

July 1975

I started Karate at 14 years of age at Captain's Cabin pub at Gracemount Edinburgh under Sensei Tam Hall 3rd Dan Black Belt in free-style Karate.

July 1982

I left the free-style Karate Club due to it being closed. I then joined a new free-style Shotokan Karate Club at Oxfangs Community Centre under Sensei Kelvin Greenhalghse, 4th Dan Black Belt

July 1983

Graded to Shodan 1st Dan Black belt by Sensei Kelvin Greenhalghse, 4th Dan Black Belt and Sensei John Orr, 6th Dan Black Belt. After passing Shodan Black Belt, a week later the Karate Club closed.

February 1984

I trained in Shotokan Karate at the Y.M.C.A. in the West end of Edinburgh under Sensei Heather Houston 2nd Dan Black Belt. The club closed six months later.

July 1984

I joined the Wado Ryu Karate Club at Burdiehouse Community Centre under Sensei John Deplasdor, 4th Dan Black Belt, Scottish Champion, and Sensei Backer Raza, 2nd Dan Black Belt. The Club closed one month later.

August 1985

I joined the Kyokushinkai Karate Club at the Pleasance Sports Hall in Edinburgh under Sensei Mark Denito, 2nd dan Black Belt, to keep up my Karate training. A month later the Club closed.

September 1985

I trained in Shotokan with Sensei Ronnie Watt, 6th Dan Black Belt, at Gracemount Sports Centre Edinburgh. Later, the Club closed

October 1985

I trained in Shotokan under Sensei Robert Redpath, 5th Dan Black Belt, at Marco's Sports Centre in Edinburgh. The Club closed a year later.

December 1986

Trained in Shukokai Karate under Sensei Derek Spratt, 3rd Dan Black Belt at Gilmerton Community Centre in Edinburgh.