

## KARATE CLUBS MAKING THEIR MARK ON ARGYLL



Following *Lorn Life*'s look at martial arts in Oban and Lorn last month we continue with an introduction to two other clubs in the area; one already well established and another at the very beginning of its existence.

Oban and Lorn's largest martial arts club is Argyll Shukokai Karate which has been running for 31 years. It was formed by the club's chief instructor, Nicky Connolly, and runs weekly classes for the eight to eighties in Oban and Dalmally.

Argyll Shukokai has a short family tree back to Japan: from Mabuna Sensei to Tani Sensei, who in turn taught Sensei Tommy Morris. Sensei Nicky Connolly studied under Tommy Morris before forming Argyll Shukokai in 1975 and passing his knowledge and enthusiasm onto the current instructors.

Current instructors now are Sensei Ian Sinclair (2nd dan), Sensei Flora MacBurnie (2nd dan) and Sensei Kenny Gray (2nd dan).

The main dojo is located above Stoddart's in Oban. The club recently lost the services of instructor Jim MacKay who taught with the club for five years, initially Iain Sinclair.

However Jim has since started his own club this year, Nishi Kaigan (meaning West Coast), and has been teaching in Oban and Appin.

He is pleased to witness first-hand the resurgence of martial arts in the Lorn area.

Jim said: 'I have seen the ups and downs of the martial arts scene in Oban and Lorn and it has been mostly ups.'

'Among the highlights for me are to have seen new clubs start up and students make excellent progress in their classes and perform well in tournaments both in Oban and away from the town.'

'Also watching my fellow instructors gain valuable certificates and coaching qualifications and to have had a hand in bringing top quality instructors to teach at Oban.'

Jim told *Lorn Life* the decision to leaving Argyll Shukokai Karate was an ominous one but a step made easier by the messages of good luck and encouragement from instructors and students alike.

For more information on Argyll Shukokai Karate visit [www.ArgyllShukokai.org.uk](http://www.ArgyllShukokai.org.uk) and to find out more about Nishi Kaigan e-mail Jim at [manuforti@supanet.com](mailto:manuforti@supanet.com)