

True to Tradition

Kyokushin Karate's Sensei Glen Gibbons

Sensei Glen Gibbons, the Australian Kyokushin Karate Association's chief instructor for the Canberra region, has had a long and illustrious career in competitive full-contact karate. Now retired from the ring, he devotes his time to spreading Kyokushin throughout the ACT under the direction of Shihan John Taylor. He told Craig Riviere about his teaching philosophies and his life in karate.

How did you get started?

My father was a boxer, so my first fighting style was western boxing, which I learned at the local PCYC (. They also had judo classes, which I started, but growing up in the 1970s watching Bruce Lee movies and the TV series *Kung Fu*, I really wanted to learn how to kick. So I started looking for styles that were known for their kicking ability. I tried a few styles of taekwondo, kung fu and karate, but it wasn't until I tried Kyokushin karate in April 1986 that I knew I'd found the right style for me.

