

GKR

KARATE INTERNATIONAL

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



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SENSEI TYRONE COATES IN PROFILE

Age: 40

Place of Birth: Albany, Western Australia

Region: Brisbane Region 10

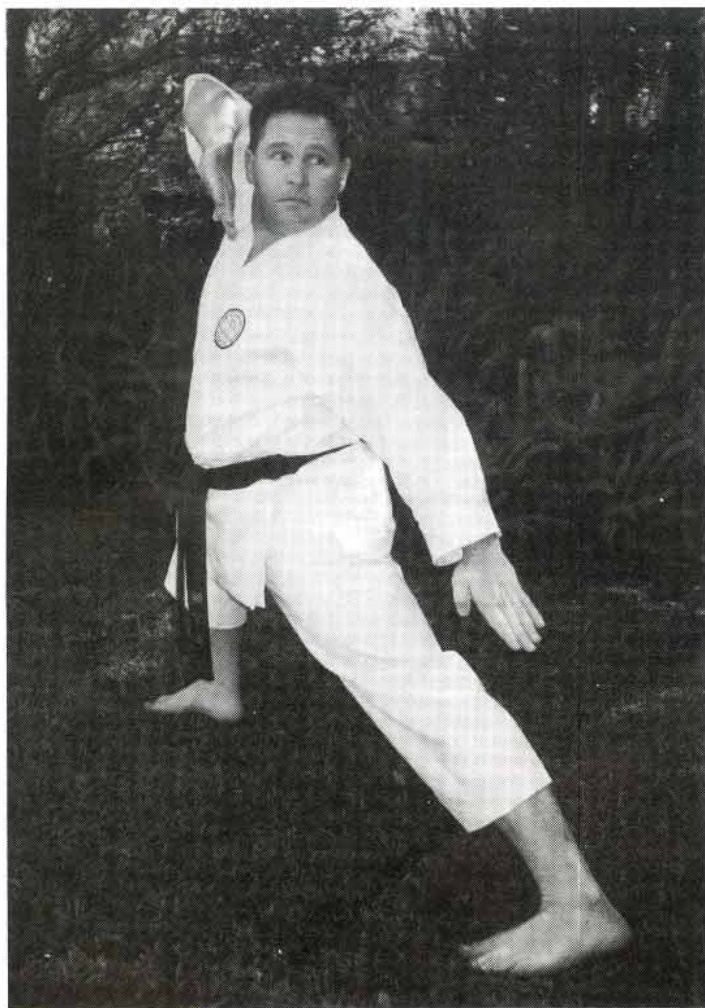
Favourite Technique: Side hooking kick

Favourite Kata: Kanku Dai

Other Hobbies: Movies, studying Martial Arts history and golf

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

TC: I hold a Black Belt in Tae-Kwon-Do and Blue Belt in Hapkido. I started training in Go-Kan-Ryu Karate-Do in October 1996 in Sydney. I joined when a person knocked on my door promoting karate classes. I was so impressed with the way the club was presented, my family, (wife and two daughters), and I joined. I wanted to get the strength from karate and expand my knowledge of the Martial Arts and within 4 weeks of starting I went full time under Sensei Nabil Fanous in Region 2, Sydney. In late 1997 I was asked if I wanted to move to the Sunshine Coast in Queensland to start building G-K-R there.



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

TC: Putting on my Black Belt for the first time and seeing my wife Caroline grade to Black Belt.

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

TC: The three people who have inspired me the most within G-K-R would have to be Kancho Sullivan, Senior Sensei Stacey Karetsian and Sensei Nabil Fanous.

Their leadership and unending vision, along with their encouragement and belief in me, has made me realise my own potential and for that I am truly grateful.

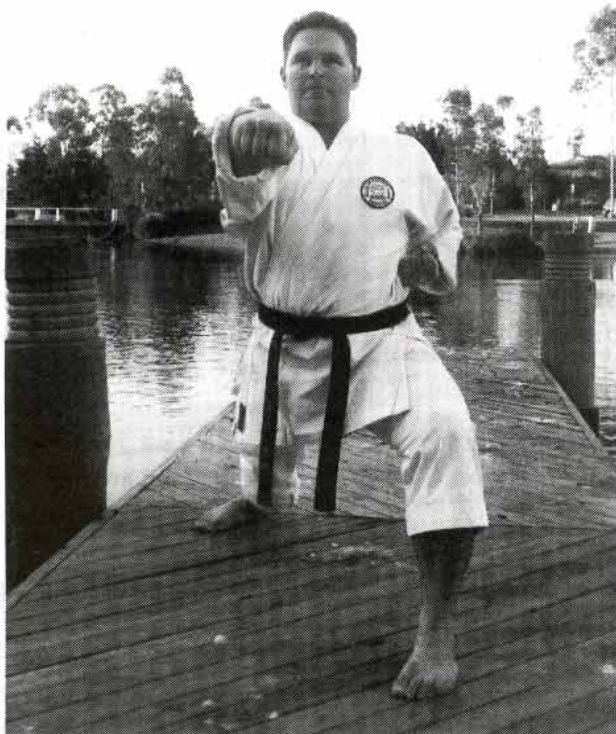
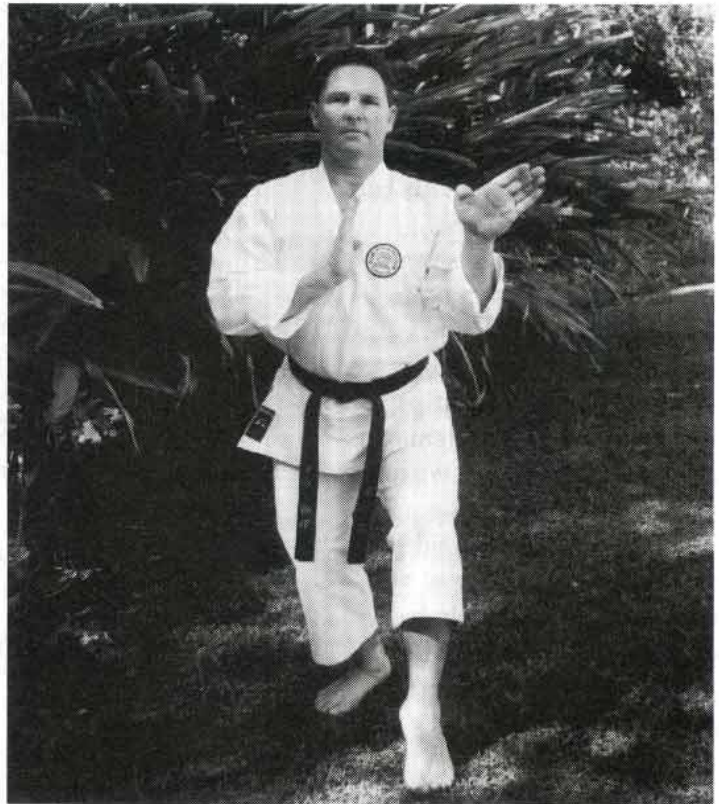
SENSEI TYRONE COATES IN PROFILE....cont

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

TC: Recently, Region 10 has grown to 1400 students. G-K-R is stronger than it has ever been in Queensland, with more and more people training and enjoying all the benefits that our club has to offer. The tournaments are getting bigger with 330 competitors at the last G-K-R Regional Tournament. Also Queensland is really coming of age as the number of Black Belts increases.

G-K-R: What are G-K-R Karate Brisbane 10 goals for this year?

TC: To see the Queensland State Tournament Team, of which I am the coach, win 80 trophies in the NAS; to be 4000 students strong in Queensland; to encourage more people to take the opportunity of doing karate on a full time basis.



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

TC: Karate keeps me fit and allows me to help other people to develop their confidence and self-defence skills. My own confidence and that of my family, has grown immensely. Karate keeps me humble because the more I learn, the more I discover I have to learn. It also gives me a fantastic occupation doing something I love.

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

TC: Persevere with your training and don't give up when you hit a difficult phase or 'plateau'. Train through it and the sense of achievement and pride, when you receive your Black Belt, will be overwhelming! Many start, but few finish. Be in that 'few'.