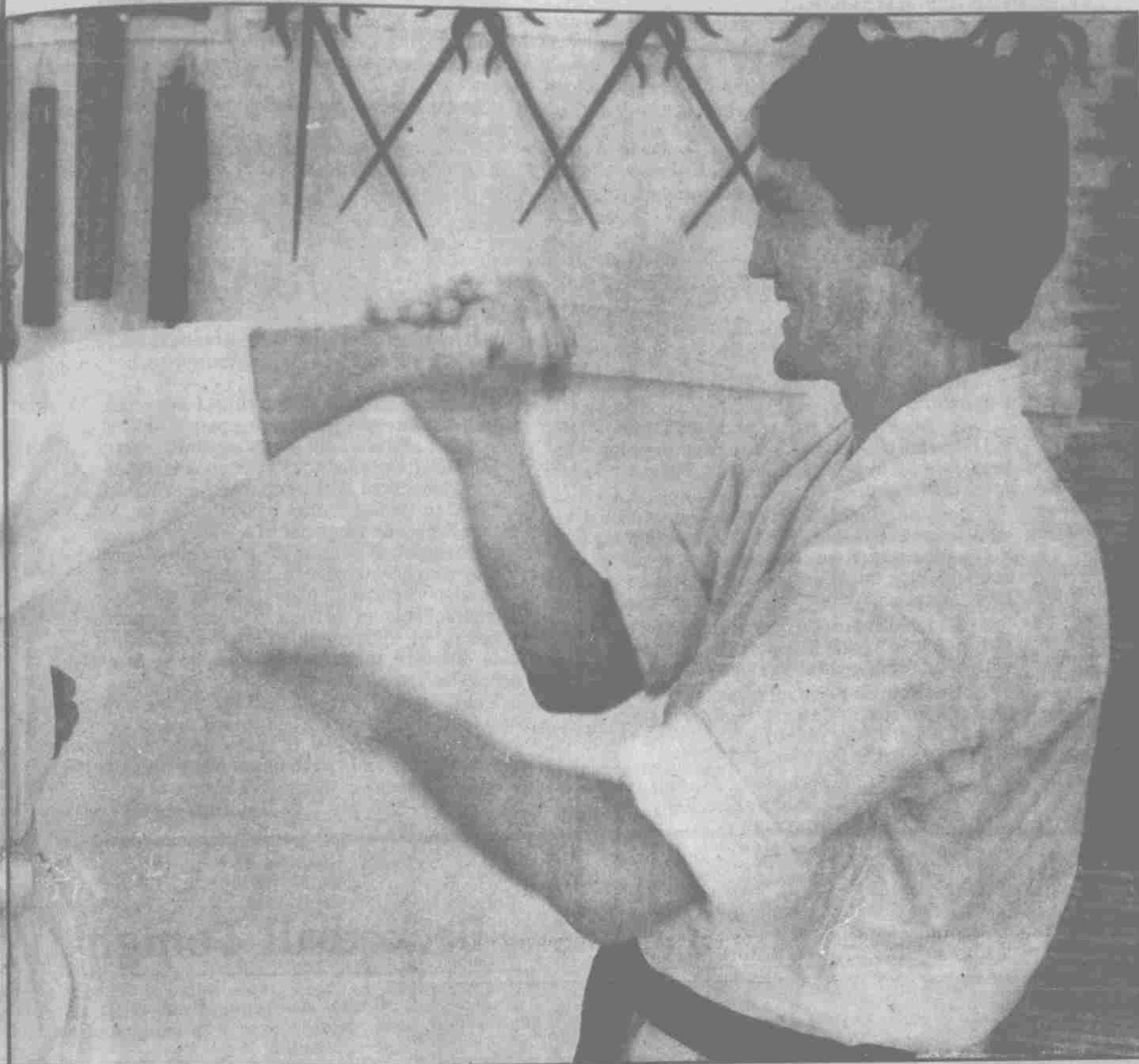


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Duane Mischnick and Dave Lamb, students at the Okinawan Karate and Ancient Weapons school, practice punches and blocks (at left).

Karate student Bill Pierce stretches and exercises before he begins (far left).

Lamb and instructor Frank Crow fight with bostaffs (center).

Pierce and Crow stretch using the back-to-back technique (below).

Longswords, originally used by Japanese warriors in military combat, still are used today in Japanese martial arts (below).

