



Prom Coast Martial Art Club 1st Dan Black Belt grading.

As the year comes to a close, senior students from the Prom Coast Martial Arts Club have recently completed gradings over the various belt levels.

Peter Degaris and Nicole Cooper after many years of training were successful in completing all of the requirements to be awarded the rank of Shodan, 1st degree black belt, in Shotokan Karate do

Shotokan Karate is a traditional style of Martial arts practiced worldwide with its origins on the Island of Okinawa, Japan. This very difficult grading process required Peter and Nicole to demonstrate a vast array of techniques in self defence, complete free sparing (fighting) rounds, demonstrate all required Black Belt kata (forms) which include weapon forms and to also complete an essay on their knowledge/interpretation of Shotokan Karate-Do.

Peter and Nichole have both travelled to China with other PCMA Club students/instructors to practice martial arts with Master Yang in the traditional styles of Shaolin Gongfu, Tai Chi Chuan and Qigong.

Congratulations to Peter and Nicole on reaching the major milestone of 1st Dan Shodan grading , however in martial art training Black belt grading is seen as just the beginning of the art , also big congratulations to all the junior karate-ka that have been graded to various colored belt levels throughout out the year.

Sensei Scott Griggs commented today “the improvement throughout the year for students across the board has been pleasing, all gradings achieved this year have resulted from many hours of training and practice, well done. “

Prom Coast Martial Arts has completed the 2013 year and will break over Christmas, ready to recommence in late January 2014. Inquiries for Shotokan karate-Do, contact Scott on 0429 139 937, inquiries for Tai Chi Chuan /Qigong Andy Law on 0409 871 305 or visit website www.promcoastmartialartsclub.com.au

