

## **The origins of Kushinkai Karate Academy Great Britain**

Kushinkai Karate Academy Great Britain was established in July 2004 under the Directorship of Sensei David Brook. He is a multi discipline student with over 25 years experience in martial arts.

Frustrated by Politics and factions within organisations Sensei Brook sought to establish an academy concentrating on spirit and rewarding endeavour of its Karate-ka.

Kushinkai when translated means ..Endeavour/Hard Work..Group/Way...

This was fundamental to his philosophy of rewarding effort and recognising that Karate-Do should be available to all persons regardless of age or ability.

**The aims of Kushinkai Karate Academy Great Britain are:**

- To develop the art of Karate.Do
- To promote the mental, physical, spiritual and social well being of all Karate-Ka.
- To provide an alternative to crime, disorder and anti social behaviour.

Kushinkai philosophy means that Karate-ka will be awarded endeavour/merit awards separately from grading, as we strongly believe in recognising and rewarding hard work. This philosophy will benefit society by developing selfesteem, confidence, respect and discipline.

Sensei Brook first started martial arts at the age of 12, when he joined Tenri Judo Club. He continued with this discipline reaching first Kyu by the age of 15.

At 19 years he joined West Yorkshire Police where he studied the arresting art known as . Taiho Jutsu.. Sensei Brook continued with this discipline eventually passing a Police instructors course and over the years he has taught many students both nationally and overseas.

In 1990 he started Shotokan Karate under Sensei Timothy Westerman (Yodan) and joined the JKA, and trained for a number of years under Shihan Kato.

In 1994 Sensei Brook was seconded to the Royal Cayman Islands Police where he was appointed Physical training and Self Defence Instructor and continued both Shotokan and Taiho Jutsu under Sensei Paddy Savage (Godan) and Sensei Kirk Davis (Nidan).

During his two years overseas he was responsible for armed protection of the Crown Colonies Governor and establishing the Forces self defence, public order and fitness programmes.

He also qualified as a fitness professional with AFAA.

On returning to the U.K Sensei Brook continued his studies

and trained with both the JKA and KUGB. In 2003 he joined a local kick-boxing club and recently graded to 3<sup>rd</sup> Dan in free style Kick - boxing.

In 2004 he was accepted onto the Certificate of Education at Huddersfield University and successfully completed this course in June 2006.

During his studies he has looked closely at links between crime, disorder, drugs, and bullying and how this cycle can be broken with positive diversion using music, sport, and puppet theatre to assist learning outcomes and increase educational attainment.

In 2006 Dave launch Karate for Inner City Kids - KICK. This programme combines the respect and discipline of karate with a structured programme of citizenship and lifeskills. The programme has since received many local, regional and national awards. For more details please visit [karateforinnercitykids.org.uk](http://karateforinnercitykids.org.uk)

In 2008 Dave completed his BA in Education and training and also passed his third dans in Karate and Kickboxing.

Sensei Brook has a vision, which he shares, to improve the quality of life and reward those who help others by taking a pride in their own development and communities.

He recognises that young persons are an important part of todays society and encourages them to show respect and discipline.

Kushinkai Karate Academy Great Britain was established to make this vision a reality and provide a focus for positive energy. Kushinkai Karate Academy are sponsored by RAF careers, Leeds; Roundhay Ward Councillors, and Leeds North East Inner Area Committee.

They are also supported by: Education Leeds, Moor Allerton Hall Primary School, and West Yorkshire Police. In order to promote and develop the sport of He has also succesfully passed a number of national

governing body coaching awards including Coaching for the disabled, child protection, first aid and coaching and equity, and coaching and communication. Sensei Brook is aiming to achieve the accredited Sport England club mark. Sensei Brook has full CRB clearance, and all club policies and guidelines are accessible via his web site.