

THE BEST IN MARTIAL ARTS COVERAGE

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COMBAT



**George
Canning
the
karate
“Godfather”**

**Shotokan
championships**

**Kung-fu
nationals**

DOYLES corner on Dublin's North Circular Rd, is the nerve centre for Ireland's Mr Karate and his organisation. It's from here that George Canning runs the Irish Karate Federation. It also houses his very successful Dojo, not to mention his hair dressing, security, and taxi business's. No wonder he is fondly called the "Godfather"! To watch George in action is like watching a human dynamo.

George started training in karate under "Peter" Suzuki about thirteen years ago. He then went on to follow Tatsuo Suzuki and after that Meji Suzuki from whom he still receives instruction.

He has also studied under various other Japanese and European instructors at different times. Whilst under Tatsuo Suzuki he made 2nd Dan, under Meji Suzuki 4th Dan and he received his 5th Dan from Mr Fujii and Mr Takauchi who is the secretary of the All Japan Karate Do Rem Ni.

George reckons that Tatsuo Suzuki gets better with age and he has the utmost respect for this man as a karate teacher. He finds that Meji's teaching is more beneficial to his own current thinking, because it is more progressive and open minded. Today George does not see himself as a strictly Wado-Ryu Instructor. He likes to use techniques from any style, if they are good. He is very proud of his present crop of students who are all very loose and can use hands and feet. This is the only way to go forward as far as George can see.

The Irish Karate Federation is now a multi-style organisation

made up of Wado, Kempo and White Dragon styles. It is his burning ambition to see Ireland as a major force in world karate. At the moment Irish karate is being stifled, he feels because of the inevitable political problems, similar to Britains, that have arisen over the past few years. Most of the karate politicians are not karate men at all he says, just ego trippers.

As an outsider keeping a close watch on the British Karate scene he reckons that our Martial Arts organisations fail to give credit to David Mitchell the M.A.C. secretary for the vast amount of good work that he has done to try and unify the sport. Even with our political troubles here, George says that the best Martial Arts in the world are in Britain. This he feels is of great benefit to himself as it allows him to come frequently to London to train with Meji. This is very important because he says that too many instructors just get



George sitting next to Mr Ohtsuka, founder of Wado-Ryu



Mr George Canning receiving an honorary 5th Dan from Mr Tacheuchi Secretary to Mr Fuji Vice President All Karate-Do Rendo Kai

lazy and discontinue training themselves. At 42 years of age George is training harder than ever and he feels that he is improving not only in technique but also physically, ie, fitness and flexibility wise etc. If instructors fail to practice what they preach

they eventually become second rate. Again this is another reason why he admires Tatsuo so much.

The Irish Karate Federation has grown from one club to forty odd and is the largest group in Ireland. Twelve of the clubs are in Northern Ireland. George goes

there regularly to teach and he has a special affection for the people. Other styles that come under the I.K.F. umbrella are allowed to get on with their own business and are not interfered with. He looks upon the I.K.F. as a family with the bigger brother looking after the smaller ones. George also has good liaison with Mr Reilly and his Shotokan Group who has 24 clubs. In the future he would like to see even further close ties with this group. To run a successful karate organisation, George says "one must be a dictator, I am one myself." But not in the accepted sense as he has great respect for the opinions and ability of his Black Belts and committee's etc. He likens himself to the role of a top managing director of a big company. If his managers know their jobs well, everything is delegated and the business runs smoothly and all he has to do is keep a fatherly eye on things. One

of his biggest assets is the help that he receives from his brother Joe who is a 2nd Dan. Joe was a pro wrestler in London before taking up karate. He takes a lot of the political pressures off George thus giving him more time to get round to his smaller clubs. Also George welcomes criticism, the more he gets the more he thrives on it, but the people who criticise him, he says, "will be still riding round Dublin on their bikes while he is in his Rolls Royce!"

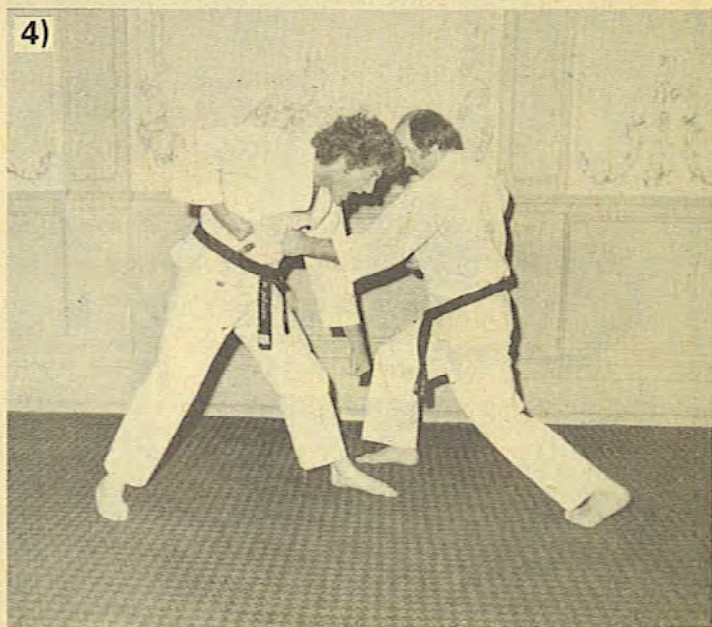
As the organiser of some of the best tournaments in the world and also being a top Referee/Judge he

has very definite opinions on the present rules etc. which are used and would like to see some improvements here. George is very progressive in his thinking and is holding the first full contact event in Ireland on Dec 1st.

When he does get a moment to himself he enjoys the peace and tranquility of being alone as basically he is a loner. Whilst preparing this article we spoke to many of the top karate people here in Britain about George and the unanimous opinion was that he is one of the nicest men in karate today.

TECHNICIAN SEQUENCES

- 1) FEINT PUNCH TO OPPONENTS JAW TO DRAW ATTACK
- 2) STEP BACK AS HE MOVES FORWARD
- 3) BLOCK PUNCH
- 4) MOVE FORWARD WITH PUNCH TO SOLAR PLEXUS



A)



**A) ATTACKER MOVES IN WITH LUNGE
PUNCH
DEFENDER BLOCKS**

**B) DEFENDER PULLS ATTACKER FORWARD
OFF BALANCE**

**C) DEFENDER THEN KICKS STRONGLY
TO ATTACKERS STOMACH**

**D) DEFENDER THEN KICKS ATTACKER IN
THE HEAD
WITH ROUNDHOUSE**

**E) DEFENDER THEN FOLLOWS UP WITH
PUNCH
TO THE GROIN**

B)



C)



D)



E)

