

January 1987

I trained in Shutokai under Sensei Robert Gillespie, 3rd Dan Black Belt, at Drumbrae Community Centre in Edinburgh.

I now took time out of Karate due as I needed to look after my parents both of whom had health issues. (still had time to keep training in the Shotokan Karate Katas in the back garden)

February 1988

I went on a Knife Defence course under Sensei David T Hodgson, 6th Dan Black Belt in Shotokan Karate, at Bolton Sports Centre.

April 1989

I went on a Teaching Instructors' course under Sensei David T Hodgson, 6th Dan Black Belt, at Bolton Sports Centre

March 1990

I went down to a London Sports Centre for a Kumite Fighting competition and got through to the semi-finals.

April 1991

I trained in Shotokan Karate under Sensei Steve Roy, 3rd Black Belt, at Portobello High School which was then still the old school in Edinburgh. It was later pulled down and rebuilt.

24th June 1991 I gained my coaching award with the Nippon Dai Budokai under Sensei David T Hodgson, 6th Dan Black Belt in Shotokan Karate.

Dated 10th1992, I was graded to Nidan 2nd Dan Black Belt by Sensei George Carruthers, 6th Dan Black Belt Shotokan and Sensei Michael Cox, 5th Dan Black Belt Shotokan - Kick Boxing.

Dated 26th April 1992 . I did my First Aid course with St John Ambulance at Hounslow Sports Centre London.

July 1993

Sensei Seamus Mulholland 4th Dan Black Belt invited Sensei Morrison Dojo to do a three-day Karate course at Bilston Miners Welfare Club, near Loanhead, Midlothian

July 1994

For a second time. Sensei Seamus Mulholland, 4th Dan Black Belt, invited me to come back and do another three-day Karate course at Bilston Miners Welfare Club, near Loanhead, Midlothian