

CATHOLIC REVIEW

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OF THE ARCHDIOCESE OF BALTIMORE

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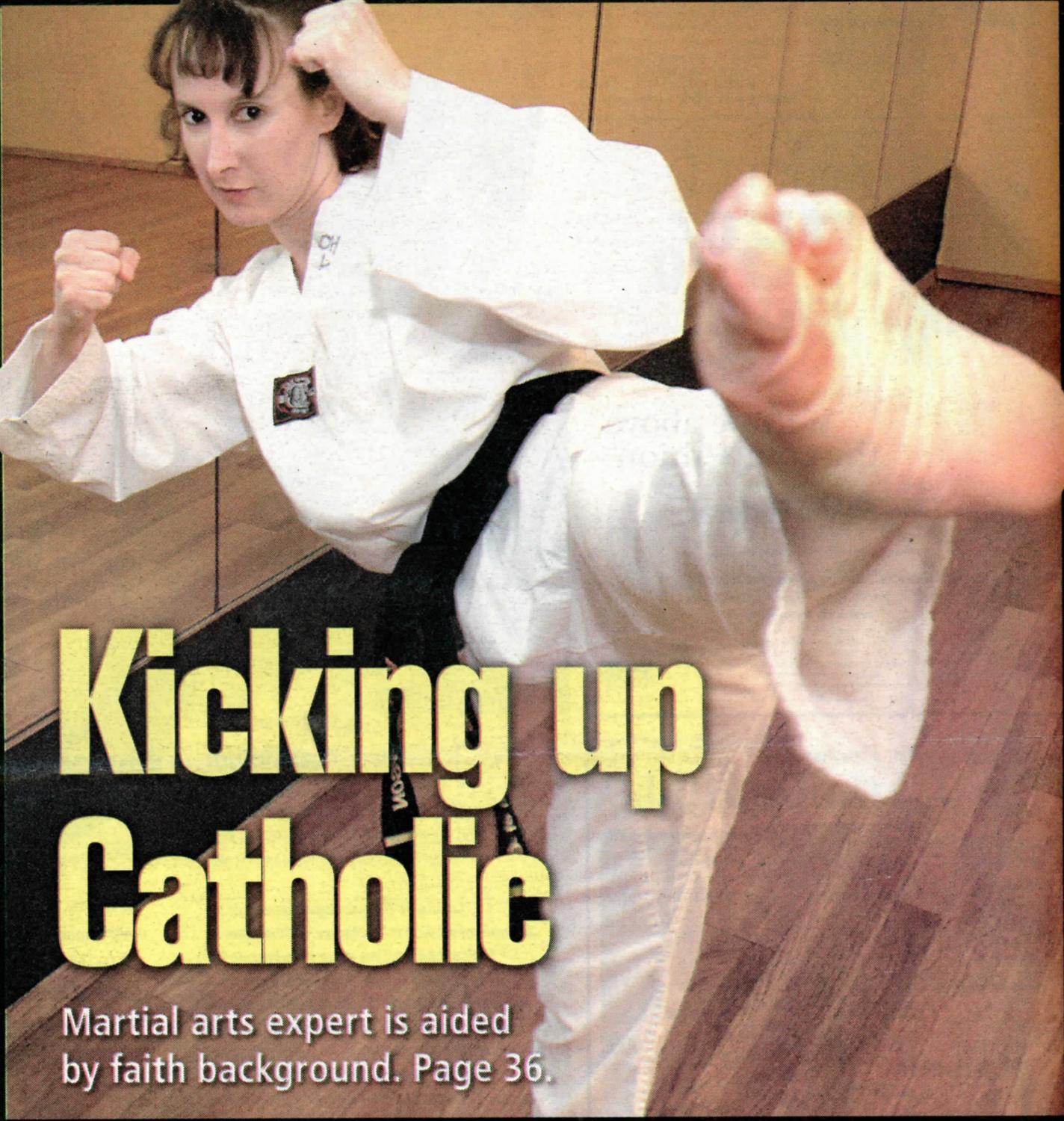
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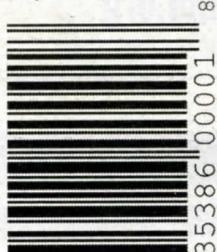
Kicking up Catholic

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.

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THE LEGACY OF JOHN PAUL II

The world remembers Pope John Paul II on the first anniversary of his death. Page 3. Cardinal Keeler offers Mass, blesses statue

IN THE ARCHDIOCESE

Faith with a kick

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

JENNIFER WILLIAMS

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Ann Greyson may be a petite 5 feet 4 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, Ms. Greyson began training in Shoto-Kan, a Japanese style of karate, in 1998.

Eight 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.

On a recent Friday afternoon, the Columbia resident donned a traditional white wrap-around uniform and demonstrated high roundhouse kicks, uppercuts and more in the Supreme Sports Club in Columbia. 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 Ms. 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 Ms. Greyson, whose part-time job in health and wellness product sales also connects with her Tae Kwon Do skills.

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

In the upcoming competition, Ms. 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 Ms. Greyson. "Because the moment I stop that commitment, and I got to a competition, no matter what age I am, I'll look foolish. You can lose it



CR/Owen Sweeney III

St. Louis, Clarksville, parishioner Ann Greyson demonstrates the nunchaks.

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 Ms. Greyson, who displays her weapons mastery of nunchaks in mixed category events. "I have the support of my family and God allows me to do this too."

The athlete said there is a definite correlation between God 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 Ms. Greyson, who trains on her own and takes freelance classes. "In church I thank God 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 God I can get up and do this.' Especially when you're older, it's really a blessing."

DEATH NOTICE

Sister Rosemary Lindner, S.S.N.D.

A funeral Mass was offered for Sister Rosemary (Mary Corona) Lindner, S.S.N.D., April 4 at Villa Assumpta, Baltimore. Sister Rosemary died April 1. She was 83. Sister Rosemary (nee Arnold), a Cumberland native, was the second of four children who had joined the School Sisters of Notre Dame. In the Archdiocese of Baltimore, Sister Rosemary taught at St. Brigid, Baltimore, St. Margaret, Bel Air, and Our Lady of Hope, Dundalk. Sister Rosemary was engaged in prayer ministry at Villa Assumpta until her death.

DECEASED CLERGY

April 7

Fr. August M. Mark, 1934†
Fr. William Scally, 1991†

April 8

Fr. John J. McDermott, 1884†
Fr. Edward J. Healy, 1925†
Fr. Francis Siggins, 1926†
Most Rev. Owen B. Corrigan, V.G., 1929†
Fr. Robert J. Blankford, S.J., 1988†

April 9

Fr. Thomas J. Wheeler, 1942†
Fr. John J. Callaghan, 1957†

April 10

Fr. William A. Cahill, 1935†

April 12

Fr. John M. Barry, 1927†
Deacon Emile LeDoux, 1994†
Msgr. Anthony L. Sauerwein, 1998†

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