

player profile

Each month Lorn Life will profile Lorn's sporting talents. In October we look at Argyll Shokokai's Jim (Kaiser) MacKay and Mark Welsh

▶Name
Jim MacKay

▶Nickname
Kaiser

▶Position
Chief Instructor of Nishi Kaigan Shukokai Karate Club

▶How you got into the sport?
Bruce Lee movies, and a need for something in case I had to defend myself.

▶Why you love the sport?
It's a lifetime study, something that will keep me interested even in my old age.

▶Hopes for the future?
To pass on the information I've learned in the last 26 years to new generations.

▶Most memorable moment in Karate?
Watching Scotland win the European Championships in Glasgow in 1988.

▶Greatest Achievement?
Gaining black belts in Karate and Kickboxing.

▶Favourite Karate teacher?
Dominique Valera of France, 60 years young and still going strong!

▶Why people should get involved in the sport?
Confidence, health and fitness.

▶Most embarrassing moment?
Doing a high kick, the other leg tagged along and I ended up flat on my behind, this still happens!

▶Do you play any other sports?
Golf – badly.

▶Favourite film?
Bladerunner.

▶Favourite music?
Anything but "rap".

▶Favourite Drink?
Strong.

▶What does this person bring to the team?
In Jim's own words, knowledge, enthusiasm, encouragement, but most of all FUN.



▶Name
Mark Welsh

▶Position
Senior Student and assistant to Junior Section of Nishi Kaigan Shukokai Karate Club.

▶How you got into the sport?
My parents got me into it, I didn't like football or shinty.

▶Why you love the sport?
It keeps me fit and I'm constantly learning new things from it, I also like learning about the history behind it and all the other martial arts.

▶Hopes for the future?
To compete in the Knockdown Karate at Crystal Palace.

▶Most memorable moment in Karate?
Getting disqualified for knocking one of my opponents teeth out in a points fight in Clydebank and yet came out with a third place medal.

▶Greatest achievement?
Getting my (freestyle Karate) black belt in February.

▶Favourite Karate teacher?
Well I like them all and they've been a great help to me, but I would have to say Kaiser/Jim as he has taught me from the beginning.

▶Why people should get involved in the sport?
It is great for getting fit, teaches self-discipline and how to defend yourself.

▶Most embarrassing moment?
None yet.

▶Do you play other sports?
Boxing and Kickboxing.

▶Favourite film?
Ong-Bak.

▶Favourite music?
Anything except Heavy Metal.

▶Favourite drink?
Powerade.

▶What does this person bring to the team?
Jim says "This guy is so flexible and fast it is both scary and annoying. And for one so young he hits like a heavyweight. I can see Mark going to the top in Martial Arts."

