



JAPAN KARATE ASSOCIATION OF AUSTRALIA

INSTRUCTOR PROFILE

DOJO

JKA Gawler, South Australia

INSTRUCTOR NAME

Paul Brown

CURRENT RANK

3rd Dan



KARATE BACKGROUND

Commenced in 1990 with Sensei Sam Noble. Started teaching in 1994 and was instructor for the next 3 years. Am currently assistant instructor to Sensei Lester Tobitt in Gawler.

WORDS OF WISDOM RELATING TO KARATE & JKAA

The most important is to keep on training and learning. Understand how your body executes a movement correctly without any unnecessary movement. At last, but not least, enjoy it!