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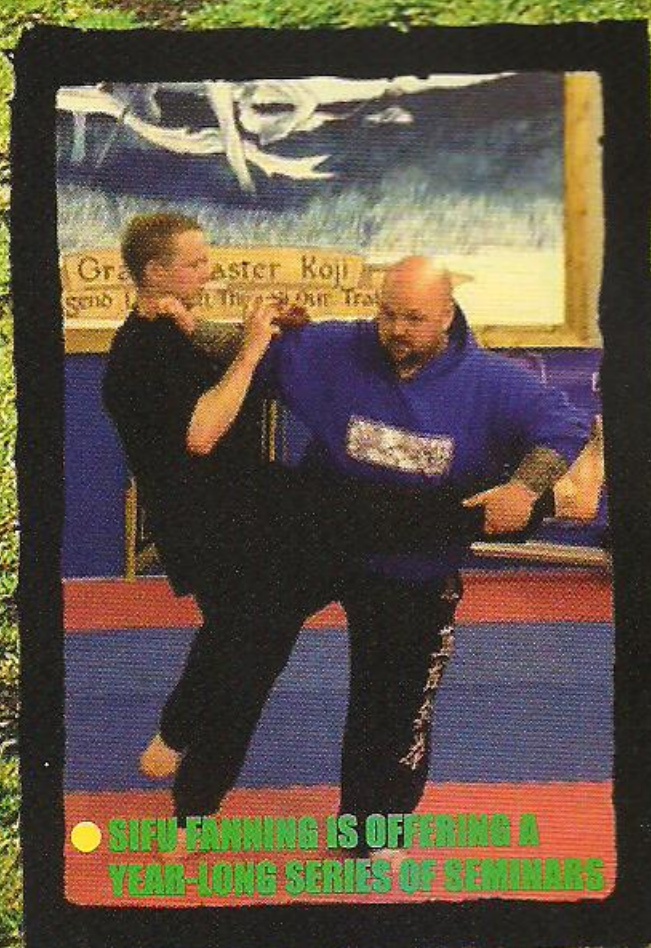
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"Iron Man' gets 7th dan



Following a grading at the World Mugendo University in Dublin, Louisburgh, Co. Mayo-based Eamonn Iron Man' Keane (above centre) was presented with his 7th dan black belt certificate by Professor George Canning (left), the founder of Mugendo Kickboxing, and Grandmaster George Canning Junior. As well as holding over 20 Guinness Strength World Records, Keane is an Irish and European super-heavyweight Kickboxing champion, a qualified professional bodyguard and a qualified personal trainer.



Mugendo Kickboxing Joss Fanning, 6th dan, launches an attack against his brother 4th dan Leon Fanning.



The three Fanning brothers receive their grading certificates at the World Mugendo Univeristy in Dorset Street, Dublin. Left-right: Mugenbdo founder, Professor George Canning, Karl Fanning (received 4th dan), Joss Fanning (6th dan), Leon Fanning (6th dan) and Grandmaster George Canning Junior.

MUGENDO KICKBOXING TRIO MOVE UP THE RANKS

FROM WATCHING martial arts films on television to making martial arts a reality has changed the path taken for three brothers, each one gaining inspiration from the other until their chosen art — Mugendo - ‘The Unlimited Way’ — became a way of life for each of them. For the trio of Leon, Joss and Karl Fanning, their martial journey began when Leon spotted an advertisement in a Dublin newspaper 14 years ago. “That advert was my very first introduction to Mugendo Kickboxing training with Professor George Canning, the system’s founder” Leon said.

The Cavan man was, he says: “hooked after the first class.” Shortly after this, his brother, Joss, also joined the dojo. “It took my eldest brother Karl a few years to follow both of us but since then we’ve never looked back,” Leon added. The trio recently opened their own dojo in Co. Cavan, are teaching regular classes and summer courses, and still find the time to train personally with Professor Canning every week at his World Mugendo University in Dorset Street, Dublin.

‘To keep it a secret’

“Leon had been training with Professor Canning for about six months and had managed to keep it secret until finally he gave in and told me about the club and the professor,” Joss explained. “Straight away I felt drawn to the Mugendo system and this was before I’d even met the professor in person.” One day Joss collected Leon after a training class. “He (Leon) kept on sty me to go and chat to the professor so eventually I went into the dojo filled with trepidation and not knowing what was going to happen,” Joss said.

“I met the professor and instantly knew there was something different about him. I felt straight away that the professor was the man to teach me and guide me. I’d been searching for a martial system for the previous months and the instructors I met seemed to be more about nurturing their own ego than teaching their students. And while I was regularly working out in the gym I still felt there was something missing.”

‘With great enthusiasm’

Joss began training the following week at the Dorset Street dojo and he says that he “hasn’t looked back since.” With great enthusiasm he trained four days a week with Professor Canning. “The instruction has always been progressive and developmental to me as an individual,” Joss said. “I’ve learned so much during my time at the dojo and I’ve also gained so much experience outside where I’ve been taught allowing me to be more aware of people and my surroundings. I definitely feel much more confident than I was all those years ago.”

Joss continued: “Mugendo Kickboxing has been life-changing for me. I recently was awarded my 6th dan black belt by Professor Canning and, along with my brothers, we’ve opened our own club, ‘Mugendo Kickboxing Academy’, in Mullagh Co. Cavan where we instruct adults and children.”

Karl was the last one of the trio to delve into Mugendo Kickboxing when he eventually gave in to Leon and Joss and went with them one week to Professor Canning’s dojo in Dublin. “The lads used to continually ask me to join the club but I always had a reason why I couldn’t,” Karl explained. “However, one day I woke up and realised I was just getting older, fatter and more unfit. So, the next time they asked me if I wanted to join them I jumped at the chance.”

“I remember standing just inside the door of the dojo and being introduced to Professor Canning,” Karl said. “I got a very warm welcome. The professor and I had a conversation and more or less immediately he showed me an exercise with a medicine ball. About half an hour later I was shown my first technique. I didn’t know it yet but I was firmly committed to the club from that very first session.”

Karl continued: “I’ve learned to look at everything differently. I’m more confident in myself and in what I do. I’ve no problems dealing with other people in my work and private life. Since I started learning the Mugendo system, I’ve been fortunate to achieve my 4th dan which was awarded by Professor Canning. I’m definitely a lot fitter and much more flexible than when I started; I’m healthier in mind and body too.”

‘Stress and anxiety’

Karl says that he has been able to incorporate the knowledge gained from his training into his work and private life resulting in less stress and anxiety. “I’m also able to utilise the conflict resolution methods I’ve learned to communicate with clients on the phone and in my face-to-face dealings with people,” he said. “However, I believe my greatest achievement has been that I can open my mind to new ideas, thoughts and concepts, things that I wouldn’t have been able to understand before. I always take the opportunity to thank Professor Canning for making all this possible,” he added.

Leon, the first of the brothers to visit the professor, remembers his very first visit to the dojo. “I remember walking into the World Mugendo University and seeing students of all ages performing different types of techniques,” Leon said. “To me it was just like what I’d seen in the martial arts movies. As I watched that class I wanted to be just as dynamic as the people on the dojo floor. The professor impressed me greatly with his knowledge, humour and flexibility, he was high kicking with ease.”

‘During every lesson’

Leon continued: “While Professor Canning taught me many aspects of Mugendo, most importantly he helped me to have an open, flexible mind and body. I’ve continued to regularly visit Professor Canning’s Mugendo University learning something new and improving myself during every lesson. Now, just like my brothers who also train with the professor, I’m able to perform all the techniques and movements I’d seen those other students doing all those years ago.”

Leon changes his personnel training methods regularly incorporating new ideas and practices to keep his body and mind sharp. “I was recently awarded my 6th dan by Professor Canning,” he said. “I intend to continue training in Mugendo. I’m nearly 35-years-old and in better shape now then I was when I started 14 years ago. I believe I’ve only scratched the surface of what I’m capable off. I’m improving continually and I’m looking forward to the future. I’d like to thank Professor Canning for helping me develop my martial skills and my way of thinking.”

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