

Trodai Academy



Motto: *Truth in our hearts, Strength in our hands, Consistency in our tongues*

Trodai Academy Newsletter

Founders Comments

The Martial Arts style practiced by BCKO (British Contact Karate Organisation), is called **Trodai**, the name **Trodai** is an ancient *Gaelic* name for Fighter (Warrior).

Trodai style is a fusion of techniques from the old and new of Martial Arts; **Trodai** Katas uniquely trace the history of Martial Arts from East to West. The spirit and philosophy of the art is in the deeper understanding and cultural background of the name **Trodai**.

I will be writing more about this in the future, for now I'll finish with an ancient **Trodai** motto:

*“Truth in our hearts
Strength in our hands
Consistency in our tongues.”*

Riobard De Burca.

In Bushido
Sensei Robert Burke 4th Dan

The Power of “No”

Alexandra the Great stated that the reason why so many Nations succumbed to the enmity of slavery was due to their inability to pronounce the word ‘**NO**’. We must prevent similar fate being forced against our civil liberty and right to live a peaceful and happy life, one devoid of suffering imposed by other; and say, ‘No’ to bullies, ‘No’ to public order misbehaviour, ‘No’ to a moral less society, and ‘No’ to ignorance afforded due to lack of education.

I trust that the teaching of Martial Arts will always guide you to live to the highest form of yourself.

Francis Nwofor ‘Martial Arts for Life Leadership & Life Management’

News & Events

Pasted Event Outcome

New Year Dinner - January 2005
Regional Tournament - March 2005

Fighting Course – August 2005
Knife Aware Course- September 2005
BBQ July 2005

National

Trodai National Tour – Oct/Nov 2005
Instructors Course – TBA 2005
Technical Committee meeting - June 2005
AMA First Aid Course – TBA 2005

Association

AMA Open
Northampton Open

International

Local

London:



Member Profile



My name is Murat Ibrahim. I am 17 years old Turkish male. I am currently a student at Woodbridge Sixth Form trying to achieve good A-levels in order to gain a place at a top London university.

I started Tro dai Karate when I was 6 years old through the persuasion of my brother who was a former pupil who reached purple second belt. My primary aims of training were to learn how to defend myself, as at a young age I was bullied.

However what I learnt was different to what I first expected. Instead of expecting flying, spinning kicks my first rule taught to me by Steve was, “fighting is the last resort of action”. Me being six didn’t understand, and in clearer words he said, “ Run before fighting”. Which, to this day I still use.

From a senior grade I can say that I have never had a fight. This is because Karate teaches one not to use techniques at any time given time but to apply it in circumstances where there is no other solution when all other means of action cannot help the cause.

When I was an orange/green belt my aim was to surpass my brother’s purple second belt. At that time, it was important to me as I was always the baby of my family and independently didn’t do better than my brother in any given areas being sport etc. Therefore by achieving this I could show I had at least one aspect in which I was better than him.

When I was a purple belt, I was told that I could have been the youngest black belt in Tro dai history and that was one of my goals, to be the youngest Dan grade. But, as my knowledge increased, being the youngest Dan grade was everyday becoming less and less important and when the topic arose between me and Steve, I said bluntly that I didn’t care about being the youngest Dan grade, what was important, was being a Dan grade. And

Trodai Academy



being a Dan grade that passed with the best possible results and being further knowledgeable and aware of Martial Arts in general.

Martial Arts has obviously made me a better fighter, however, with Martial Arts I have also become more dedicated to reach a target and try to perfect something which is just good. The determination from the press-ups and sit-correction of my stance swept.

The want to achieve come from the extra hours Kata more flowing or to blocks sharper. To put this working/outside world this me, as I always want to to achieve self- Or the more hour of order to pass more exams

In the future, I want to increase my knowledge in and teach others who may Artist, by showing them Arts isn't only about Kicks but is more about (which was once said by Sensei's- Francis) meaning reach one's objectives, one focused, dedicated and be may be coming and use counter that hurdle.



may come ups, and the when being

perfection may to make the make my hand in the has affected better myself actualisation. revision in successfully.

further Martial Arts not be Martial that Martial Punches and playing chess, one of my that in order to must remain aware of what strategy to



Past Event Outcome Photos



Note from the Editor

Please send any interesting information about events that your club may be hosting or profile information about any of your members who you feel has a story to tell, or any useful knowledge that may aid our growth to info@tro dai.co.uk

Sponsors Corner



Let us Inspire, Motivate, and Empower (IME) your staff. We provide Motivational Speakers, Consultants and Trainers in:

Leadership Principles (Soft Skills)

Business Success Thinking

Francis is waiting for your call or email, to see how we may be of service to you:

Tell: +44 (0) 797 33 04192 Fax: +44 (0) 797 44 26257 Mobile +44 (0) 797 33 04192

Email: anything@fanenterprise.com Web: www.fanenterprise.com