

ELLE

GIVE
YOUR HAIR
STAR
QUALITY

YOUR
ESSENTIAL
LOOKS
FOR FALL

AND
THE SEXIEST
SHOES EVER

WE ROAD-TEST
FOUR HOT DIETS
ONE WILL WORK FOR YOU

EXCLUSIVE
WHAT WAS LISA LOPES
LOOKING FOR?

the truth about her final days

SEDUCT
GLAM



KEYWORD
ON AOL: ELLE
AUGUST 2002
USA \$3.50
CANADA \$4.50

COMBINATION PLATTER

Where does the gentle idea of "harmony" figure into a class that requires one-handed push-ups during the first session? We wondered the same when we heard of Harmony by Karate, a Crouching Tiger, Hidden Dragon-meets-The Karate Kid workout now offered at The Sports Club LA. Sensei John Mirione, the class's founder and instructor, prefers a positive environment, which is why he screens students through essays about their life goals and demands silence so they can concentrate on their kicks, punches, and ancient dance



KARATE HIGH: HARMONY KARATE MAY SEEM LIKE AN OXYMORON, BUT EVEN THE MOST AGGRESSIVE MARTIAL ARTS INCORPORATE MEDITATION AND RHYTHMIC BREATHING.

moves. At the end of the class I took, he asked us to reflect on the quote "Befriend your enemy" and offer our interpretations. Unfortunately, the next morning I discovered that my enemy was my throbbing body, so I befriended it by calling in sick to work. Now that's harmony!
—ADA LEISENINO