



To whom it may concern,
RE: Mr Graham Healy



I have known Graham Healy for approximately two and a half years as both a martial arts instructor and personal friend.

We met shortly after I moved into the Annerley area and began the search for a decent quality martial arts school.

I trained in Shotokan Karate under [Enoeda Sensei in the UK](#),

(<http://www.karate-london.co.uk/enoeda.html>) achieving my Shodan (black belt).

I had experienced difficulty finding a karate school of comparable quality on my return to Australia.

In fact, by the time I moved to Annerley I had begun to look further afield - to other styles - in my search for a quality school.

I attended Graham's classes initially as much out of curiosity as out of a desire to resume 'real' training again.

I was and remain favourably impressed, not only with his obvious ability and knowledge, but also with his positive outlook and skills in pastoral care. Before I commenced my law degree, I worked as a high school physical education teacher for six years and so became familiar with the qualities that a teacher requires in order to be an effective classroom practitioner.

It is my view that Graham possesses those skills in abundance.

Unusually for a martial artist, Graham is not wedded to a particular style, but combines his extensive experience as a boxing coach, qualified personal trainer and martial arts instructor to great effect. He is able to identify with great skill where a given technique is undeveloped, and introduce modifications that almost inevitably improve physical efficacy.

He is one of very few martial arts instructors who understands fundamental biomechanical principles.

On a personal level, Graham is refreshingly free of the attitude that often accompanies outstanding skill in the martial arts, always remaining willing to learn and broaden his experience.

I unhesitatingly recommend him for any role in martial arts instruction and health education. Do not hesitate to contact me should you require any further information.

Yours faithfully,

Helen Dale

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