

KNOX BIDS KARATE COACH, ALEX LLOYD FAREWELL



Alex Lloyd, Class of 2009 has been participating in Karate for seven years, since 2005 when he was in Year 8 at Knox.

We are now bidding Alex farewell as a Knox Karate coach, as he goes into the professional world.

In Alex's first term for Karate, there were only ten students, who were all low belt students and it was also the first time Knox Karate went to Shihan Howard Lipman for instruction at the Turrumurra Dojo.

The sport has now grown to a broad range of students, from beginner to brown belt (the grade penultimate to black).

The martial art is a fantastic discipline that Alex was very grateful to discover. Knox Karate gave him strength, flexibility, co-ordination and self-confidence.

In his last year at Knox, in 2009 Alex was encouraged to lead parts of the classes and assist in

instructing, and he has continued on to teach for the school over the past three years.

Alex said, "I was a brown belt at the time and at that level students are 'warmed up' towards teaching. This experience helped ease the transition from student to coach".

Alex also knew many of the students for years as a schoolmate, so suddenly being responsible for them took some getting used to. "I had to be mindful of how I interacted with the boys for a while, but the habit didn't take too long to change."

Despite starting a full time job in the upcoming weeks, Alex loves Karate too much to quit.

He is currently a 1st Dan black belt in Karate, which means he still has a long way to go. His next goal is to obtain his 2nd Dan, so he will definitely continue the martial arts as an athlete.

Alex's Karate experience at Knox



has been fabulous, there is a lot of potential in the Knox student body for some great marital artists.

"We have many talented students with high grades, and others you can see starting to come into their own form. The atmosphere can become light-hearted, and not everyone is naturally co-ordinated, but there is an ethos of application and hard training in Knox Karate."

Alex says he looks forward to following the boys' progress over the years to come, and is incredibly proud to have taught so many fine young men.

Knox is overly grateful to have had Alex as a karate coach for such a long period of time both while he was a student and as an old boy and the Knox Sports Academy would like to wish him luck in his new professional role.

