

# KARATE

DISCOVER BRILLIANCE

## HEAD OF KARATE

Tony Cheung

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Having joined Millfield as a teacher of Chemistry in 2012, Tony took over the position of Head of Karate in 2014. With a background in primarily Shotokan karate and kickboxing, Tony also has some experience with judo and Hung Gar kung fu.

## COACH



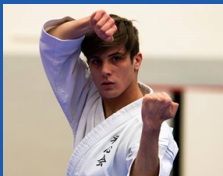
Paul Hacker

6th Dan Black Belt and Chief Instructor of Nishikan Martial Arts.

## HIGHLIGHTS

- During the last few years, Millfield Karate has changed considerably having formed a strong and sustained association with Nishikan Martial Arts. More students have left Millfield with black belts in the last few years than at any other point in its history
- Millfield hosted its first karate tournament in 2017 and has since hosted two karate tournaments every year
- Students attended a training course with Vince Morris (9th Dan Black Belt) in 2019, which focused on "Combat applications in self-defence"
- Students attended training courses with Iain Abernethy (7th Dan Black Belt) in 2019 and 2018 on "The Training Matrix" and "The Brutality of the Basics"
- Having started as a Sixth Form only sport at Millfield, Karate has extended its student participation to include those from Year 10 upwards. This has provided extended opportunities for students to gain a black belt whilst at Millfield; a process which usually takes over three years.

## SUCCESS STORIES



Harry Kemp

OM Harry was the first Millfield student in history to achieve a 2nd Dan Black Belt whilst still at school in 2018.



India Russell

OM India achieved her 1st Dan Black Belt in 2016 and has been one of two female captains in Millfield's karate history.



Charlie Pearman-Wright

OM Charlie achieved his 1st Dan Black Belt in 2018.



Katherine Haselton

OM Katherine achieved her 1st Dan Black Belt in 2019.

BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



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## THE PROGRAMME

### WHAT TO EXPECT?

Karate focuses on three disciplines; Kihon (basics), Kata (forms) and Kumite (sparring). The students at Millfield practice a Wado Ryu form of karate and work through a syllabus of belts during games sessions. Students also have opportunities to attend external training courses focussing on certain aspects of karate, such as advanced application of kata.

The recent introduction of a new syllabus has helped incorporate broader aspects of karate styles and martial arts which has allowed students to improve their knowledge of techniques and forms. The shift towards a greater emphasis on self-defence and close quarters' combat has extended learning beyond traditional classes and this change has been well received by the students, given its close links to mixed martial arts.

Students can register for up to three sessions a week as part of their games' commitment, but beyond training at Millfield, students are encouraged to attend evening training sessions and weekend courses at The Honbu Dojo in Wincanton every few weeks. This has helped to forge stronger links between the clubs which has allowed opportunities to hold more local, smaller competitions for those wanting to experience tournament karate. Eventually, this may open up avenues to participate in regional training courses run by the English Karate Federation.

### WHO CAN DO IT?

Karate at Millfield is open to all students from Year 10 to Upper sixth of all ability levels and experience. Training is held in the purpose built martial arts dojo and classes are taught in an atmosphere of mutual respect between students and the instructors.

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