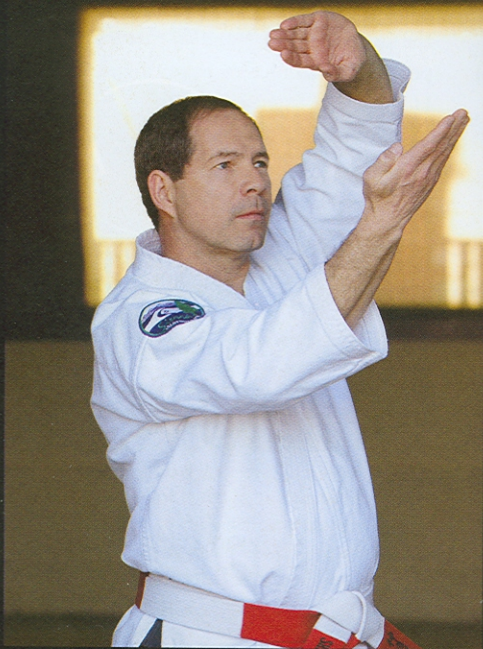


Do

# EAST

MEETS

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PASSION ABOUNDS

FOR THE MARTIAL ARTS

Written by David Jacobs  
Photos by Alicia Santistevan



**A womanly art**) Sierra Jujitsu and Karate offers co-ed classes. Above, student Phyllis Bateman perfects her form.

**N**INE YEARS AGO, GREGG BERGGREN GOT HIS FIRST TASTE OF MARTIAL ARTS. He's been hooked ever since. "It was kind of something I always wanted to do but never did, and then I saw my son doing it and having fun," the Carson City resident recalls. "It's good exercise, and at the same time, when you're exercising, you're learning self-defense."

Berggren also enjoys the camaraderie.

"We have a lot of fun when we are doing it," he says.

He participates at Sierra Jujitsu and Karate, a Carson City dojo, where John Chatwood is head instructor.

The majority who start off in the martial arts are children, Chatwood says.

"But what we're seeing here, surprisingly, is a lot of folks in their late 30s and 40s. A lot might be in an office situation where they are sitting too much, and they're looking for a sport or an activity where they can get themselves in shape, learn a little bit more self discipline and pick up some self-defense skills," he says.

**Master**) John Chatwood, head instructor at Sierra Jujitsu and Karate in Carson City.