are done in class to improve your core strength and flexibility, and while you might never do the splits (or want to!) a few months down the track you might think nothing of it when your Sensei (instructor) asks you to demonstrate a jodan (to the head) kick.

The karate ethos is based on respect – respect to the art, yourself, and to others. Because of this, you won't be subject to any unsafe or uncontrolled

manoeuvres, or thrown into a melee and exhorted to fight your way to the top over the prone bodies of fellow club members. Within the training room, demonstrations are carried out responsibly and with safety as the number one consideration.

Did I get fit? Yes, I dropped two dress sizes in six months and all because it didn't actually feel like exercise. More importantly, I found that learning a martial art brought me greater self-confidence... and it's not the confidence that relies on being able to beat up people, either. Karate is a discipline that moulds you even as you learn it. This is why old hands say that karate is a way of life.

Get your kicks

Level 1, UNSW Lifestyle Centre (Unigym)

Tuesday and Thursday, 7pm to 9pm

\$10 per lesson + membership

**Contact us
karate@unsw.edu.au
www.karate.unsw.edu.au**



Why Sport?

Ana Gacis



People play sport to test their physical and mental capacity, keep fit, socialise, or all of the above. UNSW has produced a number of Olympians, such as Sonya Chervovsky and Semir Pagic who represented Australia in Judo during the 2004 Olympics. What motivates these avid sportspeople?

Anu is a sports person that loves to take her sport to the extreme. Anu runs in marathons such as the NSW Marathon Championships and the City to Surf, which she enjoys because it "allows me to feel alive and escape from the everyday events. [Running] shows me what my limitations are and whether I have the potential to break them." You don't have to be too serious about running to enjoy it either. "After a few too many drinks" relates Anu, "some boys ran the 400m on the Sam Cracknell Pavilion Oval [The Village Green]. In the nude."

Team sports cater for those who find strength in numbers to motivate themselves to exercise. In the early 1960's, netball was strangely called "women's basketball". While netball doesn't share the rhythm of

"We play sport to feel like we're doing something active in our lives" Taido Club

basketball, it does share its team spirit. Julia Warkerberger from the Netball club says "I love that everyone works together to achieve a goal. Some other team sports can have one or two individuals who do all the work, but with netball, everyone has an equal part to play in order to win."

Julia also comments that team sports are great because they surround you with a group of friends who'll pick you up when you fall over or laugh with you. Or at you. Julia recalls when the netball club's treasurer "split his pants when he was going for the ball on an excellent rebound, [he] must have taken solace in the knowledge that at least he had his team behind him, if only to laugh at his behind!"

Although sport is meant to be "social" we all have horror stories from when we refused to believe that it was just a game. A visit to the 2nd floor of the UniGym will reveal a level of sledging befitting a World

Cup match. I was lucky to walk away from last year's mixed netball season unscathed. I witnessed tempers flare over perceived injustices and a little more contact than the referees could call. The semi-finals had to be stopped when a girl's nose received the aggressive end of a goal-keeper's elbow. Our team was terribly traumatised after being robbed of victory by a single point. We suffered in solidarity as we watched our team photo posted on the UNSW sports website get taken down, only to be replaced by a photo of those cocky buggers on the other team.

"Knowing you have beaten your personal best is the greatest feeling" Athletics Club

In sport, there will always be winners and losers. But it doesn't really matter. Ashley Clark, captain of last year's touch football championship team says with a smile, "At the end of the day everyone sits down and has a beer and no-one cares about the outcome of the game."

The upcoming Unigames attracts all kinds of players, from the determined athletes to those who learnt to play tennis on a PlayStation. Check them out when they come to UNSW in the first week of July.

Regardless of whether you play in a team or individually, sport gives you the chance to test your limits. Even if the only thing you play are beersports.



SPIN THAT WHEEL...

4 WEEK POTTERY WHEEL COURSE NOW AVAILABLE AT THE Arc!

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The Blockhouse
Thursdays, 10am-12pm
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\$60.00
arc.unsw.edu.au

Pottery Studio

ATC
UNSW Student Life



CHECKMATE KNOCKOUT

**FIGHTING IS DONE
IN THE RING AND
WARS ARE WAGED
ON THE BOARD.**

Carissa Simons

Two men enter a boxing ring. They're wearing the usual ensemble of satin shorts, boxing gloves and mouth guards. They're angry, testosterone-filled examples of idealised masculinity. They get into their starting positions, and begin four minutes of heated battle – over a chessboard.

Welcome to chess boxing, the sport that focuses both on brains and brawn. One minute, the opponents are attempting to pound each other in to unrecognisable pieces of mince meat. The next, they're trying to decide whether the other guy will take their bishop if they move their rook to take the other guys' knight. That's if they still have the mental ability to tell the difference between a rook and a knight. Or to even understand why there's a chequered board with 32 little wooden carvings placed on it sitting in front of them with an arena full of people watching and holding their breath.

The sport, which originated in Berlin, has a fairly simple set of rules. The elite chess boxers spend four minutes playing chess, and then have a one minute pause before embarking on two minutes of boxing. This goes on for up to 11 alternating rounds until someone wins.

Competitors can claim victory either through a knockout, a checkmate, or if their opponent runs out of their allotted 12 minutes of chess play time. If none of these occurs after eleven rounds, then the player with the most chess pieces win. In the unlikely event that both players have the same number of pieces left on the board, the player with the black pieces automatically wins for no apparent reason. So, theoretically, a really good boxer could just wait til the second round and KO his opponent.

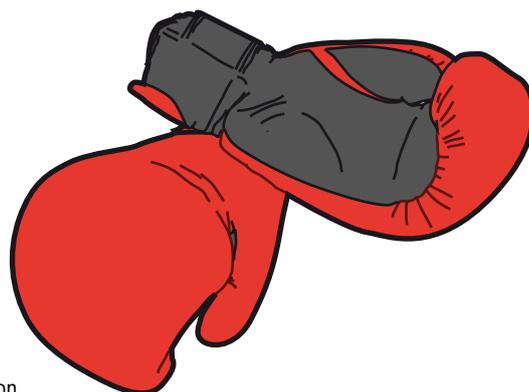
The competitions in Europe, and recently North America, are governed by the illustrious World Chess Boxing Organisation (WCBO). According to the WCBO website, their aim is to train people in the art of chess boxing, which combines the "no. 1 thinking sport and the no. 1 fighting sport."

The raison d'être behind chess boxing is emphasised in the WCBO's motto, "Fighting is done in the ring and wars are waged on the board." According to Dutch artist and chess boxing creator Iepe Rubingh, the hybrid sport is far more challenging than either of the original games.

no. 1 thinking sport and the no. 1 fighting sport

"You come out of the boxing with a very high pulse and adrenaline levels, so you need to have an excellent physical condition to get those levels down and be able to play chess."

So how did Rubingh stumble across an idea that you'd only expect to find in fiction? Well, he took it from fiction. *Froid-Équateur* is a comic book by French cartoonist and director Enki Bilal. Set in 2096, it features survivors on a decimated planet competing in various sports, one of which is chess boxing.



If some historians are correct in their belief that chess was developed by Buddhist monks as a bloodless substitute for war, then it appears that Rubingh has missed the point. Jase Graham, two-time coach for the women's Chess Olympics team, thinks that chess boxing makes a mockery out of at least one of the games it draws inspiration from. Chess boxing "is a gimmick", he says, "it comes from the same league of people who create World Wrestling Federation Smackdown. And yet it has pulled crowds in the Netherlands".

Crowds in the Netherlands probably aren't enough to secure Rubingh's dream of having chess boxing instated as an Olympic sport. Although, it would give Olympic sports commentators a new repertoire of puns to enjoy.

Are you emotionally healthy??

Try this quick quiz and find out...

Part A

- What should you do before an exam?
 - drink lots of alcohol to calm yourself down
 - sleep in
 - drink lots of energy drinks to psych yourself up
 - try a relaxation exercise and revise your notes
- Who would be best to talk to about your problems?
 - the next cute person you meet at a party
 - some one you trust that cares about you
 - the bus driver
 - the drive-through person at any fast food restaurant
- Where can women go for some peace and quiet on campus?
 - the Women's room at the Blockhouse
 - any lawn, lounge or library on campus
 - any dark alley or corner where no one walks past and no one knows you're there
 - a and b
- What can you do if you would like to make new friends?
 - join a club or society
 - do some volunteer activities
 - play some team sports
 - all of the above
- What should you do after you finish a zillion mid-semester assignments?
 - go out and party until you get blind drunk
 - get a tattoo
 - relax and get some sleep
 - immediately start stressing about final exams

Answers:

Part A
1.d 2.b 3.d 4.d 5.c

Part B

True or False:

- Not everyone can tell when they are getting depressed
- A little bit of stress is normal and healthy
- A little bit of depression is normal and healthy
- Alcohol is a cure for stress
- Physical exercise will help you deal with stress and anxiety

Answers:

1. True 2. True 3. False, depression now and then is normal, but not healthy 4. False, alcohol might provide short term relaxation but will bring on long term stresses. 5. True

Part B

To find out the best ways to handle stress and other emotional issues that may be on your mind, why not come and listen to one of the free Emotional Health Forums running this week?

Forum 1: Exploring Healthy Body Images

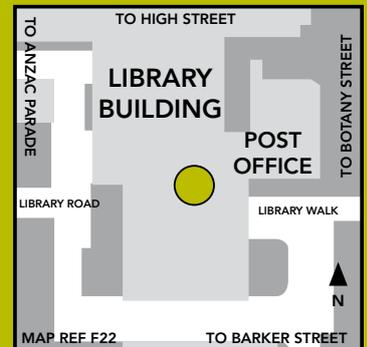
1 – 2 pm Tuesday 27 March in the Blockhouse

Forum 2: How to Handle Stress and Anxiety

3 – 4 pm Tuesday 27 March in Quad 1001

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WHAT'S ON

Week 5 March 26-30

MONDAY 26 March

Table Tennis

11-3pm

Table + Tennis = fun
Main Room, Roundhouse
Free

Amnesty International UNSW BBQ 12-2pm

AI UNSW will be holding a BBQ to promote our Human Rights and Security Campaign. Come by for some snags and sign our petition for David Hicks and abolishing rendition flights!
Library Lawn
Free for members and \$1 for non-members

ARC Queer Boys 12-3pm

Weekly meeting for Queer Boys and Queer Friendly students on campus. Relax, have lunch and catch up with the Queer Department
Queerspace (Chemical Sciences 920)
Free

Circusoc Monday Night Meeting 5-late

Come and learn some circus skills and meet new people. All welcome!
Free for members
Physics Lawn, UNSW
Free for members

Happy Hour 5-6pm

The happiest hour of the day!
Roundhouse
Free

Weekly Debating 6pm

Join us for a debate about a topical issue - we promise we don't bite!
Mondays of session
CLB
Free

Circusoc AGM 6PM

AGM of UNSW's Circus Society. For more info visit www.circusoc.com
Roundhouse TBA
Free

Studio Four: The Complete Works of Shakespeare (Abridged)

8pm

3 actors, 37 plays, 97 minutes. Bookings 0412 041 895.
Studio One, Gate 2 near High St.
\$8 students \$10 adults (\$3/\$2 Studio 4 discounts)

TUESDAY 27 March

Red Cross BBQ 10am onwards

A great way to meet people in Red Cross and have a sausage and drink. All proceeds go to the Australian Red Cross.
Library Lawn
Donations to Red Cross

Table Tennis 11-3pm

The sport of champions
Main Room, Roundhouse
Free

Thoughtful Foods Co-op Opening Hours

10.30am-4.30pm

The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount!
Behind the Roundhouse, near Eats at the Round

Women's Literature Group 12pm onwards

Come to learn about feminism and women's issues! This week's topic is "Feminist Consciousness". What makes someone a feminist? Am I a feminist? What does that mean, anyway? Come to learn, discuss, make friends!
Women's Room, Level 1, Blockhouse, Lower Campus
Free! (Bring your thinking cap!)

ARC Queerplay 12-3pm

Weekly meeting for the Arc Queer Department. Come relax, have lunch and meet other Queers and Queer Friendly people on campus.
Queerspace (Chemical Sciences 920)
Free

UNIBUDS: Lunchtime Meditation and Relaxation 1-2pm

Find peace amidst your busy day every Tuesday, and discover your calmness within. Whether you are a beginner or practitioner, member or not, all are equally welcome to just drop in! More information at: www.unibuds.unsw.edu.au/ or contact Alex on 0401 060 394.
UNIBUDS library, Squarehouse Level 3
Free

Circusoc Fundraiser BBQ Library Lawn, UNSW 1-2pm

Come and get a Circusoc speciality burger and help us raise \$\$ for our new show **Kerros**.
Fundraiser

Trivia 1-2pm

Beat smart people at their own game
Unibar, Roundhouse
Free

Women's Collective Meeting 1pm-2pm

UNSWomen is a social network and policy body for women on campus. Come to participate in discussions, meet other women, or simply enjoy our delicious (free) food! All women welcome!
Women's Room, Level 1, Blockhouse (Lower Campus)
Free!

Emotional Health Forum No. 1 1-2pm

Exploring healthy body image
Training Room 1, level 1 of the Blockhouse, just ask the Arc reception.
Free

Emotional Health Forum No. 2 3-4pm

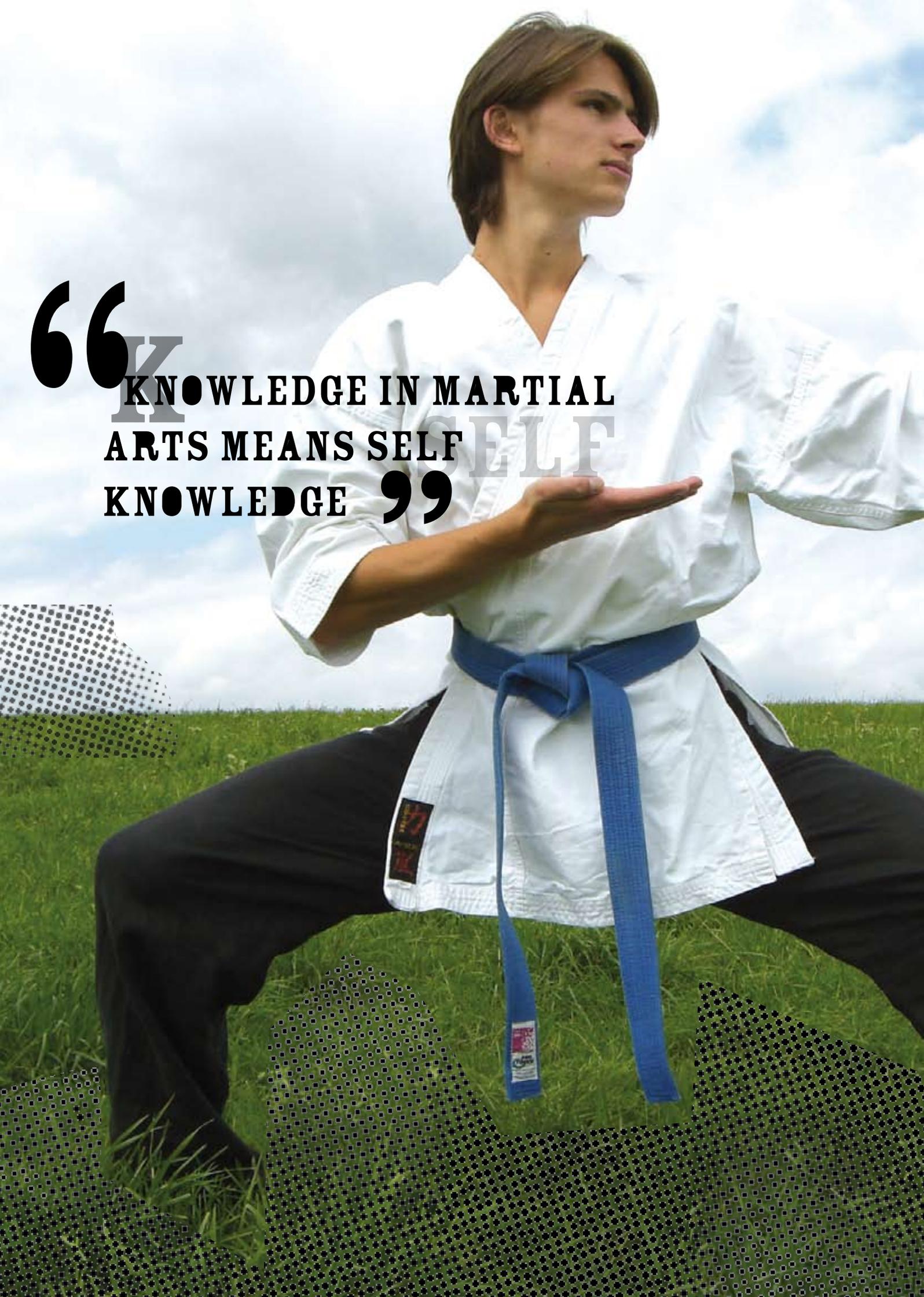
What to do and how to manage stressed, or emotions when feeling anxious or down.
Location: Quad 1001, level one East Wing.
Free

Lord Mayor's Welcome for International Students 4pm onwards

Join the Lord Mayor of Sydney in welcoming new international students to Sydney. Registration required at ISS reception (East Wing, Red Centre)
Sydney Town Hall
Free

Pool Comp 5-6pm

Be a shark
Roundhouse
Free



**“KNOWLEDGE IN MARTIAL
ARTS MEANS SELF
KNOWLEDGE”**

FIGHT CLUBS

Ana Gacis

As one of only three girls in the room, I was picked for the “privilege” of demonstrating the next exercise. He told me to clench my stomach muscles. “Now face your partner” the 70 kg instructor said as he turned and smiled at me. “Take turns, and do this.” He punched me hard in the gut. I gasped for air.

My shock reflected in the looks of disbelief on my classmates faces. “This will improve your core muscles” he said, unaware of my gasping. I swore to myself I’d demand a refund from the Sports Association if I didn’t have abs like J-Lo after this session. It was my first kickboxing class, and I was being used as a human punching bag, viciously kicked repeatedly by a 6 foot girl on exchange from the USA, and I felt as though my arms had been put through a food processor. I wondered if I was insane, and if there was any sense to this martial arts sensation.

The obvious violence of martial arts makes it fascinating, yet notorious. Contrary to popular belief, most of those who learn martial arts don’t nurse a perverted sense of pleasure from inflicting physical pain on another human being. John Buckley, a high performance coach from the UNSW Judo Club stresses that “we don’t deliberately set out to hurt our opponent- if it happens, it happens, but that’s not why we play.” The reason why John plays is quite personal. “It was a means of obtaining the satisfaction of pitting your skills against an opponent where, within the rules, little is held back.” On both a physical and mental level, martial arts provides a haven where we can unleash the bonds of our restraints in a controlled and “safe” environment.

James, a law student and amateur boxer, on the other hand enjoys the violent aspect of boxing. But stresses that “you’ve got to think of the brutality in context... It’s not about enjoying hurting someone else. It’s about enjoying winning that survival fight. Because the brutality is against yourself. You’re getting in the ring and you put yourself on the line.”

The simplicity of legally beating the living daylight out of someone is an odd but honest source of comfort for many. “Life has so many greys and maybes”, says James, a law student and boxer

from Hornsby. “Everything in life is complicated- but boxing allows you to simplify it... For that little while when you’re sparring or training, you’re just concentrating on simple factors like hit or be hit.” It’s true that we often juggle being too primitive and being too complicated. We forget about the simple things in life. “Boxing,” says James, “makes you appreciate the fact that you are there and that you are alive.”

Vicky Szmajda admits she wasn’t a “violent person” at heart, but it took an elbow throwing experience when getting on the 891, to come to the realisation that perhaps she should develop her combat skills. She wanted “to get into something meaningful, something that, by its nature, promotes a healthier, fitter lifestyle.” She chose to join the UNSW Budokan Karate club and learnt “how to punch and where, for maximum impact.” She is now a more formidable bus passenger, but don’t be too scared. Respect is at the core of the Karate ethos, which includes a respect for others as well as the art and self. So Vicky won’t high kick you; unless you take her seat.

Taido, which translated means the way of the body and mind, unlike its ancestor karate, was only developed in 1965. This three dimensional martial art changes the body axis and balance, which makes it is one of the most mesmerising disciplines to witness. Louise Carlsson, a black belt in Taido and a 4th Dan Renshi, was part of the national team in Sweden before starting the Taido club in UNSW in 1997. The main technique of Taido, she says is “attack in defence.” The best strategy however, “is to be there at all. While in reality players aim to get that one hit where you completely incapacitate your opponent, if you can get a kick that slaps them on the back, and they know they’ve been hit, you don’t have to hurt him...the humiliation that they know they’ve been bested is enough.”

“Knowledge in martial arts means self knowledge” said Bruce Lee. Jeremy, a mining engineering student of the UNSW Taido club recalls the day when he reached new heights in Taido. “I couldn’t do a backflip, and I needed a backflip for my form... But I got an adrenaline rush being on the mat and performing in front of the crowd, being judged for what I was doing and getting a buzz at the end of it. I did a backflip on the mat that day and I’ve been doing it properly ever since.” He says with his tone rising, “Whether you win or lose, the fact that you’ve actually competed is... euphoric.”

UNSW offers many martial arts clubs on campus to choose from. Apart from sharing philosophies on how best to break someone’s leg or execute a roundhouse kick, they’re great to meet new friends and have a laugh. The Taido club apparently does comedy as well as martial arts. “We love our jokes” Louise says as she relates “you’ve got to keep your weight on your feet and you can’t have your heel in too much. So when the sensei yells in training, ‘Where do you keep your weight?’, Jeremy screams, ‘On your balls!’ I laughed. I was scared not to.”

“The approach you take to martial arts is the approach you can take to life” says Jason, who competed in the Taido Championships in Japan. “To get better, you have to go beyond what’s comfortable for you and keep going. The next time, you can go that much further before it starts to hurt.” Keep that in mind when your tutorial homework feels like unconquerable foe. Remember something that one of the most successful coaches in American Football, Vince Lombardi, said, “It’s not whether you get knocked down, it’s whether you get up.”



REVIEWS



Film: Old Joy

Carissa Simons

Kelly Reichardt's feature-length directorial debut, *Old Joy*, is a quintessential tale of the bonds that hold male friends together. It's a quiet, reflective, look at Mark (Daniel London) and Kurt (Will Oldham) as they spend a weekend away camping in the forests of Bagby Springs, Oregon. For Mark, the weekend away is an escape from the pressures of imminent fatherhood. For Kurt, it is a chance to reconnect with a man who he looks up to and respects.

Old Joy marks a departure from the standard Hollywood formula. This isn't a film about the complications and challenges that face the lead

characters at every turn. Instead, it gives the audience a voyeuristic glimpse into the thoughts, fears and emotions of these two friends.

The minimalist nature of the film, which imbues it with a zen-like quality, can be unsettling for an audience raised on Hollywood blockbusters. But it is the nostalgia and calm of earlier generations that *Old Joy* seeks to recreate and celebrate.

To do this, camera filters are used to create a cityscape that is full of bright colours, yet still appears painfully bleak. In contrast to the gloominess of the city, the film glorifies the woodlands through the long tracking shots over the rivers, plantlife, and creatures of Bagby Springs. The original soundtrack by Yo La Tengo complements the serene quality of the film to perfection.

In a world where the old record store has been replaced by stores offering "Rejuvenation", and idealism is no longer celebrated, *Old Joy* celebrates what holds us together – no matter how quickly the world is changing around us.



Music: Jake Smith, The White Buffalo EP

Thomas George

The *White Buffalo* EP is the first EP released from American singer Jake Smith (whose alter-ego just happens to be *White Buffalo*). This small release comprises of 6 songs that Jake Smith wrote himself, based on life experiences and his vivid imagination.

The songs vary in theme from falling in love with a hooker, to the moon and even a matador, all thrown into the mix. With each song he manages to paint a vivid story with his guitar. His musical style is very much like Johnny Cash and even Nick Cave. Though his genre is hard to define, he can easily

be comparable to folk-pop, such as the likes of Pete Murray.

The first thing that strikes you on hearing this recording is Jake Smith's deep melodic voice. His rich timbre suits his guitar perfectly and follows him from song to song without question or complaint.

The most striking feature of the 6 songs featured on this EP is not that any one stands out from the rest, but that they are all equally enjoyable and addictive on their own. The lyrics are simple yet convey complex emotions with a hint of humour and mischief, but never disdain. In essence Jake Smith leaves you with the feeling of contentment rather than bitterness at life.

Jake Smith is returning to the recording studio this year to expand *The White Buffalo* EP into a full album due to its ongoing success. He is also touring this year as support act for Gomez when they come down under in April.

EXPRESS AMUSE EXCITE

We are currently seeking fun, energetic people to promote entertainment events on campus. You don't need any experience, all you need is a willingness to get involved and have some fun!

PICK UP

a Hypesmiths form at the Blockhouse, Roundhouse venue reception or Contact office.

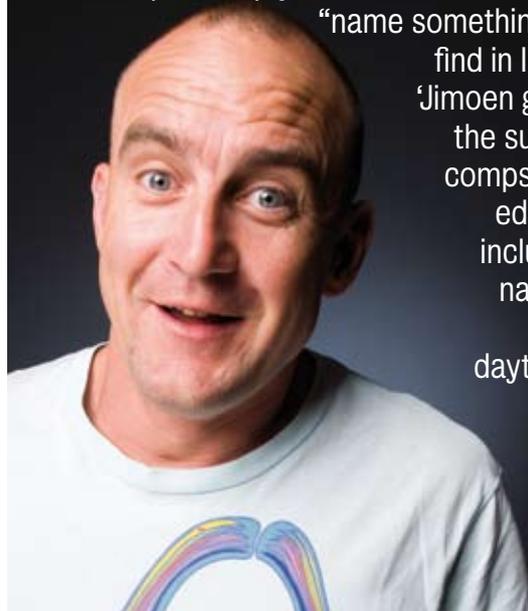
OR EMAIL

hypesmiths@arc.unsw.edu.au and join one of the most exciting volunteer programs on campus!

WIN A DOUBLE PASS TO JIMOEN!

To be in the running to win one of two double passes to see Jimoen on Saturday 31 March @ 9.30pm, simply answer the following question

"name something you would find in Ireland" with 'Jimoen giveaway' as the subject line to comps@arc.unsw.edu.au. Please include your full name, student number and daytime contact number.





Travelling around on your own is the very greatest, most annoying, enlightening, boring, wonderful, fucked up thing you will ever do.

You waste so much money having a horrible time to have the best time of your life. You miss nobody and crave their company everyday. You change every one of your strongest held ideas and realise that you were right to begin with. You hate hostels. You learn a new language and find out that foreigners speak the same old shit people back home did. You learn to sleep in your clothes. You eat nothing for days on end and then gorge when someone makes you food. You realise that most of your fellow travellers are not like minded people. They are the same people you hated at home; they just have the money to travel. The few people you find and love in other countries, you could have found at home. But they make it worth it. Life is essentially the same in all rich countries. Life is fucking horrible in the third world. You can't trust anybody. But you already knew that. You trust someone and it's the best thing you could've done. You hurt yourself and are amazed by human kindness. You're lost, alone and confused and amazed at people's disinterest and malice.

You should try it.

Travelling Alone

Willem Christer



CRACKER

WIN!

COMEDY PASS GIVEAWAY!

Calling all comedy lovers... Cracker! Sydney's Comedy Festival is back for another side-splitting year. It's fresh, it's funky and it's FREE (if you're a winner)!

To win a double pass to see Sam Bowring on Friday 30 March @ 7.30pm in The Factory Theatre, simply be the first person to send their favourite joke with 'Life's a Cracker!' as the subject line to comps@arc.unsw.edu.au. Please include your full name, student number and daytime contact number.

Cracker Comedy Festival runs from March 7 to April 1. For full program details and to book tickets to any festival, visit crackercomedy.com

Need food, drink, a snack, a phone card, some stationery?
Go straight to an Arc store

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- Mathews Food Hall
- Blockhouse

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Mathews Arcade

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for all your art, design and stationery needs



UNSW Student Life

Walk the Village Green

In the UNSW Relay For Life

Rachael Smith

On April 20th at 4pm the UNSW Village Green will be packed with tents, people and oomph as the first-ever Cancer Council Youth Relay For Life in Australia kicks off.

From its start in Washington in 1985 by one man, Relay For Life has exploded and in 2007, 23 countries will be holding Relay For Life events. From Jamaica to Slovenia, in Mexico, South Africa and the Second Life@cyberworld, communities are walking, jogging and jiving around their local ovals through the night to raise awareness and funds to fight cancer.

In Jamaica the Relay night is filled with karaoke, socaerobics and a Purple Party. In Mexico the crowds were entertained by local bands, a magician, and "dancing cows".

At UNSW the Village Green will have a festival feel with around the clock entertainment including live bands, comedy acts, food stalls, competitions and more.

Be part of the fun. Form a team of 10 or join a team or just come down and get involved with the event, it's going to be the best Youth Relay For Life Australia has ever known.

For enquiries, to join a team or to volunteer to help run the event come along to one of our information sessions this week in Quad Room 1001, 1-2pm and 5-6pm or email UNSWrelayforlife@gmail.com. Register online at www.relayforlife.com.au/nsw.

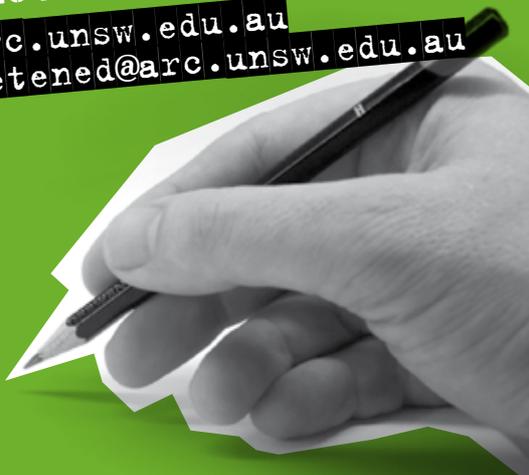


UNSW Relay For Life. 4pm Friday April 20th to 10.30am Saturday April 21st. Walk The Village Green.

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COMICS

EUGENE!

BY LINUS LANE

www.theunibin.com



MARCUS... I'M WORRIED ABOUT THE LACK OF GLOBAL RESPONSIBILITY IN GOVERNMENT...

I'M WORRIED ABOUT OVER INDULGENT FIRST WORLD LIFESTYLES IMPACTING ON UNBORN GENERATIONS!!!

I'M WORRIED ABOUT CORPORATIONS DESTROYING HUMANITY'S FUTURE FOR PROFIT!!

EUG... GHANDI SAID "YOU MUST BE THE CHANGE YOU WANT TO SEE IN THE WORLD..."

HMMMMMM...

I THINK IT'S BETTER JUST TO WORRY ABOUT IT...

Linus

SUDOKU

4	9					8		
			3	2	8			
	2	6		4		7		1
1			7			4	6	5
	4		6		2		8	
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	1		2	5	6			
		7	8				4	9

ARC CONTACT
UNSW Student Life

Q&A

THE ANSWER TO ALL YOUR QUESTIONS

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 OR CALL 9385 5880

CLASSIFIEDS

UBS Investment Banking Challenge 2007

UBS Investment Banking Challenge - do you have what it takes to work on a real M&A transaction? Applications close 20 April so get your team of 2-5 together and register at <http://www.ubs.com/challenge>. Applications close Friday 20 April and the heat rounds will be held at UNSW from Monday 30 April to Friday 4 May. For further questions, email: ibchallenge@ubs.com

Opening Soon! New Purpose Built Child Care Centre near UNSW

Conveniently located near Anzac Parade at Chifley for 0-5 years. Low Introductory Offer! Enrol Now!! Long Operating Hours (7.30am-6.30pm) Nappies and Four Meals provided per day, Structured Educational Programme. Contact: 043-976-0084 or email: earlyyearschildcare@gmail.com to visit the centre and enrol.

Soccer Referees Wanted

Do you want to earn extra cash while getting fit and tanned? Are you a qualified soccer referee or are slightly interested in becoming one? They Sydney Schools Soccer Referees are looking for new recruits and would love to hear from you. Experience not necessary, just so long as you're keen to have a go! Email Graeme Burns, graeme.burns@student.unsw.edu.au for more details.

Be Part Of A Study And Be Paid

We are looking for participants for a research study investigating the effects of exercise on nervous system function and motor control. The experiment will take about 2-2.5hrs to complete. We need healthy subjects between age 18 and 60 yrs old with no history of neurological diseases who are right handed. We will re-imburse your time at a rate of \$15/hr. Please contact Michael on 9385-8710 or e-mail z2215083@student.unsw.edu.au.

Tutor Wanted

I am looking for a tutor for Quantitative Methods A. Preferably someone who is able to travel to Epping for a weekend tutorial. 2-3 hours a week. Call Alex on 0412 880 434.

Free Lecture On Solar Energy

Professor Helmut Tributsch, the prominent international authority on solar energy will speak about the urgent need for all of us to use solar energy in a smart way on. The lecture is on Monday, 26 March and doors open at 6pm for a lecture commencing 6:30pm. It will be held in Leighton Hall, The Scientia at UNSW. Admission is free but please RSVP to Catherine Gunning, email: solarenergylecture@bigpond.com. For more information: see www.cmrec.unsw.edu.au

Migration Information Session For All International Students

Thursday 5th of April, 3-5 pm Physics Theatre. Free Session. Register via email at international.student@unsw.edu.au

Shalom College Residents Society (RESSOC) EGM

Shalom College Residents Society (RESSOC) will be holding an EGM on Wednesday 4th April at 7pm in the Shalom College Common Room to vote on the new constitution. Everyone is welcome to attend.

KSA (Korean Students Association) AGM

KSA (Korean Students Association) will be holding an AGM in Week 6 on Friday at 2pm in the Training Room 2 Blockhouse.

Anjali Tamil Society Movie Night And AGM

Come along to UNSW Anjali Tamil Society's movie night and AGM on 4th of April. Free pizza, soft drinks and fun for members. \$3 membership fee can be paid at the door. Where? Civil Engineering lecture room G1. When? Wednesday 4th of April at 5:30pm. For further details email anjali_tsunsw@yahoo.com. We hope to see you there!

Are You Interested In Fat Loss?

Researchers in the Faculty of Medicine are looking for females aged 18-30 years for a studying examining the effects of high intensity short interval exercise, diet modification and fish oil supplementation on fat loss in women. It involves 12 weeks of exercise training in the HESC Exercise Physiology Lab at UNSW. We will give you all the information about your health and fitness that we gather once the study is finished and will inform you about our findings. If you are interested, please contact: Sarah Dien or Steve Boutcher in Health and Exercise Science in the Wallace Wurth Building in room LG02. Otherwise email sarah.dien@student.unsw.edu.au or call 02 9385-8710.

To advertise your classified, email blitzeditor@arc.unsw.edu.au with a title and a description. The maximum word count is 60 words.

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WANTED



If you are fit, healthy and a non-smoker between 18 to 50 years and are interested in helping us with our medical research, please call us. You will be paid for your time and inconvenience.

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Email: volunteers.4.trials@gsk.com



James Lance GlaxoSmithKline Medicines Research Unit
Level 10, Parkes Building East, The Prince of Wales Hospital
Randwick, NSW 2031

VDB # 29 version 1, 21/08/2006

VOX PODS

Q1

1. Which sport has the most attractive people?

Q2

2. What should be recognised as a sport but isn't?



Claire

1. Definitely soccer
2. People eating blended maccas was awesome



Kate

1. Bingo, Wednesdays 1pm
2. Bingo



Jesse

1. According to my host mother its kendo because everyone has a mask on so you can't actually see their faces
2. The scientia sprint



Damion

1. Ultimate frisbee because I play it
2. Ultimate frisbee because nobody looks at it that way



Paul

1. Hockey
2. Croquet



Matthew

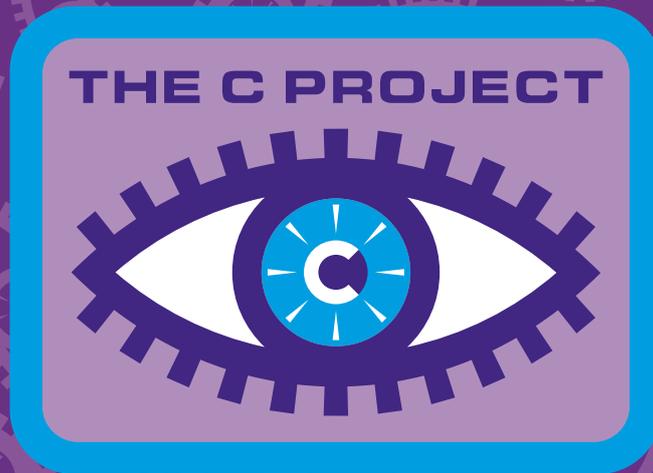
1. Tennis
2. Hard question- Yoga



Kim

1. Tennis, Andy Roddick all the way
2. Sleeping, definitely

FREE CD WALLET



Did you know Chlamydia has increased by 361% in people mainly under 25 years of age?

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