

## Mountrath Karate Club Celebrates It's 10<sup>th</sup> Anniversary

Mountrath Karate Club celebrated its 10<sup>th</sup> anniversary this year. The club is a branch of Itosu-kai Karatedo Ireland which celebrated its 35<sup>th</sup> Anniversary this year also. As such Mountrath Karate Club is affiliated to the Japan Karatedo Itosu-kai (JKI), Itosu-ryu Karatedo International Federation (IKIF, the international umbrella of the JKI), The Official National Amateur Karate Association Of Ireland (ONAKAI), the WKF, EKF and others.



The Head Instructor in Mountrath is Sensei Donal Monahan, 4th Dan Karatedo, 2nd Dan Kobudo. Donal Sensei has over 20 years experience in karate at national and international level. He has coached students to World Championship Level and has competed at national and international level himself. Left: Sensei's Leo Mulvany, Donal Monahan and Tony

Dolphin.

Celebrations in the club started out with the Chief Instructor of Itosu-kai Karatedo Ireland, Leo Mulvany, 6th Dan Karatedo, 4th Dan Kobudo, taking the warm up and basic karate technique. He remarked that the children in the club were very well behaved, had great concentration and Donal Sensei must run a tight ship in order to have that level of participation. Also attending the celebrations was Sensei Tony Dolphin, 5th Dan Karatedo, 4th Dan Kobudo, President of the Irish Association. He too had praise for the Mountrath club and students especially when it came to them demonstrating unrehearsed technique.



Sensei Donal had students demonstrate their skills in a variety of ways which provided great entertainment to the large audience of parents and friends. Helping out with the big night were club black belts, Emily Dunne (Donal's first black belt student), Jean Kennedy

(national, international and world championship competitor), Paul Davey and Jamie Brennan. Thanks goes to Karl Rafferty and Caroline Monahan for their management of the food and beverages afterwards, a fine spread for all especially catering for the more junior members. Also thanks to Mrs. Vera Wrest, caretaker of St. Fintan's Hall, Mountrath for all her help over the years.



Venue: St. Fintan's Hall, Mountrath, Co. Laois  
Classes: Wednesdays, 8 - 9.30pm.  
Classes: Thursday, 7 - 9.30pm.  
Kobudo: Every second Wednesday (8.30-9.30pm.)

Venue: Sports Complex, Shinrone, Co. Laois  
Classes: Monday, 6.30-8.30pm.



For more information  
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