
KSA STAFF PROFILE



ALEX LLOYD

Role at Knox: M.I.C. of Karate at Knox. I instruct the boys in full-contact Kyokushin Karate, in which I am a 1st Dan.

Years at Knox: I started at Knox as a student in 1999. I graduated in 2009 and immediately began working as a Sports Coach.

What does your job at Knox include?

I teach Karate classes to the boys at Turramurra Dojo, from Year 3 to Year 12. On weekdays this involves taking them to the train station. I do a mix of leading the class or assisting Shihan Howard Lipman (8th Dan). I am the liaison point between Shihan Lipman and the school, as well as taking care of the administrative duties.

What are some of the developments in the Karate program that come about during your time at Knox?

When I started Karate at Knox in 2005, there were ten students. Last summer we had around one hundred from Years 3-12. So we've seen a massive expansion. There has also been an incredible leap in standard. We have many students at brown belt, which is only two grades away from 1st Dan Black Belt. We've been able to introduce senior level components from the Kyokushin Karate syllabus and to further the boys' experience.

Some of the students are also attending public classes outside the Knox program. They have had an opportunity to develop their Karate further, as well as learn how to break boards and the basics of some Okinawan weapons, including the Bo Staff and Sai. While they are not doing this through the school, it is fantastic to see that Knox has introduced them to this sport and given them the opportunity to launch themselves into the world of martial arts.

What has been your greatest achievement at Knox as a coach?

Spread over the past year or so there have been half a dozen Knox students who have reached brown belt (2nd Kyu). I remember these boys starting when I was a Knox boy and a brown belt myself. As a coach it is immensely satisfying to see they have progressed so far. It's a hard grading to reach brown belt, and I'd say it is an achievement to have produced such promising Karate men.

What is your vision for the Karate Program at Knox?

To continue pushing the standard of technique and fitness to a higher level every term. Improving the fighting is always on the agenda, although the boys do well for their age.

The Prep School began Karate in 2010, and this has opened a new long-term goal for Shihan Lipman and I. There are some promising students in the lower years that, because of their early start, have a real opportunity to reach Black Belt, even by Year 9 or 10. This would be a fantastic achievement for Knox Karate.

What is the most important thing for senior athletes to remember about their sport as academic demands increase this term?

Knox is a school environment so naturally the boys have to give a lot of attention to their grades. Even if students can't train as hard as they would normally, keeping up some form of sports routine is essential. A healthy body is needed for a healthy mind. Training can also provide some valuable respite from study, allowing the brain to recharge. The balance between sport and academic demands may vary student to student, but finding it will make this stressful time less of a headache.

