



Sensei Thorsten Windhorst: 4th Dan Shotokan

Personal Karate Career

- 1986 - began training in a small dojo in Wagenfeld, Northern Germany
- 1993 - began instructing a kids and later adult group
- 1994 - introduced to Antonio Leuci, Nth German Kumite Coach, began training in Leuci's dojo alongside National, European and World Champions.
- 1996 - graded by A. Leuci & Siegfried Wolf, to 1st Dan
- 1997 - gained trainer "C" license, German Karate Federation
- 1996 - opened own dojo in home town, Pr.Stroehen
- 2000 - re-located and opened new dojo JION in Ganderkesee, near Bremen, North Germany
- 2001 - graded to 2nd Dan by S. Wolf & Tony Dietl
- 2003 - examiner's license upgraded - to include gradings up to 1 kyu.
- gained German Karate Federation license to teach "sound karate" in school sport
- 2005 - graded to 3rd Dan by German National Coach, Efthimos Karamitsos & R.Zimbalski
- graded in U.K. to 3rd Dan B.N.M.A. by Albie O'Connor, Jim Reece, Dave McNallus.
- 2007 - re-located to NZ and re-opened JION dojo in Ashburton
- 2010 - elected member of Karate New Zealand Coaching Council.
- 2011 - graded to 4th Dan by KNZ Dan Grade Council

Achievements

- 1990 - 1997 - various competition placings at regional and state level, Germany
- 2008 - 2010 - several placings in Kata and Kumite at NZ Open and National Champs, in Men's Veteran, 78kg+ and Senior Men's categories
- 2010 - member of NZ Men's Kumite Team, Oceania Championships, Tahiti
- 2010 - Elected Head Coach of Canterbury Kumite Team 2010 - by CWKA
- 2011 - JION International Karate Dojo Ashburton, will continue to be my main focus. I will also continue coaching members in regional and national competition, hosting seminars and promoting karate in mid Canterbury elsewhere in NZ . I will continue to work as a member of the KNZ Coaching Council.

