

NEWARK THIS WEEK

Page 1 Thursday, August 31, 2006 Editor Chanta L. Jackson News (973) 392-7849 Fax (973) 274-8587 E-mail chanta_jackson@starledger.com
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NEIGHBORS

The hands that save lives can also pack a wallop

Name: Arthur Canario

Age: 56

Profession: Orthopedic surgeon at St. Michael's Hospital in Newark

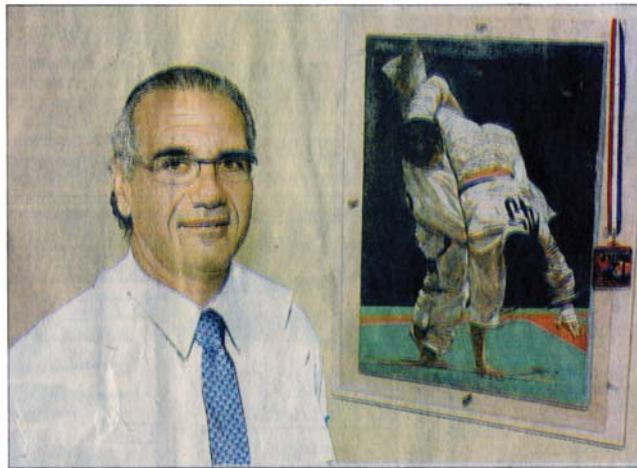
Accomplishment: On July 23, Canario won the World Judo Championship for his age and weight group in Tours, France. He also won a gold medal at last year's world championship in Canada.

The big match: Canario, a fourth-degree black belt, faced one German and two Russian competitors. He defeated all three of them with "ippons," similar to a knockout in boxing or a pin in wrestling. In Canario's last match, a burly Russian general gave him the challenge of his career, he said.

Journey: "As I stepped on the mat face to face with the Russian general, I had total faith in my conditioning," Canario said. "I also remembered Martin Rooney's words: 'Attack like the shark or the lion, no fear, or hesitation.' I put myself in 100 percent attack mode."

Getting there: It was exactly what Canario had prepared for during four months of training at the Parisi Speed School, an athletic training facility in Fair Lawn in Bergen County. It paid off — he beat the Russian.

In most of his matches, Canario employs an offensive style, while his opponents typically use a defensive style hop-



JIM WRIGHT FOR THE STAR LEDGER

ping to counterattack. His attacking style holds the key to his success, he said.

Early athletics: Growing up in Long Island, Canario was devoted to judo. His mother gave him a gift certificate to a six-month judo course. That was 41 years ago, and he has loved the sport ever since. Every Wednesday, he has competed at all levels at the New York

Athletic Club in Manhattan.

College years: He played Division III football for four years at Long Island University's C.W. Post College as an offensive tackle, and in his senior year of college he was an Academic All-American.

After winning the American Athletic Union heavyweight judo championship,

he struggled with the choice between going to orientation at his medical school or representing the United States at the World Judo Championship finals in Germany. Unfortunately, the two fell on the same day in 1971, and he chose medical school orientation. He has regretted leaving judo for 35 years, and the decision still haunts him.

A move to medicine: Canario studied at Georgetown University Medical Center in Washington, D.C., and in 1975 completed his orthopedic residency at New York University Hospital for Joint Diseases. In 1981, he joined Beth Israel Hospital in Newark, where he was recruited to be chief of orthopedics. After 22 years there, he left for St. Michael's.

A dream fulfilled: It wasn't until seven years ago that a master's judo division was established for the 30-59 age group and the 60-to-100-plus kilo weight range, which allowed Canario to compete. He now competes in a new division for ages 56-59.

Competing in the French tournament with the Masters Judo Association gave Canario the opportunity to realize a dream he had harbored since he was forced to leave the sport. He likes to make light of his odd choice of career and pastime, calling himself a "professional judo player that does surgery for a hobby."

— Taylor Bennett