



Leisure Land

Monday 6th September, 2010

JUMP
in Colombo

The Embassy of the Republic of Korea in Sri Lanka and the Ministry of National Heritage and Cultural Affairs of Sri Lanka will co-host the Korean Cultural Performance "JUMP" on September 16 and 17 at 7.30pm at Kularatne Hall of Ananda College, Colombo.

JUMP is a non-verbal, comic martial arts performance, expertly blending Asian martial arts, including the ancient Korean martial arts of Taekwondo, with acrobatics and slapstick comedy.

There are no second – takes, no wires and no special effects for these actors who have gone through years of extensive martial arts training.

JUMP is a worldwide hit show running at the JUMP theatre in Seoul and Busan, as well as touring internationally, including a one – year run Off Broadway of New York (2007-2008), Edinburgh Fringe Festival 2005-2006 (Box office No. 1 and Comedy Award) and the Royal Variety Performance (UK) in 2006.

JUMP was also invited to perform in the Peacock Theatre in London's West End (2006-2009).

Set in a typical Korean home, JUMP is centered on a dramatically agile, Korean family. From the authoritarian grandfather, drunken uncle and Taekwondo-chopping mother to the incongruous daughter's suitor, each member is a martial arts expert, possessing championship-level Taekwondo, Tae Kyun and gymnastic skills. They enjoy nothing more than challenging each other to martial arts showdowns, displaying their awe-inspiring expertise.

The plot thickens, however, when two burglars break into the house in the middle of the night - one a sleek, mean villain, the other a plump, bumbling idiot.

When the family discovers the intruders, a mighty battle ensues. What follows is an incredible display of acrobatic and martial arts skills, with a large amount of slapstick humor.

Choi Ki-chul, Ambassador of the Republic of Korea, has expressed that this opportunity would contribute to the cultural exchange between the Sri Lanka and the Republic of Korea.

Fulfilling the sole

Biomechanically engineered shoes for foot problems

by Patsy Kam
The Star/ ANN

The Cantonese have a saying, oi lang mm moi meng, which means one would rather choose beauty over life itself. Basically, it means that people are willing to go to extreme lengths for the sake of looking good.

This is especially true of women who don't think twice about wearing killer-high stilettos and narrow, uncomfortable but gorgeous shoes at the risk of getting back pain and other health-related problems.

However, sooner or later, the "shoes of the past" will catch up with you, which explains why so many women end up with foot problems like unsightly bunions, calluses, fallen arches or worse, chronic knee and debilitating back pain, and slumped shoulders.

Malaysian footwear craftsman

Thomas Chan has been making beautiful shoes for women for over 20 years but he himself suffered from bad posture and hunched shoulders by the time he was 39.

"At that time, one of my clients told me that when he saw me from the back, I looked like a 60-year-old man," says Chan, 47.

The unassuming Kuala Lumpur-born shoemaker picked up the trade of shoemaking from his father when he was 21, and honed his skills by going for short courses overseas.

Initially, he made shoes for the wholesale sector; along the way, he established himself as a supplier of footwear to well-known designers like Michael Ong, Bernard Chandran and Alvin Tay. His eponymous label was established in 1987 (his first shop was located in Suria KLCC on Kuala Lumpur). He also makes customised shoes.

Chan feels that his back problem was probably caused by years of bending over his shoes. He is very involved in the actual production of his creations, from designing to sourcing of materials, to personally overseeing the decorative details.

"I was really stressed out and my body showed it. I consulted a podiatrist who recommended a pair of orthotics," he explains.

"They helped tremendously but I had to pay more than a thousand ringgit for those insoles. It got me thinking: here I am, a shoemaker - surely, I can come up with something similar, if not better!"

Chan then did some research by reading up on the subject on the Internet and consulting other orthotic specialists, with both Western and Eastern expertise.

"You'd be surprised to know that Taiwan and China have conducted extensive research on this subject,

probably because the Orient believes strongly in reflexology and that many points in the foot are closely linked to the rest of the body," he says.

Hence, he came up with Thomas Chan Orthotics in 2004, a range of comfortable orthotic insoles that are biomechanically

engineered to reduce heel and fore-foot pressure, relieve foot pain and fatigue, and maximise comfort and foot protection. These foot supports result in better posture which, in



turn, help wearers gain confidence and improve their self-image.

The Malaysian-made leather top insoles provide support and stability, excellent shock absorbency, and are dynamically shaped to the contours of the individual foot for

customised comfort. Clients can choose to customise a pair of insoles for either high-heeled shoes or flats, or go for the classic off-the-shelf range of footwear available at his shoe boutiques.