

Local Martial Arts Instructors Receive 4th Dan Black Belt Gradings

Recently local Prom Coast Martial Arts Club instructors Andy Law and Scott Griggs were presented with their 4th Dan certificates by Grandmaster Khor. Grandmaster Khor is the president of the National Martial Arts Games Committee and personally took both Andy and Scott through the grading process. The presentation was made at a function in Melbourne in early December and is the result of the dedication and perseverance of approximately 30 years training through various martial art disciplines. The presentation was well received by the 300 people present.

Andy currently teaches both Yang and Chen style Tai Chi Chuan & Qigong at Foster and Inverloch classes, with emphasis on traditional teaching methods. Tai Chi Chuan (Grand Ultimate Fist) evolved out of the Chinese fighting systems/Traditional Chinese Medicine and various forms of Qigong around 700 years ago to be a complete health system based around the philosophy of Yin Yang to aid in preserving/improving health and providing a very efficient fighting system. Tai Chi is considered an internal martial art with reliance on the mind leading internal energy rather than external/muscular force to perform the various techniques and movements. Scott currently teaches Shotokan Karate-Do (empty hand way) at Foster with the emphasis also on traditional ways rather than competition styles. Shotokan was founded by Gichin Funakoshi on the island of Okinawa in the late 1800s before finding its way to Japan, proving itself many times over to be a very efficient martial art system. Shotokan Karate is one of the hard or external martial arts, Tai Chi is known as a soft or internal martial art.

Andy and Scott were both thrilled to receive such recognition after so many years involved in martial arts as both practitioners and instructors.

Anyone wanting more information on Prom Coast Martial Arts Club can visit the website at www.promcoastmartialartsclub.com or call Andy on 0409871305 or Scott on 0429139937