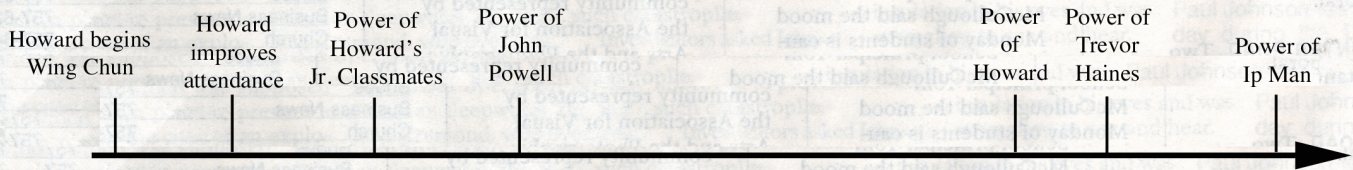


Chattanooga Times Free

Tuesday, August 24, 2010

TO GIVE THE NEWS IMPARTIALLY, WITHOUT FEAR OR FAVOR



Howard hits target

Kung-fu student goes from zero to hero.

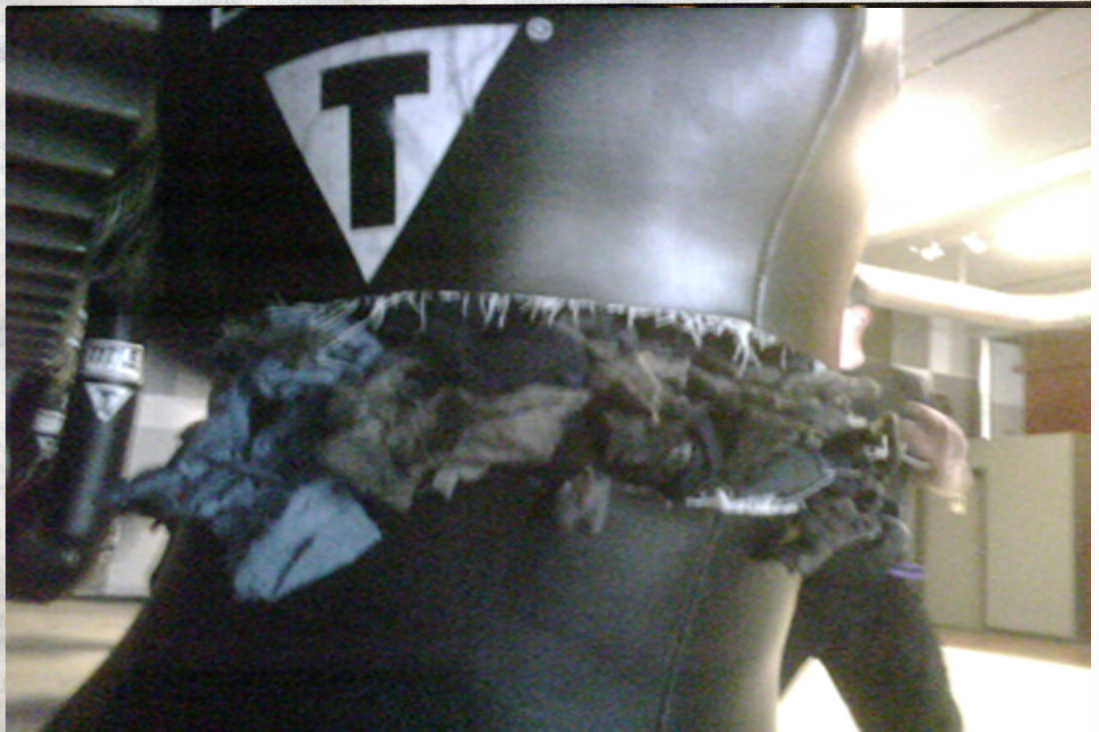
By KELLI GAUTHIER

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Approaching the power of Ip Man, Howard has progressed from his once weakling punching methods to the power to destroy the bags, enemies, or meter maids that threaten him. Now that Howard's attendance problem has been addressed, he is no longer missing his target.

"Although my Sifu had told me a thousand times -- one day it hit me that the target was on the centerline!" Howard stated.

Howard drew upon not only the motivation and sage advice of his Sifu (Trevor Haines, owner of Dojo Chattanooga), but also benefitted from his training



This bag at Dojo Chattanooga (Market St., Downtown) exploded by Howard's punching prowess.

experiences with his classmates. "Jerry King really motivated me to reach inside and find my inner power by punching me in the face with no control whenever we sparred" said Howard. Michael McConnell also helped Howard realize that tension against tension would never bring forth a high level of Kung-fu.

What is next for Howard? "As I approach exceeding the skills of my Sifu, and reflect on how much better I am than my classmates, the only reasonable goal is to fully achieve the power of Ip Man. This might take a couple of more years." -- Howard.