

Karate/Students learn personal discipline

Continued from Page 1A

belts when we come in, because they've worked for a few years to get that."

Which all sounds OK for the ponytailed brown belt until you realize Kelly McHugh — Shannon's 13-year-old sister — earned her black belt in January.

"I have to bow to my sister," Shannon says with a sheepish smile. "I have to bow to all black belts (but she's like, 'You know you wanna bow to me.'")

Not even sibling rivalry can disrupt a culture cultivated through centuries of respect. Sensei Andrew Faupel won't allow it.

As sensei and owner of Kenkojuku, the third-degree black belt upholds the values and customs of karate, teaching lessons of self-defense and deference.

"The kids listen to him," Collingswood resident Jason Walton says of Faupel. "At other places they listen out of fear, but here they listen out of respect."

"Everybody emulates him (Faupel) and wants to obtain that black belt and be the man outside."

A sensei operates differently from other teachers and coaches. Likewise, the relationship forged between student and sensei is a unique dynamic.

"I know my two girls have just as much respect for him as they do for any of the teachers they have at school," says the McHugh girls' father Bob.

"He's up there with that level because he's encouraging."

Sixty-five years after Robert Trias opened the United States' first dojo in Phoenix, Ariz., Americans continue to get a kick out of karate. The lessons learned at a karate school translate into the classroom, McHugh believes.

"The best part about this, is you know in order to get to that next level, you got to go to class. It helps you in the next level of

school. It follows through with school and everything else."

Lessons like what? "Well, there's discipline," Kelly says. "That's a big one. When people annoy you, you got to control yourself."

Control is a biggie, Shannon says.

"Control is kind of like the focus here, because if you have control and experience, you can defend yourself in any kind of way," she explains.

"And you learn to trust other people. If you can't trust people here, then you can't really complete the partner drills."

If these life-changing lessons are the main motivation to take karate, its convenience must rank a close second. Unlike other sports, karate doesn't require balls or equipment to practice, just living room space.

For Cherry Hill's Eddie Teaw, there's an element of teamwork not experienced in his days of running track.

"In a track environment, that's a very competitive environment," says Teaw, a 28-year-old black belt. "You're running to first place, whereas here we're all here to help each other."

"Even though we're different ranks, we're all trying to achieve the same goal here. . . . And this culture of welcoming support within our class definitely comes from him (Faupel)."

Faupel learned under eighth-degree black belt Sensei Masakazu Takahashi — who heads the U.S. Kenkojuku Karate Association — and inherited practices from Takahashi's Queens, N.Y., dojo, including the motto, "Inner Strength with Outward Humility."

But Faupel deviates from Takahashi's teachings in the way he grades children, holding them to the same standards as adults.

"We have the same philosophy in that we teach ka-

rate," he explains. "We don't teach 3-year-olds; we don't have birthday parties. We're here to teach martial arts and do it in a way that creates leaders."

Bob McHugh sits in the lobby while his daughters finish the hourlong class. He's observed that Faupel lets children know their weaknesses without calling them out.

"He's got the good teacher knack not to isolate anyone else, but you happen to know, if you see somebody weak on something, that just happens to become the lesson of the class, McHugh says.

"I tell people, if you don't want to be here, I much rather you not be," Faupel says.

As the director of wellness at Virtua Health in Voorhees, Faupel treats his marital-arts business as "my passion, not my profession."

He learned as a teenager — when two former teachers disbanded the South Jersey Karate Club dojo because of financial problems — that money can undermine one's professional discipline.

"You always look to your instructor as a model of excellence but when you're older you realize everybody's human," Faupel insists.

"I remember going to that meeting when they split up and the banter back and forth and the cursing. I'm like, you guys missed the boat. You used to do this more because you cared and not about the money."

"It's never been about the money for me."

Walton, 39, had his own bad experience with karate, wasting two months as a 12-year-old learning simple katas or — as he later found out — not much.

With that in mind, two years ago Walton was careful about which karate school to choose for his son, Nicholas.

"I didn't want to send

him to a place where he wasn't getting anything," Walton says.

Not long after signing his 6-year-old, Jason Walton signed on, too, beginning a journey that would take his training from Kenkojuku

Karate's old Oaklyn base back to Faupel's hometown of Collingswood.

But as Kelly McHugh realized after five years of karate, a black belt only begins another journey.

As Bob McHugh recalls

it, "They said to her, 'All you did now was make it to the mountain. Now you got to climb the mountain.'"

Reach Steve Wood at (856) 486-2474 or at swood@courierpostonline.com

new today

Preview Classified Ads running for the first time here!

To place your ad, call **877-810-6470** or go to **CourierPostOnline.com 24/7**




Business & Commercial

Office Lease/Sale
SEEKING DR OR HEALTH prof! who is looking for small rm in pharmacy in Camden for rent. Please call Madeline 609-509-0875

Merchandise
Bedroom Sets Oak, Queen w/ dresser, Kid's BR Set. 52" TV \$300 ea pc. Mar Iton 856-236-7534

Furniture/Home Furnishings
SOFA RECLINER SETIONAL - 4 pc mocha brown, like brand new. \$1250 609-230-6399

Real Estate Wanted
WE BUY UGLY HOUSES (800)-301-3223

Subscribe the EZ-Pay Way!
No Bills. No Stamps. It's EZ!
Subscribe Online
www.courierpostonline.com

Real Estate RENT

Apts/Unfurnished Suburbs
WATERFORD- 1BR, LR, Kit, w/d, c/ac No pets. \$795/mo. All utils incl. 856-767-4844

Apts/Furnished City
WASHINGTON TWP HUNT CLUB
1st flr. pvt. entry, all new 2 BR, 1 BA, W/D, swim club, N/S, no pets \$1100. Avail NOW! (856) 381-3845 or (856) 371-0928

Duplex/Townhouse
VOORHEES twnhs 2BR 2BA LR w/FP, EIK, c/a Security sys, all appls. \$1350 609-325-4275

Rooms/Suburbs
WILLIAMSTOWN Room w/ privileg. es. \$135wk \$515 mo 856-740-9628

We're Here Day or Night.
Start your Courier-Post Subscription anytime!
Just go to www.courierpostonline.com

careerbuilder™

The smarter way to find a better job.

COURIERPOSTONLINE.COM
COURIER-POST | South Jersey's Newspaper

INVEST IN YOUR CHILD'S FUTURE

Give your child every opportunity to succeed by pursuing the dream of a college education. Start saving with **NJBEST** today and enjoy:^{1,2}

- Scholarship opportunity up to \$1,500 for attending college in New Jersey³
- Low \$25 investment minimum to open an account
- No annual maintenance fee
- Convenient automatic investment program





For your **FREE Investor Kit**, visit NJBEST.com or call (877) 4NJ-BEST.

Investors should carefully consider plan investment goals, risks, charges and expenses before investing. To obtain an Investor Handbook, which contains this and other information, call Franklin Templeton Distributors, Inc., the manager and underwriter for the plan, at (877) 4NJ-BEST. You should read the Investor Handbook carefully before investing and consider whether your or the account beneficiary's home state offers any state tax or other benefits that are only available for investments in its qualified tuition program.

Each Plan account is subject to an annual Program Management Fee of 0.20% of assets and underlying fund expenses currently up to 0.83% of assets which may vary.²

1. Offered and administered by the New Jersey Higher Education Student Assistance Authority (HESAA); managed and distributed by Franklin Templeton Distributors, Inc., an affiliate of Franklin Resources, Inc., which operates as Franklin Templeton Investments. No federal or state guarantee. Principal value may be lost, and investing in the plan does not guarantee admission to college or sufficient funds for college.

2. Please refer to the *Investor Handbook* for more complete information.

3. Investing in NJBEST does not guarantee admission to college in New Jersey or elsewhere. The scholarship is awarded during the beneficiary's first year of college.

Logos are trademarks of their respective owners. Logos are used to identify their respective companies and should not be construed as an endorsement of, or affiliation with, Franklin Templeton Investments.





RC

HEATING & AIR CONDITIONING

SALES & INSTALLATION

1 Day Installation

Save Up To **50%** ON A COMPLETE HEATING & AIR CONDITIONING SYSTEM



100% Financing
Several Financing Options Available



Rheem

1 in Installations

1 in Technology

1 in Service

FREE DUCT CLEANING FOR FIRST 25 Callers!!!

New Cust Only

Boilers • Heat Pumps • Oil To Gas Conversions
• High Efficiency Units • Tankless Water Heaters

PICK ME!



FREE

Steam Humidifier

PICK ME!



FREE

40 OR 50 GALLON WATER HEATER

PICK ME!



FREE

Electronic Air Cleaner

*On Initial Visit, pick one of us with the Purchase of Full System. A \$1,000 Value FREE!

In Compliance with NJ State Laws, all plumbing must be installed by a licensed Master Plumber. List available. RC's plumbing is installed by MCM Mechanical Inc. - Wallace Brannigan, NJSL 10946

Family Owned & Operated

Ask about our Senior Citizen Discount



NJ License #13VH03649100 WE ACCEPT VISA MASTERCARD DISCOVER

www.rchvac.com • 1-877-795-0777

Operators on Duty 24/7 • CALL NOW FOR A FREE NO-OBLIGATION ESTIMATE

CP-0010430566