

**2001 – 2005 I have trained with some other well-known top Karate instructors on courses**

**Sensei Aidan Trimble**, 7<sup>th</sup> Dan Black Belt Shotokan, at Gracemount Sports Centre Edinburgh

**Sensei Terry O'Neil**, 6<sup>th</sup> Dan Black Belt Shotokan, at Gracemount Sports Centre Edinburgh

**Sensei Alan Verbeck**, 5<sup>th</sup> Dan Black Belt Shotokan, at Gracemount Sports Centre Edinburgh

**Sensei George Carruthers**, 6<sup>th</sup> Dan Black belt Shotokan, at the London Sports Centre

**Sensei George Ritchie**, 4<sup>th</sup> Dan Black Belt Shito Ryu, at the London Sports Centre

**Sensei Dave Ritchie**, 3<sup>rd</sup> Dan Black Belt Shito Ryu, at London Sports Centre

**February 2004**

I trained on a one-day Shotokan Karate course. **Sensei Kawasoe 8th Dan Black Belt Master** from Japan was the instructor. It was held at **Edinburgh University Centre** in the Pleasance. After the course I got my photo taken with **Sensei Kawasoe**.

**September 2007**

While I was in Hawaii for three weeks, I trained with **Sensei Alan Seklguchi**, chief instructor, **Hawaii Shotokan Karate Club**. What an experience I had! It involved training in the **Hawaii Shotokan dojo**, learning different things to do with the techniques of Shotokan. When I returned home from Hawaii the following evening, I taught the students what I had learnt over in Hawaii in the **Shotokan Karate Club**.

**November 2007**

I was graded up to **Godan 5<sup>th</sup> Dan Black Belt** by **Sensei Brain Seabright**, 7<sup>th</sup> Dan Black Belt, **British Karate Association** at **Manchester Sports Centre**

**January 2022**

Graded **6<sup>th</sup> Dan Black Belt** by **Sensei Brain Seabright**, 7<sup>th</sup> Dan Black belt, **British Karate Association** at **Manchester Sports Centre**.