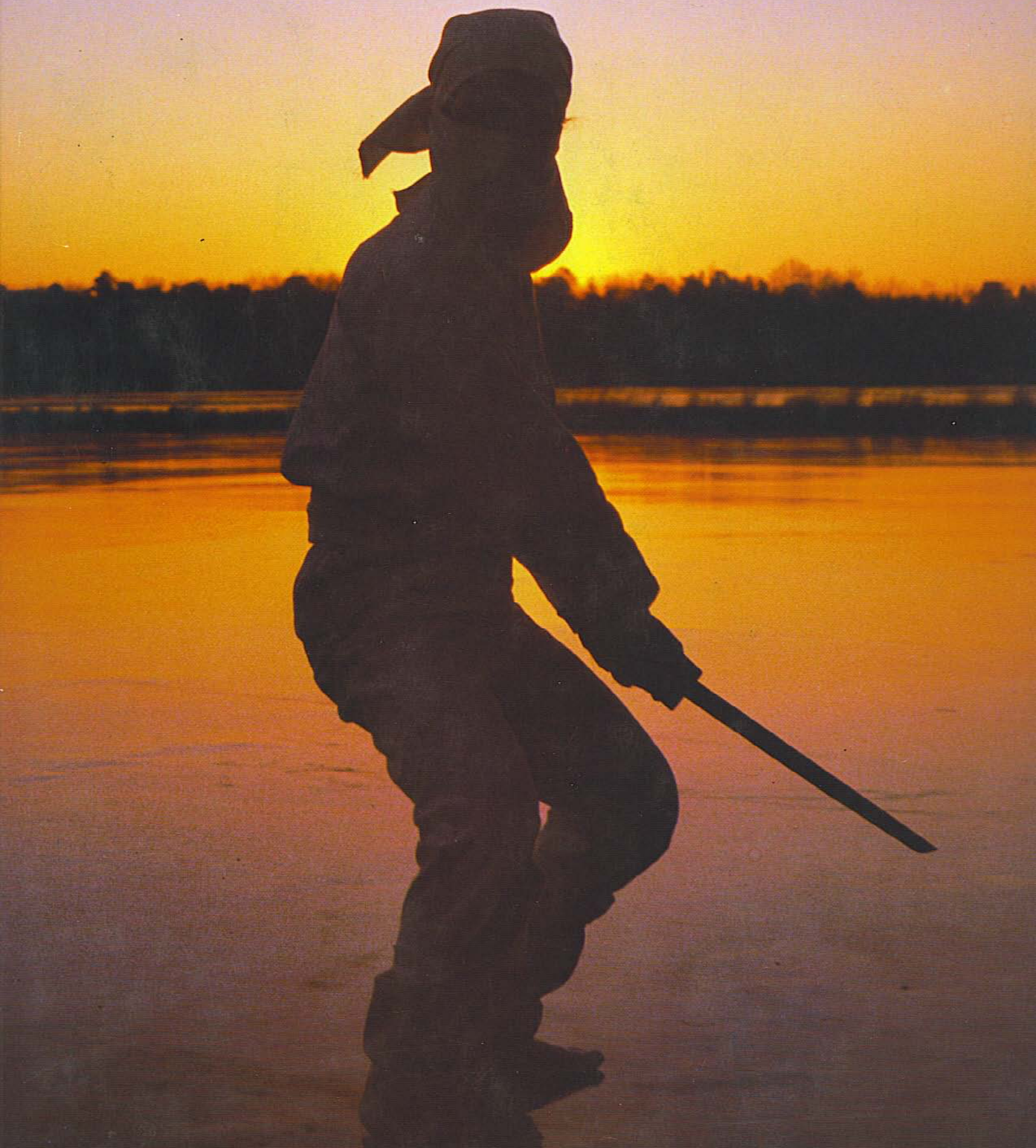


Martial Arts



Peter Lewis

Until recent times women have only featured in karate competitions in the kata section. But constant demands by the women themselves led to the instigation of a free-fighting section for them in most major tournaments. Many joined the ranks of kickboxers, fighting in the rings of full-contact karate.

Right: Women now take part in major full-contact kickboxing tournaments. Marguerite Hilliard (left) and Geraldine Leggett are both champions in their own right.

Below: The martial arts are a useful means of self-defense.

Far right: Two young women engage in semi-contact karate at tournament level.



