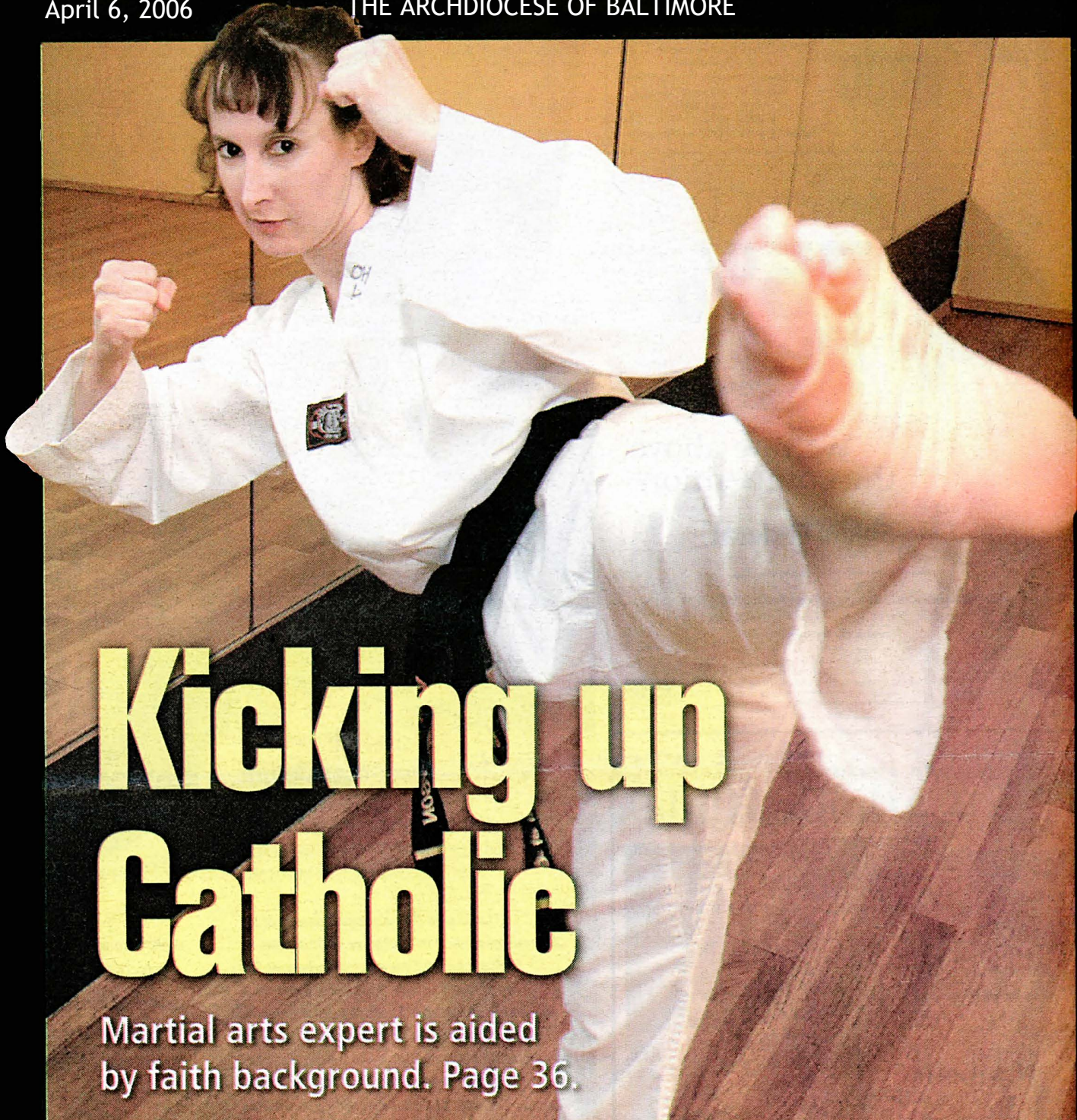


# THE CATHOLIC REVIEW

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THE ARCHDIOCESE OF BALTIMORE



## Kicking up Catholic

Martial arts expert is aided by faith background. Page 36.

CR/Owen Sweeney III

Ann Greyson, a parishioner of St. Louis, Clarksville, and a first-degree black belt in Taekwondo, practices her roundhouse kick

## IN THE ARCHDIOCESE

# Faith with a kick

Faith has a strong part in martial arts, says St. Louis, Clarksville, parishioner

JENNIFER WILLIAMS

Ann Greyson may be petite 5 feet 3 inches and 112 pounds, but the St. Louis, Clarksville, parishioner packs the kicks and punches to hold a first-degree black belt in Tae Kwon Do.

A former ballet dancer with training from the Joffrey Ballet School in New York City, Miss Greyson began training in Shotokan, a Japanese style of karate, in 2000.

Six years later, the 37-year-old devout Catholic is diligently committed to maintaining her degree in Tae Kwon Do, the Korean martial arts, and regularly participates in competitions, which have featured renowned martial artists such as John Chung, Michele Krasnoo, and Jeff Speakman.

On a recent Friday afternoon, the Columbia resident donned a traditional white wrap-around uniform and demonstrated high roundhouse kicks, uppercuts and more at the Columbia Association Supreme Sports Club. During her routine she shouted out "kihap," the Korean word for "yell."

"At this point, I have what I need to be out there to have a good time," said the doe-eyed Miss Greyson, whose next event will be April 9 at the Clarence Du Burns arena in Baltimore.

Many of her martial arts skills, such as balance, "are a carryover from her ballet days," said Miss Greyson, whose part-time job advertising health and wellness products also connects with her Tae Kwon Do skills.

"There's a lot in common, like the flexibility," said Miss Greyson, who began in dancing as a child, "and karate takes a lot from yoga and gymnastics, and I think ballet as well."



CR/Owen Sweeney III

**St. Louis, Clarksville, parishioner Ann Greyson demonstrates the nunchucks.**

In the upcoming competition, Miss Greyson, who is of Spanish descent, will be judged on artistic knowledge, strength, emotion and artistry.

"The most challenging aspect of martial arts is the commitment," she said.

"I'm doing this six days a week, up to two hours," said Miss Greyson. "Because the moment I stop that commitment, and I go to a competition, no matter what age I am, I'll look foolish. You can lose it right away."

She said some organizations allow individuals to compete until they are 45.

"I'm going to exhaust myself until I just can't do it anymore," said Miss Greyson, who displays her weapons mastery of nunchaku in mixed category events. "I have the support of my family and Jesus Christ allows me to do this too."

The athlete said there is a definite correlation between Jesus Christ and her martial arts and said God has allowed her to maintain herself in dance and athletics free of injury.

"Somebody's obviously a guiding force and power out there," said Miss Greyson, who trains on her own and takes master classes under Jun Kul Lee at U.S. Taekwondo in Ellicott City. "In church I thank Jesus I have my family and food on the table and a place to sleep and peace in my heart, but I'm also like, thank Jesus I can get up and do this. Especially when you're older it's really a blessing."