



'Ticky' Donovan OBE announces Retirement as EKF National Coach



Read our Interview with Ticky Donovan OBE

The EKF is set-up as a democratically elected body for English Karate to cover the whole spectrum of our martial art and to further develop an understanding administration that listens to the needs of all the many aspects of Karate from Sport to Traditional, from the youngest beginner to the most senior instructor.

The EKF is a member of the World, European and British Karate Federations.

Ticky Donovan O.B.E Announces Retirement



Wayne Otto, Greg Francis, Rory Daniels, Alton Brown, Natalie Williams to name a few.

After such a successful career Ticky was awarded the OBE in 1991 for services to karate.

It has been a long and distinguished career, but Ticky feels the time is right to hand over the reins to the next generation of karate ka and to a new coach who will carry England forward, hopefully to World and European success. Ticky will remain as a Director of the English Karate Federation and as Head of the Ishinryu Karate Association.

The board of the English Karate Federation would like to wish Ticky all the best for the future and thank him for helping the English Karate Federation to establish itself on the international stage and in the World of Karate.

After more than 30 years of being involved as National Coach for English Karate, Ticky has decided to retire, making the Tokyo Senior World Championships his last as National Coach.

Ticky started karate at the age of 18 years in 1965 and began his initial training with Tatso Suzuki in the style of Wado Ryu. He also trained with some well known karate ka over the years including Mr Shoimitsu, Miss Hayashi, Mr Kanazawa and Mr Enoda.

In 1973 Ticky formed his own style of Karate known as Ishinryu which means 'All of one Heart' and is the current Head of the Ishinryu Karate Association.

Ticky has been involved in British and English Karate as a competitor and coach; he won the British Championships Titles in 1973, 74 & 75 and in 1976 Ticky was part of the team that won the World Championships. He then went on to coach the teams that won the 1982, 84, 86, 88 and 90 World Championships an unprecedented five times. Ticky has coached many successful karate ka including Juliette & Gillian Toney,



Ticky Donovan OBE presented with WKF Award

During the World Karate Federation Championships held in Tokyo, Ticky Donovan OBE was presented with an award for his long and distinguished service to Karate on behalf of the World Karate Federation Executive Committee by the World Karate Federation President Mr Antonio Espinos.



Interview with: Ticky Donovan O.B.E

Hot from the news that Ticky Donovan OBE announces his retirement, Konnichiwa has taken the opportunity interview Ticky to find out how a legend was formed.



were and that was the start of Sport Karate.

Do you see a distinction between traditional and sport Karate or do think they fit hand in glove?
I think they fit hand in glove, I didn't start Karate for competition,

which included 5 gold medals, it was a wonderful achievement for the team and I was immensely proud to be their coach.

England was highly regarded as a force to be reckoned with in the 1980's and 90's but this decade has seen a decline in the achievements in the National squad. Do you think the turmoil that had embroiled Karate in England in recent years has been a major factor?

Firstly in the 1980's we fought under the flag of Great Britain, not England. After that we fought as England. We have been very close many times taking silver in the men's team and silver and bronze in the women's team, plus winning European team events. I don't think it's the turmoil in English Karate, you have to remember many countries videoed our team and studied the techniques that we were working on. It's very difficult in Europe and the World to get what we used to call 'an easy draw', as all countries have improved immensely.

I see, GB/England set the standard and everyone else caught up.

Do you feel the glory days for England have gone with things moving on or can you see England regain its status as a dominant force once again?

I certainly don't feel the glory days have gone, with the new English Karate Federation governing body, we have a strong male and female national team and are already getting invited to compete in Europe against teams from France and Spain.

The Senior World Championships are nearly upon us. How have preparations been going regarding the squad going to Tokyo?

The preparations have been good, I

I understand you started Karate at the age of 18 years. What drew you to Karate?

A friend of mine who was training in Judo at the time bought me a magazine with some pictures inside it of Mr. Suzuki demonstrating Karate. So we both went along and had a look and decided to join.
From such humble beginnings... who would have known?

Were you active in any other sports before Karate?

Yes, I was into boxing before I studied Karate.

When did the sporting aspects of Karate take hold?

Not straight away, we were just learning the basics and then one day we were told that we were entering a competition. I lost my first fight, I had no idea what the rules

I started it as a martial art, and competition just grew from there.

You've had a glittering sporting career in Karate both competing and coaching, which of the two gave you the most pleasure?

That's hard to say, I obviously enjoyed competing, however I don't think I reached my goals due to an injury on my knee. I believe that made me so much stronger in my coaching career as I still wanted to be on the mat fighting myself.

You are rightfully regarded as one of the most successful Karate coaches, winning many medals at European and World level.

What's your most memorable moment as a National coach?

I have many memorable moments as a coach, but the one that stands out was in 1996 in South Africa when we topped the medal table

feel we have a strong squad but again I must stress this is the World Championships with over 100 different countries competing. It's going to be a fantastic Championships and a wonderful experience for the team.

How do you think the squad will fare at these championships especially with all the upheaval in the last year or so?

Again I must stress this is the World Championships, we have world class fighters in the squad, admittedly, some are what I would call 'ring rusty' as

You competed yourself in Japan, how do you think the athletes will feel about being in Tokyo and what advice will you be giving the squad?

Once you are in the stadium and on the mat, it doesn't really matter what country you are in, it will be the same advice I will give no matter where we are competing.

You competed at the British Championships winning several titles and competed in 1976 at the worlds yourself, how do you think things have changed since your competition days?

A lot has changed, starting with the rules, with three minute fights and a maximum difference of eight points a competitor now must be more athletic and have greater stamina than before.

You started Karate at 18 years old, many start much earlier and are already on the Cadet/Junior squad. What advice would you give to up- and-coming athletes?

This is a difficult question to answer; it is a big problem now days with people starting so young. There are some very talented younger students in the sport that are giving up just when they reach the age when I started, which is when the serious years of their



Karate life begin. My favorite saying is 'there are those that make it happen, there are those that watch it happen, and there are those that say what the hell happened!'

You trained with many famous Karateka including Mr Enoeda, Mr Suzuki, Mr Anazawa, Mr Shiomitsu and Mr Arneil, who was your main inspiration?

Dominique Valera was and still is my inspiration. In his day he was No1 by far. (Pictured below)



Where would you like to see English Karate in say... 5 years time?

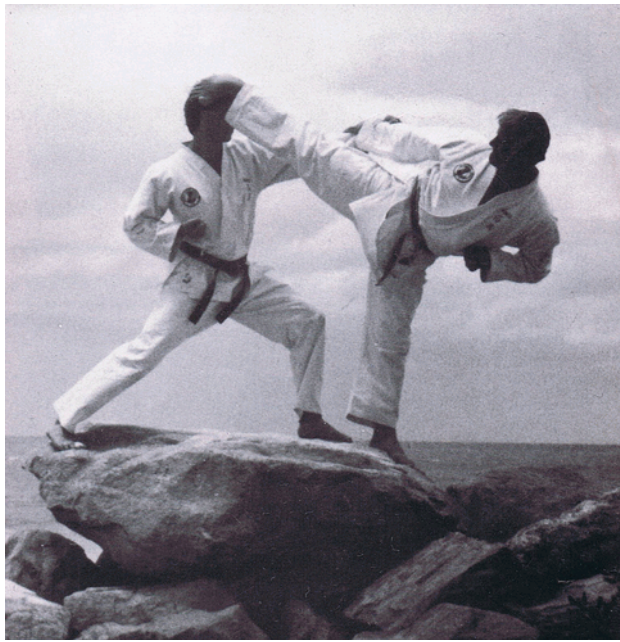
I would really like to see Karate in the Olympic games one day.

You've decided to retire as National Coach, what made you decide the time was now right to step down?

I have had a feeling about retiring for the past six months, I think with the new rules and the new age group of 14-15 year olds it's time for a younger coach. 14 and 15 year olds need a more active coach to impress them with their own ability to perform techniques, whereas with the senior squad, their aim is more tactical.

Ishinryu...Where did the name for your association/style come from?

It started off from the name of my club, Ishinryu meaning "everybody one heart", then my students opened their own clubs in different areas for example, Brentwood Ishinryu, Basildon Ishinryu, East Ham Ishinryu and from there it then developed into a style.



You've seen your association grow into a major player within England, apart from yourself, who has helped guide and mould the development?

I have a great team of senior instructors around me, just to mention my 6th dans who are: Helen Pree, Moira Barber, Phil Francis, Pepe Suarez, Tony Hales (Australia) and Bruce Hyland (also Australia), these

people are supported by a great team of 5th, 4th and 3rd dans.

You're staying on as a Director of the EKF and obviously head of Ishinryu, do you have any plans for your association?

I am still a director of the EKF, I still have a great interest in the national team but, as I'm now retiring I will be able to place more time and energy into Ishinryu which many of my black belts are pleased about.

What are your future plans?

I have been asked about some open courses that I have booked, so I will be still teaching open courses on a regular basis. I will still be running my Open Summer Course on the 20th June-27th June 2009, this is an open summer course where everyone is welcome from all styles and Grades within the EKF, enquires please telephone 0208-532-1990.

Any last words?

I would like to finish by saying that I am proud to be part of the English Karate Federation which alongside the other directors have put in immense amount of time, work and energy to make it successful, as people can see who have attended the championships and squad sessions that continuously grow.

A special thanks to Sensei Terry Wingrove for his input and his sponsorship that has put the English Karate Federation back on the map in England and the World.

Ticky Donovan O.B.E

You started your Karate training with Professor Tatsuo Suzuki studying Wado Ryu. What compelled you to form not only your own association, but also to develop your own style?

After Wado Ryu, I trained in Shotokan, from there I went to Steve Arneil where I studied Kyokushinkai. I felt like I took the best from each of those styles and added my own ideas which became very successful.

