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THE

ACTION

GUIDE

SKATEBOARDS! *MARTIAL ARTS! *SEX! (INSIDE)



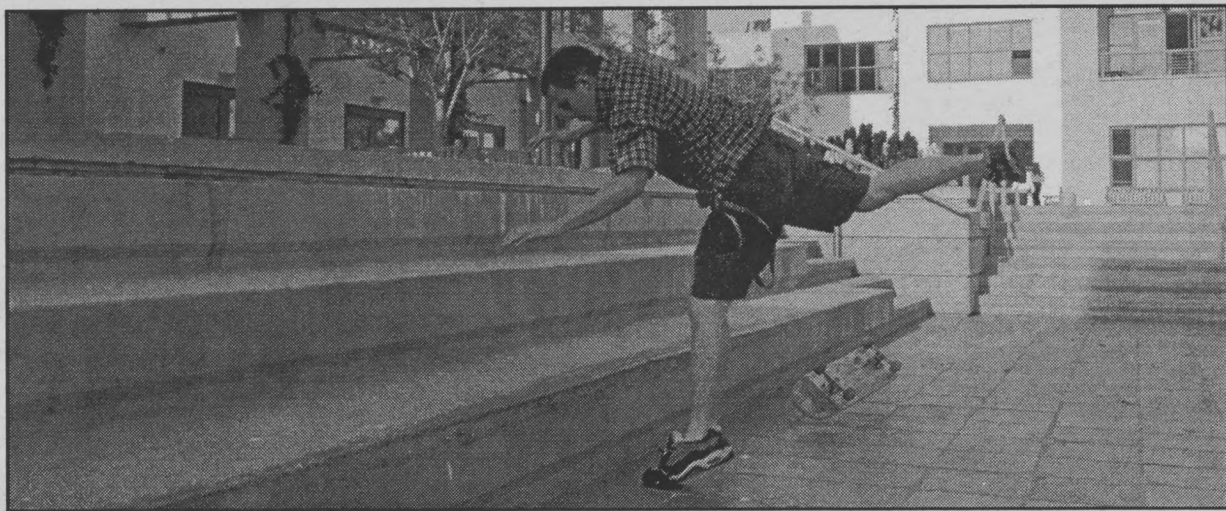
Get Off That Couch and on a Board, Pansy

A Skater's Paradise

537 State St.
962-2526

Cross sidewalk: Cota St.
Open Mon. through Fri. 10-7, Sat. 10-6, Sun. 11-5. Closed three days per year.
A Skater's Paradise has been in the Santa Barbara skateboard biz for almost 17 years and its prime location on the 500 block of State Street means it won't be going away any time soon. A Skater's Paradise features complete skateboards made with Powell blanks and graphic decks for under \$100. In addition to all your hardware needs, A Skater's Paradise carries shoes, clothing and other apparel.

Bring your parents and buy them a set of



Rollerblades. A Skater's Paradise's helpful staff focuses a lot of attention on customer service compared to the board shops run by punk kids with a chip on their shoulder. A Skater's Paradise sells more short boards than long boards but keeps a big skateboard showcase featuring dozens and dozens of wheels for all terrain one may encounter.

Church of Skatan

336 Anacapa St.

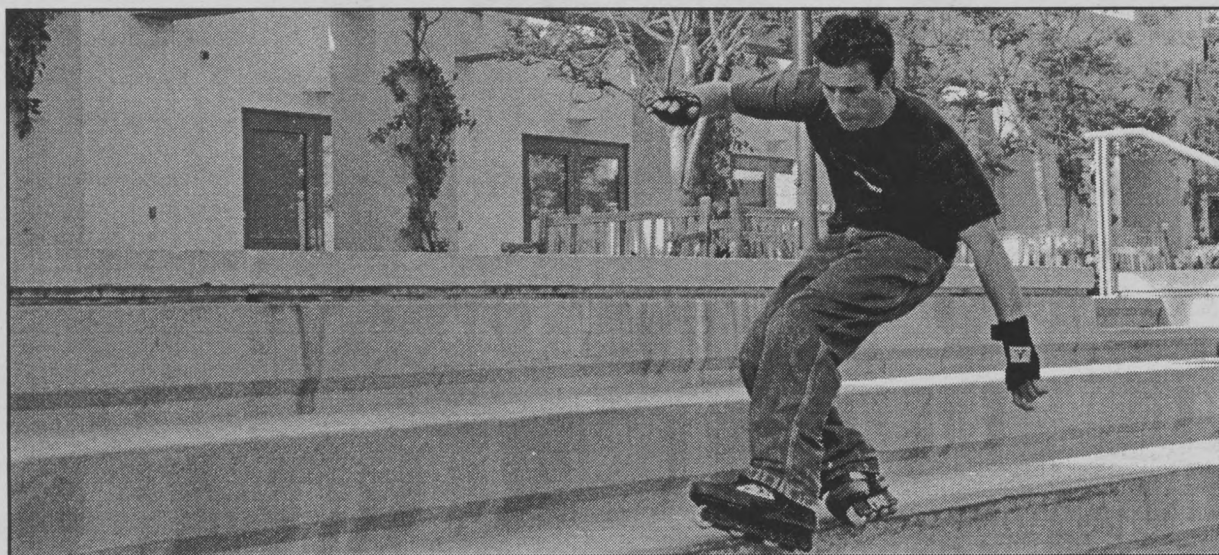
899-1586

Cross sidewalk: Guitierrez
Open Mon. through Fri. 10-7, Sat. 10-6, Sun. 11-5. Closed three days per year.

The fiendishly named Church of Skatan in downtown Santa Barbara is owned by hardware giant Shorty's (based out of Carpinteria) and is geared exclusively toward skateboarders and skateboarding. Carlos, a three-year member of the Church says, "We're a hundred percent skateboard shop. No Rollerblades, bikes, scooters or any other cheesy stuff."

The Church of Skatan opened eight years ago after being named by its owner Tony. It always has a sale on shoes. And dozens of styles are permanently on the clearance rack. It also has hundreds of name-brand styles by over 11 major-name brands. The Church of Skatan also sells long boards and — considering its proximity to the nearby skateboard park — knee, wrist and elbow pads and helmets starting at \$15.99.

Complete decks feature full graphics starting at \$150.00 and the Church of Skatan does not sell blank decks. The Church believes blanks flood the market and prevent large companies from making a profit on graphic decks.



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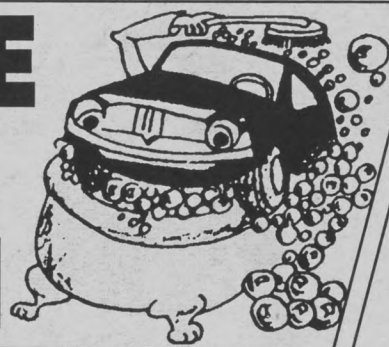
903 Embarcadero Del Norte, Isla Vista
805-562-8080

Fares are roundtrip and may require an ISIC, ITIC, or Go25. Taxes additional. Fare based on availability and is subject to change without notice. Some age restrictions may apply. Fares must be purchased by May 19th. No fares are guaranteed until paid in full.

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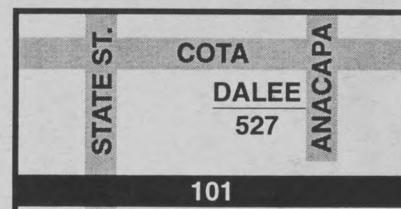


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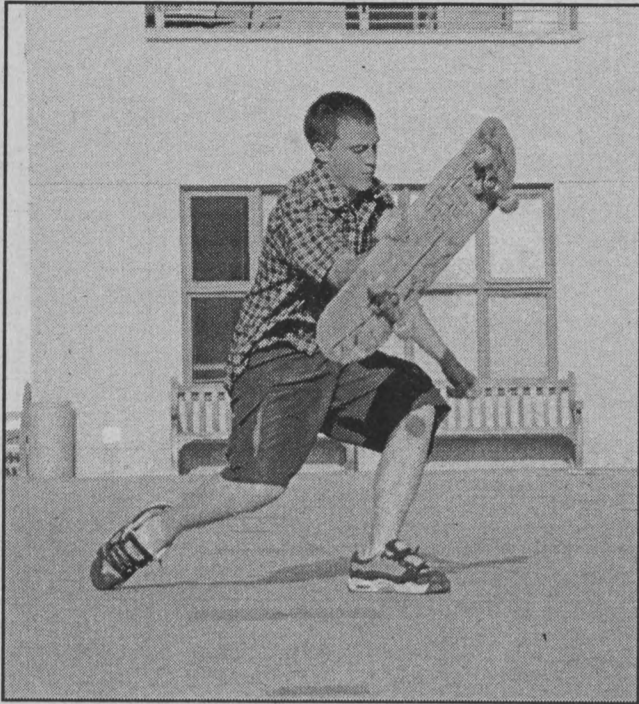
Take 101 to Carrillo,
Carrillo to Anacapa,
5 blocks on Anacapa
to DALEE



527 Anacapa St. at Cota

One block parallel to State St. at Cota

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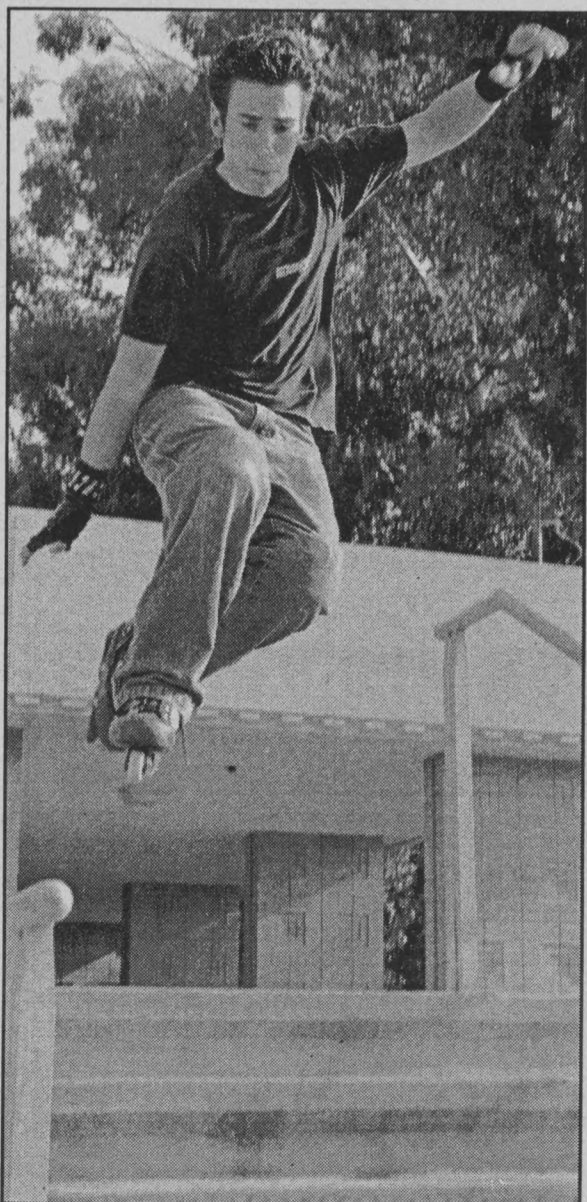
(Ed note: Blanks are often a 1/3 of the price of a graphic deck while remaining as durable. Perfect for the poor-ass college skater.)

Surf Country

683-4450
5668 Calle Real
Cross sidewalk: Fairview
Open Mon. through Sat. 10-7, Sundays 10-5.

Just down the road on Calle Real, Surf Country has called Goleta "home" for over five years. The shop focuses on both surfboards and skateboards with a healthy dose of clothing and apparel for both lifestyles. Surf Country carries short boards and long boards for both concrete and saltwater. Outfit for the ocean with Surf Country's wide selection of Rip Curl and Body Glove full and spring suits (starting at \$120.00). Or protect your dermis from road rash with skate clothing by ZERO, Shorty's, Element, Independent and 15 others.

Surfboards range from 5 feet to 10 feet while complete decks start at \$89.00, and blanks are \$29.99, without grip. Its close location in Goleta makes Surf Country doubly cool.



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KOOL KEITH
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Jiu-Jitsu, Aikido, and Muay Thai Action in S.B.

Paragon Academy Jiu-Jitsu

15 W. Mason St.
963-8540

Paragon Jiu-Jitsu Academy has been training men and women in the self-defense martial art for over two years. Classes start at \$90 per month for twelve classes and classes are offered every day in the morning and afternoon. Jiu-Jitsu assistant instructor Jeff Glover said the martial art has been steadily gaining popularity after repeated wins by jiu-jitsu fighters in the Ultimate Fighting Championships.

The reason for this is more than 90 percent of fights go to the ground and jiu-jitsu's similarity to wrestling relies on this fact. Students of jiu-jitsu will learn not

of his life.

Ron Johnson's Boxing & Kickboxing

122 W. Mission St.
569-9034

Back in the early 70s the founder of what is now the national Muay Thai Kickboxing Association showed Ron Johnson the future. Back then Ron was into full-contact karate (for which he's a third degree black belt) but muay thai promised less rules and simpler, harder hits. Ron became the first kickboxer in Santa Barbara, and Thailand's 1,000-year-old martial art found new roots in Santa Barbara.

In addition to training actors for fight scenes and other work, Ron has been teaching boxing, kickboxing and muay thai for 32 years. He pauses our phone call to say goodbye to one of his students Christopher Woods — of "Back to the Future" fame. Ron says muay thai is

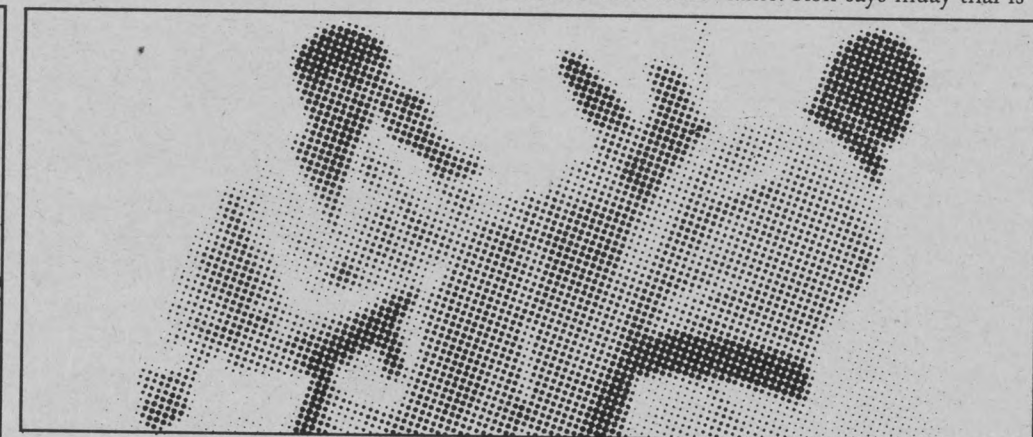
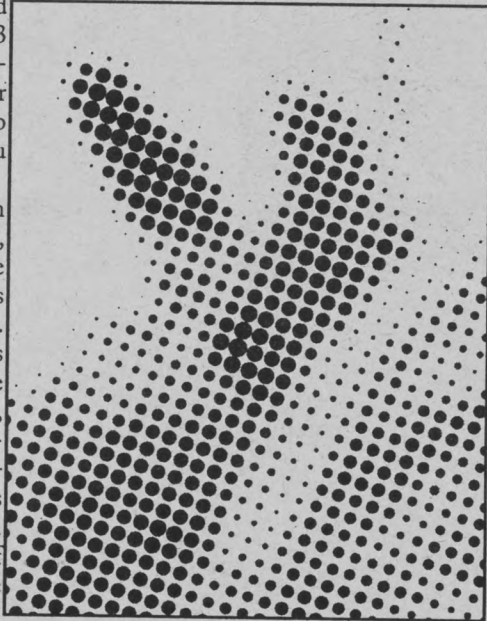
Aikido of Santa Barbara

826 E. Cota St.
962-4741

Aikido is an ancient martial art focusing on self-defense through what owner Bill Staub calls, "circles, spirals and breathing." Aikido of Santa Barbara's owners Bill and Geraldine have trained Santa Barbarans for more than 16 years, instructing men and women ages 2 to 65. Anyone is welcome to come in for two free classes and for \$175 you can attend Aikido of Santa Barbara for 3 months. There are three one-hour classes taught six days per week, and with membership you can come to as many as you like.

In addition to being an excellent way to stay in shape, aikido focuses on the innate self-defense mechanisms unique to everyone. Psychologically, aikido trains the mind to uncover these defense mechanisms. In short, knowing how to defend perfectly — the goal of aikido — requires first knowing one's own built-in defenses perfectly. Bill says the goal of Aikido of Santa Barbara is to help people uncover their hidden self-defenses — something that changes all other aspects of life when fully accomplished

Aikido is more aerobic than tai chi and is done with a partner. There is no worldwide aikido competition; Bill says the competition "is inside yourself, not outside."



only effective take-downs to knock an opponent off his feet but also a whole slew of holds, submissions, and moves that will completely immobilize any would-be attacker. Jeff said the women's self-defense classes on Tuesdays are growing every week, as

is the entire operation.

Instructor Ricardo Miller is a 14-year jiu-jitsu veteran with a certified black belt and gives private lessons for \$80 per lesson. His greatest success story is 62-year-old man who came in weighing 220 pounds. After one year of classes twice a week, the man weighed 150 pounds with a six-pack to boot. He said he was in the best shape

to karate what tackle football is to flag football. Where karate focuses on speed, muay thai is a brutal full-body workout that focuses on large body movements such as roundhouses and crosses, which break an opponent in one blow. Most advanced students do not drill at full-strength, lest they break the legs or rupture the organs of their sparring partner.

Newcomers can get a free semi-private first lesson and are encouraged to stay for the first full lesson. Training classes three times per week cost \$68 per month, and Ron offers a student discount because of the high volume of students who train. Anyone who sticks around for a few months is virtually guaranteed a six-pack of steel and thighs tougher than a brick.

Nutritional Supplement Outlet Store

Supplement Direct

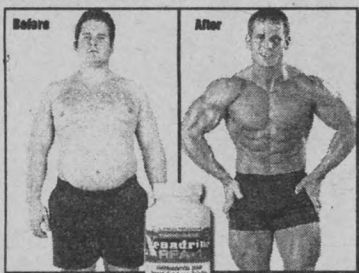
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Nothing Says 'Action' Like Booze, Bars, Music, and Sex

If you're looking for some 21+ action, the only place to go is State Street. Below, we have interviews with some of the fine staff members from Calypso, Sharkeez, Madhouse and The Edge. Take a look at the hints they had for the best cover prices, drinks and most importantly, the best time to get some action.

Calypso

Kat Williams: bartender, late night manager and waitress.
Hours and cover charges: 11 a.m. to 1:45 a.m., daily. "On average, there's a \$3 to \$5 charge, always on Tuesdays and sometimes on Friday or Saturday, depending on what we have going."
Best night to come? "Tuesday, reggae night — the whole town comes."
Best night to pick someone up? "Definitely Tuesdays."
Specials? "Every night from 10 to 11, we have half-priced drinks — or two for one, depending on how you want to look at it."
Best drink? "Calypso Cooler. It's light

rum, dark rum, pineapple, cran, OJ and soda. It's a creeper."
What's the worst pick-up line you've ever heard? "The worst? Well, this doesn't apply to everyone, but my name being Kat, it's 'Hi, I'm Dog.'"

Sharkeez

Lee Davey: managing partner.
Hours and cover charges: "Sharkeez is open all the time for partying, drinking and dancing. No cover."
Best night to come? "Every night."
Best night to pick someone up? "The best night to pick someone up is any night — ask Mateo ... He's the bartender of all bartenders."
Specials? "There are always drink specials."
Best Drink? "College night drinks."
What's the worst pick-up line you've ever heard? "I don't pay attention to that stuff."



Madhouse

Duncan Westley: owner
Hours and cover charges: "5 to 2 every day. Occasionally we'll have a cover on weekends, really late, usually after 11."
Best night to come? "For UCSB it seems that Saturday is the big night downtown. It really depends what you want. Sunday and Tuesday we have hip hop, Wednesday we have live bands. Thursday, Friday and Saturday we have pounding house music. Aside

from Monday, there's deejays or bands every night."
Best night to pick someone up? "That depends on what you want ... Thursdays through Saturdays are probably the best night. A good amount of people are looking for love in all the right places."
Specials? "Thursday, we have a \$1.50 special from nine o'clock on to 11, and then \$2 drinks from 11 to close. Friday and Saturday, there are always drink specials, \$2 and up."

Best Drink? "That depends on what you want ... Martinis — we have a big martini menu. Shots, rum and Coke, Jack and Coke."
What's the worst pick-up line you've ever heard? "People don't try to pick me up. Well it's not a pick-up line, but this was funny. A girl came up to me last weekend. She's a regular. I can't remember her name. Anyway, she got all serious on me and said, 'Duncan, you know it's all about honor.' And I said, 'Honor?' And she said, 'Yeah, you gotta get on her

and stay on her.'"

The Edge

Craig Jenkins: partner and general manager
Hours and cover charges: "Our hours are 8:30 to close, 2 a.m., Wednesday through Sunday. There's a cover charge depending on the acts, from \$3 to \$5. We try not to charge without bands."
Best night to come? "Thursday and Saturday."
Best night to pick someone up? "Thursday or Saturday — either one goes hand in hand. For the college crowd, it's a toss-up."
Specials? "Thursday and Saturday, we have \$2.50 Long Island Iced Teas, and \$2.50 vodka-Red Bulls. On Saturday, we import deejays from L.A."
Best Drink? "Our 'Wildcat' iced teas. Can I say that? We all used to work there."
What's the worst pick-up line you've ever heard? "Actually, it's funny. People come in here and tell other people they own the place, or ask 'Do you know who my father is?' It's cheesy. Hold on, I'll call Karen, our bartender ... OK, she has two. 'Are your pants made of glass, cause I can see myself in them.' The other one is when they lick their finger and touch the person and say, 'Let's get you out of those wet clothes.'"

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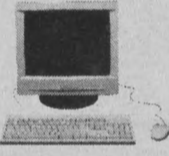


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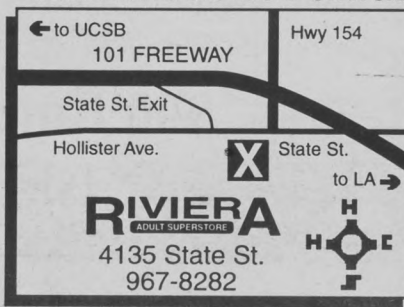
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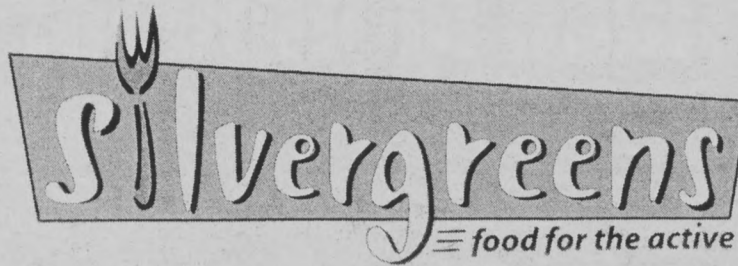
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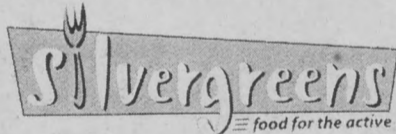
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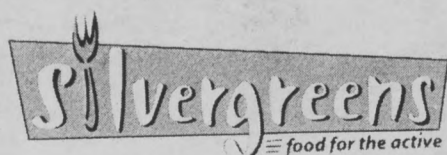
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