

[Saq Course - Sept 2014 - Bangor](#)

EKC members Ian Cuthbert and Mike Cormack recently conducted a weekend seminar in Northern Ireland for Sensei Dave Brashaw and Sensei Dermot McLoughlin . The course consisted of 3 karate sessions and 2 Tai Chi sessions.

During the Karate sessions Ian and Mike used some of the information recently studied on a course conducted by Mr Alan Pearson from SAQ international. (Speed! agility and quickness).

Sensei Ian competed a SAQ course some 14 years ago and regularly uses their methods during warm ups and training including ladders , hurdles and various resistance equipment.

Anyone interested in holding a similar course can contact Alan through his SAQ international website.

