

News

Martial arts school teaches confidence

By Kate Thayer
Staff writer

Bill Powell, owner of Powell's Way of Kenpo in Brookfield, teaches his students to use the martial arts techniques they learn at his school to develop their self-confidence in all areas in life.

"It's self-defense for the real world," said Powell, who lives in Brookfield.

Powell teaches kenpo, which is a form of martial arts that uses both the circular motions of tai kwan do and the straighter motions of karate, Powell said. He said the art is more than physical motions, but a philosophy.

He said the meaning behind kenpo is "reveal that which is hidden." Powell helps students face their fears through their kenpo lessons because the fears will come out in the "real world."

"Everyone has fears. If you don't reveal them, the world will reveal them for you," Powell said. "Everyone has something. ... Here is where they can dig (fears) out and face them."

One of Powell's students,

Dave Saboe, said he uses kenpo in every aspect of his life. He travels from his Naperville home to learn kenpo at Powell's school, located at 3741 Grand Blvd.

Saboe first took lessons at Powell's former Chicago location and stayed with him when he moved the school to Brookfield in 1999.

"It's changed my life," Saboe said. "(Kenpo) has given me a new way of looking at life as a whole. It goes beyond martial arts.

Saboe is a black belt, which takes about 10 years to accomplish. He has been practicing kenpo for 11 years.

He said kenpo not only is physically healthy, but builds his self-confidence and helps him deal with the stress of many situations.

Powell, who recently earned a "distinguished master of the year" award from the United States Martial Arts International Hall of Fame, said he opened the school because he enjoys spreading the kenpo message.

"It's giving back to the universe," he said.

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Staff photo by Julie Astrowski

Bill Powell of Brookfield shows his martial arts student how to stick fight at his studio, Powell's Way of Kenpo in Brookfield. At the studio, Powell teaches kenpo, a form of martial arts that teaches students how to "face their fears."

Dance Center of LaGrange

