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This week's grocery specials, pages 3-6A

**SUPERVALU** PRESENTS

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"Royce (Gracie) visits to update our techniques, training and teaching methods, and shows us new marital arts combinations."

**Jason Hawkins**

Owner, Three Rivers Martial Arts

## 1st UFC champion offers tips to fighters

BY MICHAEL DE LOS REYES

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It can be difficult to spot a mixed-martial artist. Even if that person was the first Ultimate Fighting Champion crowned 17 years ago.

Royce Gracie of Brazil, who stands 6-foot, 1-inch tall and weighs about 165 pounds, appeared to be a typical person at Three Rivers Martial Arts, 2543 New Holt Road, in Paducah on Sunday. An indicator of his popularity was a crowd of 50 people who waited in line for his autograph Sunday.

Gracie visits the local martial arts school annually, said Jason Hawkins, owner, instructor and Gracie student.

"Royce visits to update our techniques, training and teaching methods, and shows us new marital arts combinations," Hawkins said.

Gracie also made sure every student and fan left with an autograph, Hawkins said.

About 120 people, about 80 adults and 40 children, attended Gracie's two-day martial arts seminar in Paducah during the weekend, Hawkins said.

Another 40 people stood and peered through the classroom's glass double-door entrance to get a glimpse of Gracie, Hawkins said.

This year, Gracie told Hawkins and the other regional jujitsu instructors to emphasize basic and simple movements.

"Only use the strength and tech-

# Republicans in control



Sen-elect Rand Paul, R-Ky., responds to a question from ABC's 'This Week' host Christiane Amanpour at the Newsroom in Washington. Tea party movement favorite Paul said compromise with Democrats over where to cut spending must include the military as well as social programs.

## GOP take aim at health overhaul, government spending

BY PHILIP ELLIOTT

Associated Press

**WASHINGTON** — Resurgent Republicans rallied Sunday behind an agenda based on unwavering opposition to the Obama White House and federal spending, laying the groundwork for gridlock until their 2013 goal: a new president, a "better Senate" and riding the country of

that demonized health care law.

Republicans said they were willing to work with President Barack Obama but also signaled it would be only on their terms. With control of the White House and the Senate, Democrats showed no sign they were conceding the final two years of Obama's term to Republican lawmakers who claimed the

majority in the House.

"I think this week's election was a historic rejection of American liberalism and the Obama and Pelosi agenda," said Rep. Mike Pence, the Indiana Republican who is stepping down from his post in GOP leadership. "The American people are tired of the borrowing, the spending, the bailouts, the takeovers."

Voters on Tuesday punished Democrats from New Hampshire to California, giving Republicans at least 80 new seats in the House. Republicans picked up 10 governorships; the GOP also gained control of 19 state legislative chambers and now holds the highest level of state

PHOTOS AND GOP | 12A

## Obama surprised by political cost of health reform

Associated Press

**WASHINGTON** — President Barack Obama says the political cost of overhauling the health care system turned out to be higher than he had expected. And he admits that he gets discouraged at times when dealing with the economy.

In an interview that aired Sunday on CBS' "60 Minutes," Obama said the health care system itself

is huge and complicated and that changing it suited previous presidents because it was so difficult.

"I made the decision to go ahead and do it, and it proved as costly politically as we expected — probably actually a little more costly than we expected, politically," he said.

Obama said he thought that he would find common ground with Republicans by advancing health

care proposals that had been introduced by Republican administrations as well as potential presidential candidate Mitt Romney when he was governor of Massachusetts.

"I couldn't get the kind of cooperation from Republicans that I had hoped for," he said. "And that was costly, partly because it created the kind of partisanship and bickering that really turn people off."

Obama said the danger of a second major recession is "much reduced" and a great depression is not on the horizon. Still a danger, he said, is the nation being "stuck in a new normal where unemployment rates stay high."

"I do get discouraged. I mean, there are times where I thought

PHOTOS AND OBAMA | 12A



Photos submitted by Amy Nispatrick

**Royce Gracie** (left), the first Ultimate Fighting Champion, teaches a jujitsu technique on Three Rivers Martial Arts Academy instructor Eli Knight to a class of about 40 students Saturday.

## **GRACIE:** Man won Ultimate Fighting Championship in 1993 by defeating seven martial arts competitors

CONTINUED FROM 1A

nique needed to defeat an opponent," Hawkins said. "Using brute strength alone is brutality."

Jujitsu is a grappling form of martial arts that uses leverage and technique to defeat an opponent, Hawkins said. Impact martial arts, like karate, emphasize punches and kicks.

"And require a degree of athleticism," Hawkins said.

Gracie won the Ultimate Fighting Championship in 1993 by defeating seven martial arts competitors who out-weighted him.

"That was a different type of competition then," said Derik Perry, 30, of Marshall County and a martial arts instructor.

Fighters had multiple fights per day, no one wore gloves and people fought opponents that were heavier

or lighter during competition, Perry said.

"That was the purpose of the competition, to find out which martial art was the best," Perry said.

Linda Lackey, 34, of Evansville, Ind., said Gracie symbolized martial arts.

"Success is not about strength, or size or muscles," she said. "Jujitsu is about leverage."

Lackey is studying to become a Gracie jujitsu instructor and visited Paducah to learn new techniques. She said people who study martial arts also have calmness and peace about themselves.

"There is a confidence that I can handle any situation," Lackey said.

During one lesson, Gracie laid across Lackey's chest to teach her a new escape technique. "It felt like he weighed 250 pounds," she said.

Through the lessons and

learning the techniques, Lackey said she learned to remain calm during stressful times, control her breathing and control her emotions.

"I would just wear myself out if I panicked," Lackey said about physical confrontations.

Lackey said she has been able to transfer that calmness and control from jujitsu to other aspects of her life.

The key to solving any problem — stressful work problems, technology issues or parental issues — is to remain calm and know that there is always a solution, the martial artist said.

Gracie was not available for an interview because of a scheduling conflict.

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