

UNL kung fu students learn healing and brick breaking

By Kim Wilt

Despite the popular notion that students of martial arts are aggressive fighters, breaking bricks with their bare hands, some UNL students are learning a "softer", more internal style of kung fu.

In early 1977, Jack Anderson, a junior education major, began studying in Kansas City with Dale Shigenaga, an instructor in the art of hsing-i (pronounced shing-ee), a form of kung fu.

As interest grew and more people became interested, Anderson invited Shigenaga and a pupil of his, Tony Franklin, to come to UNL to give a demonstration. In the spring of 1978, Anderson and some friends who were interested in the study of hsing-i, brought Master Hsu Hong-chi, a highly respected teacher of martial arts, from

Taiwan to UNL to teach them more about this ancient Chinese form of self-defense.

Twice a month

After seeing the interest expressed in hsing-i, Master Hsu suggested that the students travel to Kansas City on a regular basis to study at Shigenaga's school.

Since last August, that is what Anderson, and about six of his friends, have been doing twice a month.

Now, Shigenaga has moved, and Franklin, his former pupil has taken over the school. Last weekend, he flew to Lincoln to study with the group and help them perfect the difficult, intricate moves and breathing exercises that make up hsing-i.

Franklin, 23, explained that hsing-i is a more internal style than karate, and is used to not only build up muscles, but to strengthen and benefit inner organs as well. The study of hsing-i also involves the knowledge of Chinese medicine, he said, which can be used to treat colds, heal broken bones, and bruises, and treat other complaints.

Also doctors

"Most kung-fu masters were also doctors," Franklin said, which helped them to heal students who were injured while practicing. Also, he said, the masters could earn money by practicing medicines, as most of their students were poor peasants, and could not pay for the lessons.

One example of Chinese medicine, Franklin said, is a "moxibustion stick," which is composed of twelve ground pressed herbs, and burned like incense. "It smells a lot like marijuana," Franklin said, "but it won't do anything for you."

Super Ben-Gay

Franklin said the stick warms the skin "like super Ben-Gay, if you want to think of it that way," and can help broken bones heal faster. He said he also had bruise medicine and medicine to help a cold sufferer.

Although he began studying hsing-i because he was "bored and fat," Franklin said that he rapidly became interested in it, and now hopes the art will become known all over the United States.

"I enjoy teaching, and the art itself," he said, and would like to see the school grow.

"However, I don't want it to get to be too business-like. I want a personal contact with each student."

Hole burned in floor at Architecture Hall

A fire in Architecture Hall Friday afternoon burned a hole in the floor on the west side of the building, according to district fire chief Neil McPherson.

The fire began in a radiator pipe, where repairmen were working on the radiator valve, McPherson said. The workers must have cut something which sparked the fire, he said.

Students noticed smoke and someone pulled a fire alarm.

The fire was extinguished quickly and no injuries were reported. The fire was contained between the first and second floors and there was minimal damage to the area, McPherson said.

**PUT YOUR
ENGINEERING DEGREE
TO WORK**



Air Force Engineering team arrives from San Antonio, Texas, November 15. Interviews will be conducted with Junior and Senior engineering students at the Placement Office, second floor, Student Union, 10 until 5. Bring transcripts.

**AIR
FORCE**
A great way of life

**BRING THIS AD IN
TO THE
CROW'S NEST
BEN SIMON'S ATRIUM**

you'll receive
**BBQ Beef Sandwich
& soft drink**
for only

\$1.25

Offer good Monday through Wednesday
November 6, 7, and 8

ben Simon's
Atrium (13th & N)

NEBRASKA ARMY NATIONAL GUARD

We can save you 75% of tuition costs at the University of Nebraska, vocational & technical schools, and state supported colleges.

We pay you approximately \$1000 a year for 40 days work.

For further information contact YOUR LOCAL NATIONAL GUARD ARMORY

432-7641

