

Graham Adcock 3rd Dan

I began my pursuit of Karate Do in 1982 with the Karate Union of Scotland in Arbroath before moving south and training in Trowbridge under Sensei Pete Bull. I graded to 7th Kyu under Sensei Enoeda before moving back to Scotland and training under Sensei Billy Wales, grading to 4th Kyu under Sensei Paul Dempsey. I settled in Poole in 1996 and began training at Kanku Karate Club under Sensei Gerry Breeze. In 2004 I was awarded Shodan (1st Dan) by Sensei's Gerry Breeze, Colin Putt and Mark Carroll. I was awarded Sandan (3rd Dan) in 2014.

My career has meant that I have travelled extensively around the UK and have had the privilege to train under a number of senseis. I have attended numerous courses training under Sensei Enoeda, Sensei Tanaka, Sensei Kanazawa, Sensei Kawasoe, Sensei Yahara, Sensei Tabata, Sensei Abe, Sensei Ohta, Sensei Dave Hazard, Sensei Terry O'Neill, Sensei John Mullin, Sensei Richard Amos, Sensei Dave Hooper, Sensei Elwyn Hall, Sensei Wayne Otto, Sensei Trevor Roberts as well as Senior Sensei in the SKDUN - Sensei Namiki, Sensei Gerry Breeze, Sensei Colin Putt.

As well as Shotokan Karate I have also studied Aikido, Jujitsu and Iaido and taught Self Defence Classes.

I have competed in national competitions across England, Scotland and Wales and competed internationally in Spain, Hungary and New Zealand. I am the former Chairman of both the Combined Services Martial Arts Association and the Royal Navy & Royal Marines Martial Arts Association.

I qualified as a Referee/Judge/ in 2009 and have officiated in numerous local and national competitions and a number of World Championships.

I am a retired Royal Marines Officer and currently work as a Civil Servant. I am married with one daughter. I enjoy travelling and motorcycling as well as my pursuit of Martial Arts.