

August 1994

I trained for one day in Kobudo weapons course under Sensei John Tosney, 2nd Dan Black belt, at Sighthill Sports Dome Centre Edinburgh

September 1994

I trained with Sensei Nick Adamou, 6th Dan Black Belt Shotokan, for one week in London. It was an honour for me to train under Sensei Nick was one of Master Kanazawa's students

November 1994

I took part in an open weekend Shotokan Karate Course with Master Kanazawa from Japan, 9th Dan Black Belt. What an experience that was. I had training with Master Kanazawa after the course was over. Master Kanazawa looked right into my soul and wrote two things to me.

1 in Japanese = Train to be weak!

2 in Chinese = A diligent heart is worth 100 techniques!

May 1995

I was graded Sandan 3rd Dan Black Belt by Sensei Brian Seabright 6th Dan Black Belt, at Manchester Sports Centre, under the British Karate Association

June 1999

I did a Control and Restraint Techniques (Level Two Course) under Sensei David T Hodgson, 7th Dan Black Belt, at Hindley Sports Centre

I gained my E.K.G.B. [English Karate Federation] Instructor Vocational Qualification. It took place in [the] London Sports Centre under Sensei David T Hodgson, 7th Dan Black belt and some other high-ranking Black Belt E.K.G.B. instructors as well. They watched me teaching a Karate class and, as a result, I passed my Instructors Qualification

October 1999

N.T.K Martial Arts Karate Millennium 2000 course. I was teaching 300 students on the course at Hindley Sports Centre in London