



JAPAN KARATE ASSOCIATION OF AUSTRALIA

INSTRUCTOR PROFILE

DOJO

JKA Healesville, Victoria

INSTRUCTOR NAME

Ian Cook

CURRENT RANK

3rd Dan

OTHER POSITIONS CURRENTLY HELD IN JKAA

Permanent Member, JKAA Instructor Class, Victoria

KARATE BACKGROUND

Started training at Mildura in 1985, Moved to Melbourne in 1987 and commenced training under Nishimura Sensei in 1989. Travelled to Japan in 1990-91 and trained under Takahashi Sensei and Nomura Kantaku at Aoyama Gakuin Dai Gaku. Also trained at the Honbu dojo. Instructor at the Collingwood dojo from 1992-94. Opened Healesville dojo in 1995.

WORDS OF WISDOM RELATING TO KARATE & JKAA

Shut up and train. Fatigue is a temporary sensation!