

SUPERIOS

THE REAL KARATE KID



f 14-year-old black belt Dominic Antonelli wasn't training in karate, he says he might be out on the streets getting

into trouble. "Really, I tell people that," he said. "I know I would be in a gang."

Dominic's mother, Eleanor, said gangs are common in San Francisco, where the Antonellis live, and that there is pressure for kids to join them. Dominic chose karate instead.

"I knew karate was a good way to spend my time," he said. "I've stayed with it for five years now because it's something I'm truly good at, and I like the discipline it gives me."

Dominic is in karate class five days a week, two hours a day. Two of those five days he teaches a class of junior beginners, ages eight to thirteen. A big reason for Dominic's heavy involvement is the support of his family.

"His family is
100 percent behind him every
step of the way,
said Bill Grossman, a fifth-degree
black belt and
Dominic's instructor. "His mother is at
the dojo [karate
school] as much as he

is."

Karate tournaments are considered family outings, especially now that Dominic's seven-year-old brother is also competing. "It's brought us all much closer together," said Dominic's mother, Eleanor. "The boys are entered in tournaments just about every



Bill Grossman spendssomeoneon-one time with his star student.

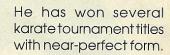
weekend."

One reason the family is so involved is because they can see the obvious benefits Dominic and his brother, Anthony, are receiving. From the study of kenpo karate (a martial art form from Okinawa, Japan), Dominic says he has learned some lessons that will help him the rest of his life.

"Mr. Grossman has taught

in the classroom."

Dominic's improvements have impressed his principal at Parkway Junior High in San Francisco. The principal has asked Grossman to visit Parkway with six of his students, including Dominic,





Dominic also teaches two classes per week.

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me how to respect myself and other people instead of teasing them," he said. "At home it's helped me to obey my parents right away, instead of complaining about it or saying, 'I'll do it later.'"

His mother can see a big difference in her son since he started karate lessons. "He's not rebellious and mentally he is much tougher," she said. "His improvements in concentration have really helped him to perform feats of karate and then to talk about the benefits of studying the martial arts.

One thing Dominic might mention to his fellow students at Parkway is the difference between the martial arts in real life and in the movies.

"The Karate Kid is not what it's really like," he said. "In the movies you learn all the moves in three months. It's taken me five years to get my black belt."

And five years is only the beginning, because for the world of karate, Dominic has some good news and some bad news. He said, "I want to compete nationally" bad news for his competitors. "And I want to keep teaching" good news for his

students.

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