

SPORTS

7 Pares is DB champion

By Tessie A. Agsipo

7 Pares earned the championship title of the Discovery Bay's winter volleyball tournament after beating

muse award
Other winners were highest pointer; Cris tosser; Cookie Espiri
Joy Aranas and C
After three Sundays of play

has a 3-0 record, followed by second place by Sai Mizer which have an identical 3-1 sl D'Hitz beat Super Jaya in close fight, 25-14, 21-25, 15-1 Airwaves crushed 1st Notty 25-19, but ran out of bad luck faced Hitz. In its second game day.

1st Notty bounced back Super Jaya in a 3-set game, 1 24, 15-13.

In other games, 4U2C beat Jaya, 25-21, 25-21.

Friendship team had to exert effort to triumph over Wan Chai 20, 14-25, 15-7, while Combat won over 4U2C, 25-22, 22-20.

The other winners were: Friendship over Airwaves, 2 25, 15-10; and St. Teresa beat 1 17, 25-18.

The losers included 4U2C suffered its second setback for in the hands of St. Teresa, 22-2 while Combat Arnis again lost Indo, 22-25, 22-25.

St. Teresa continued its v streak by beating Wan Chai third game, 25-16, 26-28, 15-1 1960 reeled from its second lo day courtesy of D'Hitz, 25-20 which then went on to dump W G, 25-21, 25-19.

The last win was scored Teresa over Friendship, 25-14, 2

Team standings

Teams	W	on	I
D' Hitz	3		
Sai Mixer	3		
4u2c	3		
Combat Arms	2		
Friendship	2		
St. Teresa	1		
Futa Indo	1		
Super Jaya	1		
1 st Notty	0		
Wan Chai G	0		
Airwaves	0		
1960	0		

APO league yields to Bayanihan

By Cris B. Cayat

APO's 19th Volleyball league which has been going on every Sunday at the Causeway Bay sports centre has been put on hold due to a conflict in schedule of some players.

Many of the players have signed up to play at another tournament that opened at the Bayanihan Centre on Apr. 16. Archie D. Fernando of Manggagawang APOHK, the organizer of the league, said they decided to postpone their games in support of the Bayanihan Trust.

The APO tournament will resume on Apr 30, also in Causeway Bay.

During the games on Apr. 9, Raiders earned another win after beating San Agustin, 25-23, 25-18 while Genesis Parz won over Alaminos in a tight battle, 25-24, 26-25.

The next Sunday, the organizers only managed to finish one game. Super Jaya was victorious over JP Angels, 25-23, 25-21.

Martial arts joint training

By Erma C. Geolamin

Arnis masters joined fellow martial arts enthusiasts from the Black Panther group in a training session on Apr 5 at Quarry Bay Park.

Arnis, or also known as kali, escrima, or baston, is a complete martial arts system encompassing weapons training and empty hand self-defense. It also includes training in single stick techniques (salo baston), double stick technique (double baston), stick and knife or dagger technique (espada y daga), dulo-dulo (palm stick) and sangot.

According to arnis teacher Abner Anievas, Filipino martial arts are very adaptive, pragmatic and equally based in weapon and empty hand skills. It is an ancient art practical for self-defense that is designed to be easy to learn.

His group, the International Modern Arnis Federation (HK) also provides training under a new technique called the Remy Presas Modern Arnis System.

Anievas says modern practitioners will learn self-discovery and self-control apart from gaining mastery of the game.

Anievas practiced arnis in the Philippines for 10 years before coming to Hong Kong in 1992. His group now has 21 full members, five of them local Chinese.

He says he started the group, hoping to promote Filipino culture through arnis.

During the training session, he demonstrated his ability in various techniques such as "salo baston vs doblada baston," "cinco teros redonda," the "cinco teros abanico," "mano de trangka" and "mano y mano" or hand to hand combat. Black Panther's head, Joseph Bautista said that, "martial arts is an art" but self-defense is also part of martial arts.

The Arnis Federation conducts training every Tuesday, Thursday and Saturday, from 6:30 to 8:30 pm for both English and Chinese speakers.

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