

Knockdown Training Day March 23

Every so often I question myself as to whether we are doing "too much" and so it was that I had doubts about the likely success of the knockdown training day. However, when I walked into the Corio dojo I was totally blown away but 22 people turning up.



The other very pleasing thing was that they had travelled from Traralgon and Portland and all places in between, showing a great desire and commitment.

Also, there were lower grades and juniors attending so all in all it showed me that these days are valued.

As Sempai Rachel Ralph said: Just thought I'd let you know that I really enjoyed Saturday's training session and the young guys all did a fantastic job organising and running the day !

It was well worth the drive and myself and my students have a lot of training drills that we have returned home with to take to our dojo !



We had 5 International representatives taking the training and where else could you get such quality instruction?



The aim of such days is to give people an opportunity to experience knockdown training and also for those already involved to hone their skills. With the Victorian Championships coming up all who attended were very thankful for the opportunity.