Defences Using the Four Stages of Range

1st Degree Black Belt Thesis

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Introduction and Acknowledgements

I was born in the year 1990 and I have been physically training in Kenpo Karate since I was 4 years old, but have been very much involved in Kenpo from birth. From these early days my mother and father; Martina and Edward Downey were studying under Senior Grand Master Ed Parker, they travelled all over Europe and America to train with Mr. Ed Parker. During these times Mr. Parker enjoyed holding and taking care of me as a baby while my mother and father trained at Kenpo events. Even though I have not had the privilege to really get to know Mr. Parker I feel as though I have learned a lot from my mother and father as to what Mr. Parker may have been like as an Instructor and friend.

There has been a lot of people that have helped me throughout my years of training in Kenpo and have really made it an enjoyable and significant experience for me; My mother, father, and sister; Edward, Martina, and Patricia Downey, as they have helped my grow into the person that I am in Kenpo and in life, Mr. John Sepulveda and Mr. Bob White have thought me great methods of using Kenpo and I have enjoyed great times with both of these talented people, Mr. John Burgess and Mr. Richard Burgess are a big part of my Kenpo family and are a great inspiration to me.

I also owe great acknowledgements to all my friends in Kenpo who have trained and helped my get to where I am today; David Byrne, Damien Kearney, Derek Newsome, Donal Kavanagh, Will Hill, Will Hand, Rory Barnes, Brendan McGrane and Ray Byrne.

Throughout my years in Kenpo I have attended a lot of competitive events where I have placed very well and have had memorable experiences. As a teenager I was the European Kenpo Champion for six years and I competed in most European Countries during this period. I also won a gold medal at the World Junior Championships in Boston, USA. In the last two years I have been competing as an adult and have succeeded in winning a Bronze and Silver Medal in the World Kenpo Championships on the Channel Island of Jersey. I have also placed at International Events in Madrid, Spain, where I took a Bronze Medal. My most recent success was at the International Martial Arts Championships in Long Beach, California, USA at which I won two Gold Medals.
OWN FORM TECHNIQUE LIST:

1. Cross of Destruction
2. Crossing Talon
3. Attacking Mace
4. Retreating Pendulum
5. Checking the Strom
6. Circling Wing
7. Darting Mace
8. Shield and Sword
9. Circle of Doom
10. Clipping the Strom
11. Escape from Death
12. Menacing Twirl
13. Circles of Protection
14. Deceptive Panther
15. Glancing Lance
16. Heavenly Accent
17. Conquering Shield
18. Fatal Deviation
19. Reversing Circles
20. Broken Rod

Concept of my Own Form;

The concept of my own form is to use different ranges/types of attacks, be it a choke, grab, punch, kick or weapon. I decided to use this concept as I feel that it will really benefit my training as I will learn how to work with distance when performing my techniques, either very close or father away. I have chosen to use 20 techniques from yellow up through black belt in my form; I choose these techniques as I felt they were appropriate to deliver what I wanted out of my own form.

I decided to use this concept for my own form so I could be confident using each stage of range, and I felt that the angle of attacks form the obscure zone and short to long range sequencing are very important to be able to deal with in an attack.

I also inserted a number of kicking techniques into the form which I used to finish in my defence and make a safe exit.
The Angles of Attack in my Own Form:

KENPO’S WEB OF KNOWLEDGE:

In Ed Parker's words, "The idea for the WEB OF KNOWLEDGE came to me thirty two years ago in Hawaii as I observed a spider constructing a web. As I watched the spider meticulously build this ingenious trap for his survival, I attempted to parallel the principles of this construction with the learning of the Martial Arts. From this design created by our Supreme Being, I pondered about how it could be used as a beneficial trap: a trap that would be an aid in retaining Martial Arts' knowledge. Surely, if a web is primarily a trap to ensnare victims, why couldn't a similar structure be used to ensnare knowledge? As I began to develop the concept, I pondered about topics that could be studied. What knowledge was the web to contain and what order of priority would it follow? Would the topics of study vary from one belt level to another? If so, what belonged where? Such unanswered questions did not make it easy to create and organize a progressive plan utilizing a WEB OF KNOWLEDGE. Through trial and error, I arrived at what I thought to be an equitable solution. I categorized the web into prime topics of concern and arranged the course into what I considered progressive."
THE NATURE OF AN ATTACK:

(1) Identify, define and classify the types of encounters you may find yourself in.
(2) Scrutinize the various methods in which weapons (natural or otherwise) can be employed.
(3) Determine your choice of action in successfully combating the numerous types of encounters with which you may be confronted.

IDENTIFYING THE NATURE OF AN ATTACK
(1) In the ENVIRONMENT you are entering.
(2) Anticipate the possibility of an ENCOUNTER.
(3) Eliminate the element of SURPRISE.

Although the type of action you encounter may surprise you, you would, nevertheless, be prepared to instinctively utilize your knowledge regardless of the predicament. Again, at this stage, strategy and plans for defense and offense are not thought of consciously -- they occur naturally. Defining the predicament involves classifying and categorizing the various types of attack. Utilizing this approach makes classification a useful tool when you are categorizing and defining the attack. Answers are more appropriately geared to attack situations when they are categorized into topics such as:

1. Grabs and Tackles
2. Pushes
3. Punches
4. Kicks
5. Holds and Hugs
6. Locks and Chokes
7. Weapons
8. Multiple Attacks

These categories are very helpful in defining the attack. In order to classify the various types of attacks we use the WEB OF KNOWLEDGE.
The Themes and Concepts of the Techniques in my Own Form:

1. **CROSS OF DESTRUCTION:**

   **THE ATTACK:** In the IDEAL PHASE of this technique your opponent is to the rear. He applies a two-hand choke with his arms extended.

   **NAME:** In this technique your opponent's arms become twisted and resemble a **cross**. It is the use of this crossed position to help break your opponent's elbow that gives the technique its name, **Cross of Destruction**.

   **THEME:** This technique is to remind you of the danger of chokes. Panic can set in when you feel the strength of your opponent's hands around your neck and throat. As with most chokes, it is recommended that you tuck your chin to your chest to give you temporary relief. From there the theme of this technique develops. There is no way that your opponent's thumbs can resist the weight of your whole body twisting against them, when the proper fulcrum is applied. In the technique Spiralling Twig you use **your hands** to twist and lock **your opponent's wrist**. In the first part of Cross of Destruction you use **your hands** and **your neck** to twist and lock **your opponent's thumbs**. In the final part of Cross of Destruction you use **your opponent's own arm** to twist, lock, and break **his elbow joint**.

   **Why I choose this technique** - As this attack is from the rear it is appropriate for women, I like the technique because the release mechanism is very effective and allows me to get a good lock on the opponent’s arms, so I have total control of the attacker.
2. CROSSING TALON:

**THE ATTACK:** The IDEAL PHASE of this technique begins with your opponent to the front. His right hand reaches out and grabs the inside portion (flat side) of your right wrist.

**NAME:** "Talon" is a synonym for a wrist grab. It is your opponent's hand that is crossing his body to grab your wrist that gives this technique its name, **Crossing Talon**.

**THEME:** Wrist grabs are used to force you to an undesired direction. It is a common scene on the street. To counter this grab you must learn to maximize your efforts by harmoniously utilizing the force of your entire body when striking. This is especially true if your opponent is stronger than you. It is difficult to counter his strength with only the force of your arms. Consequently, employing your entire body, at the proper angle, with the proper timing is necessary.

**The reason I chose this technique:** is because I like the counter-grab technique as male attackers usually opt for this control against women, I find the arm bar control to be very effective.
3. ATTACKING MACE:

**THE ATTACK:** The IDEAL PHASE of this technique begins from the front. Your opponent commences from a left fighting stance. As he steps forward, he executes a right straight punch toward your face.

**NAME:** As described above "mace" is symbolic for fist. In this case the technique's name stems from the action of your opponent's attacking fist.

**THEME:** This technique favours grabbing checks to control your opponent. It uses reverse motion twice. In viewing this reverse combination sequence the following can be observed: a) left block then right punch, b) right block then left punch.

**The reason I choose this technique:** I like the training forms in this technique as I am left handed so moving to the left and blocking with my left hand gives me a great advantage over my opponent.
4. RETREATING PENDULUM:

**NAME:** The name of this technique describes the manner in which the blocking arm is used when deflecting your opponent's kick. In its execution the blocking arm swings like a pendulum as your right leg is **retreating** from your opponent's attacking leg, thus the name Retreating Pendulum.

**THE ATTACK:** In the IDEAL PHASE of this technique your opponent is to the front in a left fighting stance. He then steps through with a right thrusting knife-edge kick toward your body.

**THEME:** This technique teaches you the tactical use of a subliminal retreat. The depth of action is not as pronounced as when shuffling. While there is a finer margin for error, you nevertheless remain close enough to your opponent to give you greater spring when retaliating. In this technique special emphasis is placed upon **Relayed Power** through the use of a **short circle** of the right arm.

**The reason I choose this technique:** This is a dangerous attack, I choose this technique to help perfect my skills against this type of kick.
5. CHECKING THE STROM:

THE ATTACK: The IDEAL PHASE of this technique teaches that the attack is from the front. The attack commences with your opponent in a left fighting stance. Your opponent then steps forward and executes a right overhead club attack toward your head.

NAME: "Storm" is a symbolic term used to describe club attacks. The name of this technique stems from your initial as well as continuous efforts to prevent your opponent from employing his club.

THEME: This technique involves a life threatening overhead club attack. Realizing that your opponent has a long range weapon, your response is to move out of the Line of Attack with your feet and to also deviate the course of your opponent’s weapon with your hand. Although you must get out of the Line of Attack, it is extremely important that you remain within range to effectively counter your opponent’s attack. Proper positioning will also help to increase target exposure on your opponent.

The reason I choose this technique: I like countering attacks with kicks, it’s always wise to maintain distance in this technique.
6. CIRCLING WING:

THE ATTACK: In the IDEAL PHASE of this technique your opponent is located to the rear. He is applying a two-hand choke with his arms bent.

NAME: “Wing” is a symbolic term that refers to an elbow. In this case it is your elbow (wing) that is circling over the top of your opponent’s attacking weapon.

THEME: The theme of this technique (like that of others against locks or chokes near the throat) teaches you how vitally important it is to protect your throat and to economize on time by using the principle of "WITH". Simultaneous with this idea, if you change the angle of your body (with your foot manoeuvres), you can take advantage of the natural FULCRUM at the point his hands are touching your neck. You will easily be able to force your opponent to release his grip and be able to clear his arms in such a way that you can maintain control of his body and weapons.

I choose this technique because: as this is a rear attack and the opponent is taller and pushing me forward. I like that I can move up the circle and counter his power/height, by then shortening the distance between myself and the attacker.
7. DARTING MACE:

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front. He steps forward with his right leg and grabs your right wrist with both of his hands.

NAME: "Mace" is a synonym for a "fist". In this case it is your fist (mace) that is darting off of your opponent's forearm and into his face.

THEME: Remember that wrist grabs are used to force you to an undesired position. To cancel this two-handed grab you must learn to maximize your efforts through the use of harmonious action that includes the use of forward motion (the strikes) and reverse motion (the counter grab). In addition this technique introduces you to the idea of a GRAFTED PRINCIPLE. GRAFTED PRINCIPLE is the combining of several principles within the flow of a single action. As an example a strike may start with a hammering motion, but conclude with a thrusting action without disturbing the natural flow of the executed move. Your initial move commences as a hammering method of execution (the hammer fist to the forearm) and converts to a thrusting method of execution (the punch to the face).

I choose this technique because: it's similar to crossing talon, and a two hand grabbing attack is commonly directed at women. I also like the striking pattern in the technique as it's similar to parting wings.
8. SHIELD AND SWORD:

THE ATTACK: In the IDEAL PHASE of this technique your opponent starts from the front in a right fighting stance. As he steps forward with his left foot, he delivers a left straight punch toward you face.

NAME: The name of this technique first stems from your extended outward block. This block literally shields you from your opponent’s left punch. The second part of the name comes from your second move. Your right handsword (sword) chops through your opponent's neck.

THEME: The theme of this technique is to acquaint you with a diagonal deviation against your opponent's punch. Although your left extended outward block precedes your right inward handsword, the forward bow is really positioned to drop into a close kneel stance if protection is needed between both moves. This technique is one that prepares you for the WHAT IF PHASE that may occur between the first and second move. Once the initial chop is rendered, checks of height and width zones come into play to thwart your opponent's retaliatory efforts.

I choose this technique because: I like using my left hand in a defensive manner, and that the strikes are based on five swords which is a technique I like a lot.
9. CIRCLE OF DOOM:

NAME: The name of this technique originates from the circle created by your blocking arm. This circular block causes your opponent's leg to follow a circular path. This circular path places your opponent in a precarious position of probable doom, thus the name, Circle of Doom.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front in a left fighting stance. He then steps forward with a right front kick aimed toward your midsection.

THEME: This technique teaches you how to fade out while making in-place transitions that act as defence as well as offense. It is imperative that you have the ability to employ your natural defences from their Point of Origin at the moment of an attack. This technique employs a block to the best available target, with the best available weapon, from the best available angle, in the least amount of time, and still yields the desired effect. It clearly demonstrates the importance of having a complete Vocabulary of Motion that may be called upon from any Point of Reference. Once you have limited your opponent's retaliatory abilities, the concept of Economy of Motion is applied to specialized kicks that employ uncommon methods and angles of execution.

I choose this technique because: after being surprised by the kick, I forced to move backwards and out of kicking range, this gives me the opportunity counter the attack with a kicking combination.
10. CLIPPING THE STROM:

**THE ATTACK:** In the IDEAL PHASE of this technique your opponent is located to your front, positioned in a left fighting stance. He then steps forward with his right leg while delivering a straight right thrusting club attack toward your solar plexus.

**NAME:** The defensive moves used in this technique appear to be clipping the arm of your opponent's thrusting club attack, symbolically referred to as "the storm", thus the name **Clipping the Storm**.

**THEME:** The theme of the technique highlights the use of strikes to disarm the attacker. Properly placed strikes to key nerve points can cause your opponent to drop his club. Emphasis is also placed on the timing of both strike and check, coordinated with the transition of your cat stance. The use of the cat stance rests in the transition which generates the first stage of body momentum. The next move, which is the step through, generates the second stage of body momentum along with your heel palm strike and check. This technique acquaints you with still another perspective -- use of body momentum in stages.

**The reason I choose this technique:** It’s in the Parting Wings Family Group and it begins with the left hand, thus giving me an advantage as I a domain left handed person.
11. ESCAPE FROM DEATH:

NAME: Proper execution of the initial move literally allows you to Escape from Death.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the rear applying a right forearm choke around your throat. His left hand is assisting his right hand by grabbing his own right wrist with both arms commencing to apply pressure.

THEME: This technique teaches you to escape from a rear forearm choke. It reinforces the priorities of self-preservation, which are: 1) quickness of thought and speed of action, 2) air supply, 3) protection of anatomical weak points, 4) effective offense simultaneous with your defence, and 5) avoid being taken to the ground. You must be able to see that the solution to one predicament often leads you into another predicament for which you have an answer.

I choose this technique because: it’s another rear attack and very dangerous. This technique is known as the muggers attack. This is an essential technique for women because the attacker uses a choking technique and learning how to escape from this type of attack can save your life.
12. MENACING TWIRL:

**NAME:** It is the **twirling** action of your counter and their **menacing** effects that gives this technique its name, Menacing Twirl.

**THE ATTACK:** In the IDEAL PHASE of this technique your opponent is positioned to your rear. He steps forward with his left leg, grabs your belt with his left hand, and pulls you toward him.

**THEME:** An opponent approaching from the rear is dangerous because the specific nature of his attack is **unknown**. If your opponent places **both** of his hands on you, you are able to **FEEL** the nature of his attack. However, in this technique only one hand grabs you at the belt. **FEELING** your opponent’s hand gives you only a partial clue. The whereabouts of the opposite hand is not known. It is when your counter begins that the **unknown** becomes **semi-known**. You may step to the rear, as well as inside of your opponent’s grab with greater confidence because the **unknown** becomes **known** during the transition. You know that you can create an **Angle of Cancellation** not only from your Point of View of the attack, but also from your opponent’s Point of View of the attack. To achieve this, you must act swiftly and counter using the principle of "**WITH**" rather than "**AND**".

It is the **Lock-Out** of your left heel palm strike that completes your **Angle of Cancellation. Controlling the Gaps** limits your opponent’s ability to retaliate.

**I choose this technique because:** it’s a rear attack and is an ideal technique for women. Research has shown that rear attacks are the most common type of assault towards women.
13. CIRCLES OF PROTECTION:

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front in a left fighting stance. He then steps forward with his right foot as he executes a right overhead punch toward your head.

NAME: The name of this technique stems from the circular moves that act as shields of protection as well as weapons of aggression. Therefore, the technique was given the name, Circles of Protection.

THEME: The theme of this technique is the introduction of the continuous flow of circular moves to counter your opponent. These moves act to ward off your opponent’s attack, check his arm, while interchangeably being used as an offense. In this technique emphasis is placed on countering, controlling, and attacking your opponent from under, inside, and outside of his attacking arm.

I choose this technique because: it’s another technique from the parting wings family group, and I think it’s contains some very good self defence strategy.
14. DECEPTIVE PANTHER:

NAME: The name of this technique originates from the nature of your opponent’s attack. Your opponent is first trying to deceive you with a low kick, before following up with a higher kick. This deceptive gesture resembles the feinting moves of a panther, thus the name Deceptive Panther.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front in a left fighting stance. He then executes a double kick; first a low front kick toward your groin, and secondly a high roundhouse kick toward your head.

THEME: (1) This technique is Family Related with Swinging Pendulum and Detour from Doom, thus it has a similar theme. This technique teaches you the merits of moving up the circle to get you out of the line of attack, as well as how you can extend the range of a your right Knife-Edge kick. The timing of the foot manoeuvre and the kick is crucial in maximizing your power. Timed with precision, body momentum becomes the chief contributor to the sum total of your force, which helps destroy his foundation. The first action triggers the second action (your right knife-edge kick to his knee), as if they were consolidated as one. Although precise timing gives you the illusion of consolidation, the two moves are, nonetheless, separate. The shifting of your feet, and gravitational marriage are repeated principles that help enhance the use of body momentum.

(2) Deceptive Panther also introduces the use of a Fully Accelerated Move, whereby you gain power by dropping into your rotating twist stance, and gain power on the lift when twisting out. This in-place stance change uses forward and reverse motion achieving nearly 360 degree torque that contributes greatly to the force of the kick.

(3) Furthermore, some of the benefits of a rotating twist stance are revealed: checking, locking, buckling, breaking, and complete rotation for power.

(4) The final kick of this technique is your introduction to Grafted Kicks where you employ a scoop, thrust, and lift.

**I choose this technique because:** I like that it’s a counter kicking technique and it uses the five swords striking pattern.
15. GLANCING LANCE:

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front. He starts in a left fighting stance and then steps forward with his right foot as he executes a right knife thrust toward your abdomen.

NAME: The name of this technique stems from two sources: (1) A knife is symbolically referred to as a lance, and (2) your glancing blow which redirects the path of the knife, thus the name Glancing Lance.

THEME: The theme of this technique stresses the importance of getting out of the line of attack by taking action from point of origin. You are also angling to move up the circle to ensure a diagonal and downward angle of cancellation; this increases the angle of deviation and angle of efficiency. The angle versatility of the knife is controlled by seizing the attacker's wrist joint. Kenpo knife rules stress the importance of diverting, seizing, controlling, and disarming the weapon.

I choose this technique because: I believe that it’s very wise to have efficient skills against knife attacks, this technique offers me a number of variations that are practical and effective.
16. HEAVENLY ACCENT

NAME: This technique derives its name from the obvious motion of your blocking arms. To break the grasp of your opponent they ascend toward the heavens, thus the name, Heavenly Ascent.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front applying a two-hand stiff-arm choke.

THEME: This technique teaches you how to form a wedge with your arms to effectively free you from your opponent’s grasp. The timing of the foot manoeuvre, wedge, and elbow strike is crucial in maximizing the effects of your action. Timed with precision, body momentum (forward and rotational) becomes the chief contributor to the sum total of your force. This technique is also unique in that the first action triggers the second action (your right elbow strike to your opponent’s chin), as if they were consolidated as one. Although precise timing gives you the illusion of consolidation, the two moves are, nonetheless, separate. The shifting of your feet, and rotational force are repeated principles that help enhance the use of body momentum while going forward or in reverse.

I choose this technique: as I think this attack also is often aimed towards women, I also like the strikes and find them very helpful in controlling my opponent, it is fast and effective and it attacks the three weakest parts of the body; the throat, eyes and groin.
17. CONQUERING SHIELD

NAME: This technique derives its name from the forearm strike that is employed as a striking shield. This same arm is then used in overpowering and conquering your opponent, thus the name, Conquering Shield.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front. He grabs your right lapel with his left hand while his right foot is forward.

THEME: This technique provides a possible solution if backed up against a wall. Unable to step back to stabilize your base, the wall is utilized as a "vertical" base to stabilize yourself. You learn to pin, strike, and kick at the same time. You are introduced to both a ricocheting strike, and the merits of using returning motion, not reverse motion.

I choose this technique because: you are pinned against the wall with the attacker using his free hand to strike you, so the low kick to the leg if a great escape in this technique.
18. FATAL DEVIATION

**THE ATTACK:** In the IDEAL PHASE of this technique your opponent is to the front. He is in a left fighting stance, and steps forward with his right foot as he delivers a right straight punch. He then immediately follows up with a left roundhouse punch.

**NAME:** The result of this technique can be **fatal** if you were seriously motivated to ruthlessly use it. It is your attempt to avoid such a **fatal** response from occurring, making every effort to **deviate** from that possibility, that the name **Fatal Deviation** was given.

**THEME:** The theme of this technique is the use of stance changes to cause two buckles to occur. The delayed use of a bracing angle when sandwiching is another theme to examine.

**I choose this technique because:** there are a number of punches being thrown to the face, and this type of attack is one of the most common attacks in today’s environment.
NAME: The name of this technique stems from the fact that circular moves, in reverse, are applied within the stratagem of your defence and offense. Because of the frequent use of reverse circles employed within the technique, the name **Reversing Circles** was selected.

THE ATTACK: In the IDEAL PHASE of this technique your opponent is to the front, in a right fighting stance. You are in a right neutral bow as he delivers a left roundhouse kick to your body, followed by a left straight punch to your head.

THEME: The theme of this technique is indicated by its name. When thoroughly analyzing the technique, you learn how reverse motion can residually provide defensive and offensive answers to combination strikes.

**I choose this technique because:** I find this technique interesting as its dealing with a left kick and left punch, this is a difficult combination to defend against, so it’s an important technique to practice.
1. **NAME:** The name of this technique also stems from two sources. As already discussed, *Rod* is a synonym referring to a pistol or gun. When executing counters against a pistol one must first get out of the **Line of Fire.** Students are taught that when confronted with a pistol, as with a knife, *divert, seize, control,* and *disarm.* It is the second move in this technique that completes the name of this technique. **Counter manipulation** can cause your opponent’s arm, that’s holding the pistol (*rod*), to be *broken,* thus the name *Broken Rod.*

**THE ATTACK:** In the IDEAL PHASE of this technique your opponent is to your rear with a pistol in his right hand that is pressed against your back.

2. **THEME:** Once again remember the importance of diverting, seizing, controlling, and disarming when defending yourself against a pistol. In this technique you learn how to use a rotational twist stance to get out of the **Line of Fire.** Please scrutinize the proper ways of controlling a pistol along with the value of **Counter Manipulation** that is dispersed throughout the technique.

**I choose this technique because:** it was used by an attacker during a robbery a few years ago on my uncle and I want to make sure that I cope with this type of attack.
Conclusion

I have been studying Kenpo for the last 16 years, it has been a great life journey for me and I have made some great friends. It’s a sport that I have a talent for, and because I am still very young I feel there are lots of great challenges and opportunities ahead for me. I think it’s important to have good standards and reputation within Kenpo, as it is my ambition to be a good Teacher and Coach.

I hope to travel around the world with Kenpo to visit clubs, take part in training camps and compete in more Kenpo Championships, so that I can always be improving my skills and giving myself more challenges.

I am currently teaching Kenpo at the Celbridge Kenpo Karate Academy, it is a very enjoyable experience for me and I enjoy sharing my knowledge with all our Junior and Senior students. As my father travels internationally quiet regularly, I’ve had to take on more responsibility teaching in the academy. Becoming a black belt means I will always have to maintain a high standard in teaching, and become a role model for all students in my club.

I am currently studying a degree in sports management and coaching in the Institute of Technology Blanchardstown. The areas of expertise that this degree will give me include the following;

- Coaching and Exercise Psychology
- Programme Development and Exercise Progression
- Exercise Physiology 2
- Sports Marketing 2
- Management Accounting
- Information Management
- Coaching Special Populations
- Nutrition
- Sports Club Operations
- Professional Skills and Life Coaching
- Contemporary Coaching
- Applied Exercise Physiology
- Elite Coaching
- Sports and Leisure Event Management
- Elite Sports Development
- Power Strength Speed Coaching
I currently hold qualifications in the following areas from my previous studies:

- Occupational First Aid Award
- Lifestyle and Wellbeing
- Anatomy and Physiology
- Lifeguarding - Swimming and Water Safety
- Physical Education
- Sport and Recreation Studies
- The Sport and Leisure Industry
- Marketing
- Employment Law
- Managing Resources
- the Sports Development Industry
- Leisure Facility Operations
- Operations and IT Systems
- Law for Business and Service Industries
- Communications
- Computer Studies

- The University of Limerick level 6 National Certificate in Exercise and Fitness (NCEF);

- A Pool Lifeguard Award; with Irish Water Safety