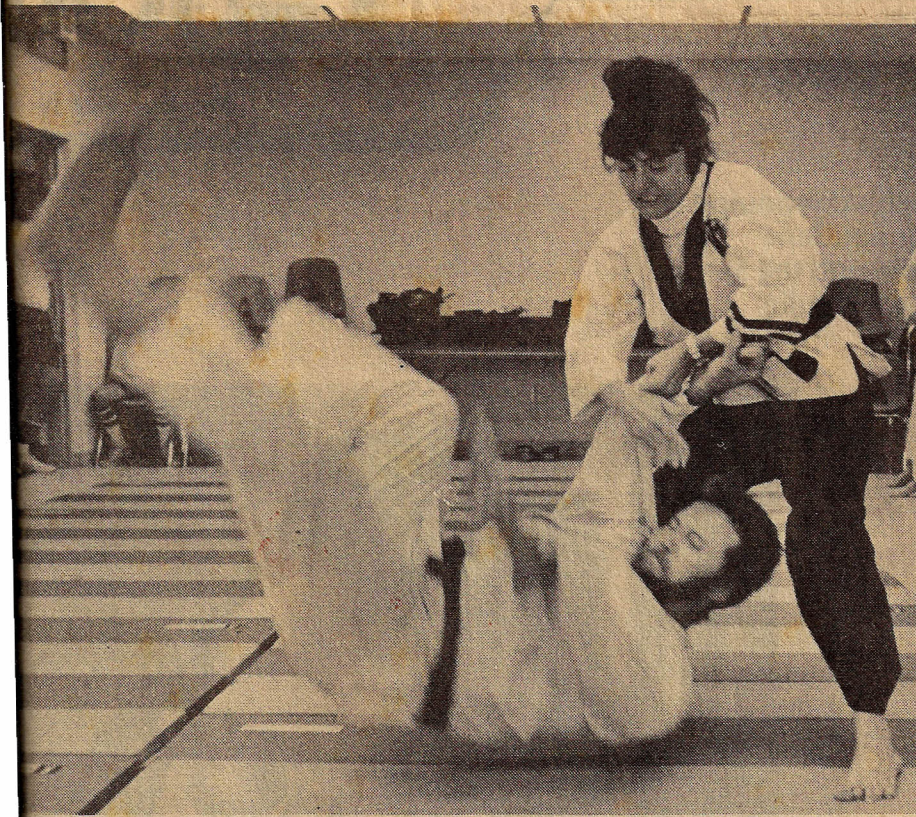


Self-defense instructor Helen Paradise used a judo shoulder throw technique to throw class member John Spinks on his back. Below, Spinks is rolling on his side as instructor Helen Paradise follows through the action of the judo shoulder throw technique. Spinks weighs 200 pounds.



Staff Photo by DAVE PIERSON

Nothing 'Throws' This Instructor

Mrs. Helen Paradise can spend an entire Saturday afternoon throwing men who are twice her size. But it's all part of her job as self-defense instructor from 1 to 3 p.m. every Saturday at Willis S. Johns Neighborhood Center at Fossil Park, 6635 Ninth St. N.

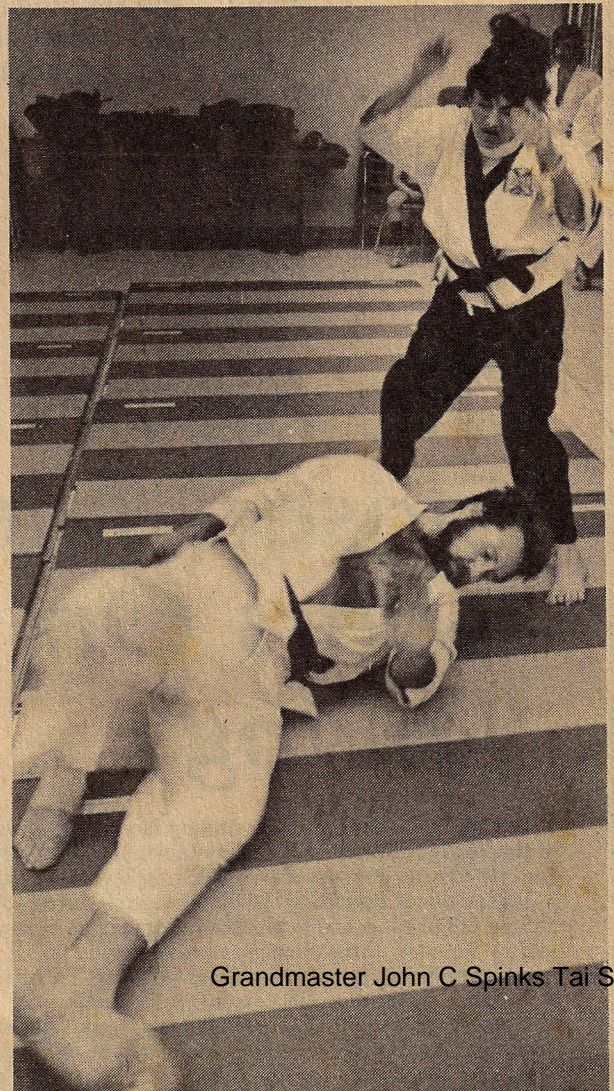
Although Mrs. Paradise has been teaching self-defense for the past 12 years, this is her first teaching job at a city recreation center. Among her teaching jobs, she has been self-defense instructor at St. Petersburg Junior College for the past three years.

She uses a variety of techniques in teaching self defense — judo, ju jitsu, karate and aikido.

This weekend, Mrs. Paradise will give a demonstration at the first all women's judo and self-defense tournament in Sarasota. She will not compete because of lack of other women in her rank. The event will be at the Sarasota County Boys Club, 3100 Fruitville Road, 11 a.m. to 4 p.m.

Admission is open for her class here. The fee is \$10 per month. If you're interested in joining, phone 893-7756.

John Spinks Uke, Teacher



Grandmaster John C Spinks Tai Shin Doh

Smashing Finish

April 15, 1976