

# GKR

# KARATE INTERNATIONAL

**FOUNDER AND  
CHIEF INSTRUCTOR  
KANCHO ROBERT B SULLIVAN**



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## SENSEI ANDREW WARD IN PROFILE

**Andrew Ward** is a senior regional instructor in the United Kingdom.

**Age:** 30 years young

**Place of Birth:** Leeds, West Yorkshire, UK

**Region Number and City:** Region 8 in Leeds, UK

**G-K-R: Do you have any favourite techniques?**

AW: I do. It would have to be Haito (ridge hand strike).

**G-K-R: Do you have any particular kata that is your favourite?**

AW: Yes, it would definitely be the Kata Empi.

**G-K-R: Do you have any other hobbies?**

AW: I simply love fast cars.

**G-K-R: Could you tell us a little about your background in karate?**

AW: I trained in karate with a style called Shotokan in 1983 and got my 6<sup>th</sup> Kyu. I have also trained in Judo and Boxing.

**G-K-R: Where and when did your karate training begin? And what was your original motivation for training in Karate?**

AW: I began with G-K-R Karate in Castleford, Leeds, UK. I started training with my 2 stepsons to build their confidence and to lift my fitness level.

**G-K-R: What has been your most memorable moment in G-K-R Karate?**

AW: To be asked to give a speech at my first G-K-R Karate Conference on the 10<sup>th</sup> October 1999.

**G-K-R: Who have been your inspirations? And why?**

AW: Kancho Sullivan and Sensei Jason Wright. Kancho Sullivan is the most humble, friendly, likable person I have met and aspire to be like that myself. Sensei Jason because of the fine karate skills he possesses and passes on willingly to those that ask for help.

**G-K-R: Can you tell us how things are going in Leeds?**

AW: When I started as senior regional instructor of Leeds at the beginning of 1999, we had 300 people training in our classes. We now have 800. My aim is to help 1000 people gain from all the benefits that karate offers. Also with the fantastic things happening in Leeds, I am also coordinating a G-K-R Karate Tournament on the 24<sup>th</sup> June.

## SENSEI ANDREW WARD IN PROFILE....cont

**G-K-R: What are G-K-R Karate Leeds goals for this year?**

AW: With a consistent high attendance in our classes, I hope to keep everyone happy with their karate training and keep their confidence up whilst helping students where it is needed. In the future I am also looking forward to training students to their Shodan Ho (Provisional Black Belt). For example, early next year one student in particular, who is currently 2<sup>nd</sup> Kyu will be due for her Shodan Ho. Her name is Natalie Hardy.

**G-K-R: In what ways have you benefited from doing karate?**

AW: I met my wife Diane, I am fitter and I am far more flexible. I have improved my personal development skills and have in a lot of ways improved my life. I love what I do and I do what I love!

**G-K-R: Do you have any advice that you can pass onto other students?**

AW: Always remember that karate training is personal to each student and don't get bogged down in other people's grades and focus upon making your karate the best it can be! Always train like a Black Belt!

