

World-renown martial artist demonstrates skills

By **DION BAKER JR.**
Staff Writer

On Feb. 8, Ding Wei, a very skilled martial artist, visited the Ohlone Fremont campus and demonstrated some martial art forms to an audience in the cafeteria.

Obviously, to become good at something, such as martial arts, one must first have years of practice and determination at that thing.

Wei has practiced the art of Wushu for over 15 years. He learned how to do martial arts in the Sichuan Province in China.

After training for so long, he decided to pass along the knowledge that he had gained and began teaching Wushu. He has been teaching now for 10 years.

According to Wei "Wushu is very closely related to kung fu. Kung fu would be the more traditional version of Wushu."

While both styles can be used for self-defense, Wushu is more oriented to competitions and demonstrations. Participating in these competitions build confidence and gives one a chance to see other amazing martial artists perform.

Teaching people is not



Photo courtesy of Ding Wei

Ding Wei (middle), who has been training in Wushu for 15 years and teaching for 10, poses with his class.

the easiest task to take on; however, Wei has taken on the task with great courage and even has students at the age of 5 years old.

In the demonstration, he had his 5 years old student, named Alexander, also perform with him. To be able to perform in a crowd at that age, without many others performing at the same time, is an amazing feat.

Wei does still practice his art form, but he mainly spends the majority of his time teach-

ing other people to do what he has done.

He currently teaches at the Champion Wushu Center, located on 5127 Mowry Avenue in Fremont. Wei believes that with much practice and patience that many people can excel in this martial art.

At the Champion Wushu Center, the basic lessons that one would expect to learn from any martial art school can be learned.

Discipline, patience, confidence, commitment and many

other things can be picked up.

Wei explained that the catch is that these important qualities and life lessons cannot be acquired in one lesson; it takes months, even years to be able to have these qualities.

For this reason, quitting is not advised; once one has made the commitment to learn this martial art, it would be best to stick with it so one may reap the positive benefits from it. As mentioned before, Wushu is very competition-oriented and Wei's school is

no exception to this rule.

Eagle Strike is the name of Wei's team. This team has competed in different parts of the world and has won many different awards for their abilities. If one desires to acquire more information about Wei, his school and classes offered, visit his website at www.dingweiwushu.com.

Videos of his performances, specifically forms in competitions, and his commercial with the legendary Jackie Chan are also located on the website.

Ohlone employee slims down for his wedding

By **ISABELLA OHLMEYER**
Staff Writer

Ohlone College Smith Center's Technical Coordinator Adam Fresquez and his fiancé Dawn Pino are competing on a new reality TV show called "Shedding For The Wedding" from the producers of the "Biggest Loser" and "Pimp My Ride" on the CW network.

A casting agency for the CW first saw Fresquez and Pino on their YouTube engagement video.

On March 5 2010, in a romantic manner, Fresquez took Pino on a trip to Disneyland with their family and after watching Aladdin the musical, at a private meet and greet, he proposed to her by serenading her in front of the whole Aladdin cast.

Of course, Pino accepted and the magic did not end there. While eating lunch at Disneyland a mariachi group had heard about the big news and began playing/singing "At Last" and made the couple slow dance in front of everyone.

Memorable moments such as this continued throughout the whole weekend.

Four months later on June 23, 2010 a casting agency sent a message on YouTube

to Fresquez.

The agency offered him and his fiancé an opportunity to compete in a new reality TV show against 8 other couples to see who could lose the most weight and to compete in different wedding themed challenges in order to win their "Dream" wedding.

Without hesitation, Fresquez knew that this offer was not a hoax and him and his fiancé believed that "it was a once in a lifetime opportunity." Originally, the agency wanted to do an interview over the phone, but the couple was willing to drive to Los Angeles for one day so they could meet them in person.

"First impressions are extremely important to us! Plus they couldn't see our cheesy smiles over a phone interview," says Fresquez.

A few months passed and then they were asked to fly down for another round of interviews.

Fresquez and Pino were

both interviewed by a writer from *People Magazine*; in which a picture of the couple and the amount they weighed

234, Dawn Pino age 28, height 4'11", and weight 178.

A few days had passed and then they received the call that both of them had been waiting for... they both made it onto the show.

With their traveling expenses paid and even a driver to take them to the airport, the couple packed up their belongings (board games) and left their home to meet the producers of the show in Los Angeles.

Under the contract they both signed they are not allowed to reveal much about the show due to the fact no episodes have aired yet.

Their name on the show, though, is Team Fun & Games because they have over 500 board games, ping pong table, air hockey table, pool table, foosball table, dart board, horseshoe pit, shuffleboard, and every video game system.

Their team colors are purple or plum, their favorite color,

and fuchsia.

Although the couple were "sworn to secrecy" they were able to explain to the managers of their jobs that they were picked for a new reality TV show focusing on weight loss and needed to take a temporary leave of absence from work for approximately 2 months; depending if and when they would be eliminated.

Fresquez's boss, Christopher Booras, understood the reasoning and with the help of their dean Walt Birkedahl, human resources, and the board of trustees they allowed him to have the time off. Unfortunately, Pino's boss did not feel the same way.

Pino's boss was uneasy about giving her time off for that length of time, therefore, that forced Pino to make the decision to quit her job and to focus on her new adventure of being on a reality TV show and becoming a healthier person.

Fresquez said that the show so far has been "a life changing experience both physically and mentally."

Follow the couple, who met on MySpace, as they compete on *Shedding for the Wedding*, which premiered Feb. 23, 2010 at 9 p.m. on CW.



Photo courtesy of CW

Adam Fresquez and his fiancé, Dawn Pino, compete for their dream wedding.

"before" the show was revealed in a Jan. 2011 issue of the magazine: Adam Fresquez age 31, height 5'10", weight