

Abdu Shafer 7th Dan – 1988 World Karate champion

**BKO Performance Director/National Coach
EKGB Director of Performance, Coaching and Regions
Northern England Senior Regional Coach
Sports Psychologist (Diploma), SAQ Instructor,
Strength and Condition Coach,
Former England Squad Manager, English/British
Assistant National Coach.**

Dated: 12 September 2005

England Squad Manager, and English/British Assistant Coach 1996 –1999:

Roles & Responsibilities:

- **Planning & Implementation of Squads International Competition programme.**
- **Planning, Implementation & coaching of Squad training programme**
- **Specific Responsibility for selection & coaching of team line-ups at World, European & international events.**
- **Planning & Implementation of Squads International training Bases**
- **Planning, Implementation & coaching of Squad fitness testing programmes**
- **Planning, Implementation & coaching of Squad Fitness, Strength & Conditioning programmes**
- **Planning, & Implementation of Squad travelling schedules**
- **Planning, Implementation & coaching of Squads Weekend training Camps**
- **Planning, Implementation & coaching of Squad Pre - training camps for World & Europeans**
- **Planning & Implementation of Squad Selections**
- **Planning & Implementation of Squads Sports Science & Medical teams**
- **Planning & Implementation of Squad KPI's for individuals and Teams to meet Sport England requirements for funding Elite Performance programme**
- **Responsible for Communication & Dissemination of information to all squad members, sports science/medical team, all EKGB departments and Sport England**
- **Responsibility for overseeing all coaching unit within the Elite performance programme.**
- **Specific responsibility for meeting budgetary requirements for Elite Performance Budgets**

Medal Results during this period are featured on page 7 of my C.V.

EKGB Director for Performance, Coaching and Regions 2003 to date:

Roles & Responsibilities:

- **Design, writing & Implementation of Regional Structure**
- **Advertising & Selection of Regional Coach positions**
- **Specific Responsibility for Performance and Coaching**
- **Communication & Dissemination of Information to all regional coaches**
- **Line Manager for all regional Coaches**

North England Senior Coach:

Roles & Responsibilities:

- **Planning, Implementation & coaching of Regional Squads training Camps**
- **Planning, Implementation & coaching of Squads international Competition programme**
- **Planning, Implementation & Development of age group Regional Squads**
- **Planning, Implementation & coaching of Regional Squad fitness testing programmes**
- **Planning, Implementation & coaching of Regional Squad Fitness, Strength & Conditioning programmes**
- **Planning, & Implementation of Squad travelling schedules**
- **Planning, Implementation & Development of Nutritional programme for Regional Squad**
- **Specific Responsibility for selection & coaching of team line-ups at all inter-regional championships and International Events**
- **Responsibility for meeting budgetary requirements for Regional programme**
- **Planning & Implementation of Squad Selections**

Medals Successes as Senior Regional Coach:

- **Joint winners 2004 Senior Regional Team Championships**
- **Venice Open Topped Medal Table December 2004
7 Gold Medals, 8 Silver Medals & 8 Bronze Medals**
- **Junior British International Open January 2005
1 Gold, 1 Silver & 1 Bronze Medals (only 3 teams entered)**
- **2005 Youth Regional Team Championships Runner up overall**
- **Topped Medals Table at Austrian Open June 2005
4 Gold Medals, 5 Silver Medals & 9 Bronze Medals**
- **Topped Medals Table at Czech Open September 2005
12 Gold Medals, 3 Silver Medals & 5 Bronze Medals**

Curriculum Vitae

Name: **Abdu Shafer 7th Dan**
1988 World Karate Champion

Address: 285 Acklam Road
Middlesbrough
Cleveland
TS5 7BP

Telephone No: 01642 823783 (H) 07770546810 (M)

Age: 48

Date of Birth: 24 October 1956

Status: Married

Children: 4: 21yrs, 19yrs, 16yrs and 13yrs old

Occupation: Self Employed, Fitness and Karate Instructor.
Managing Director of a Property Company.
Managing Director of Health and Leisure Centre.
Managing Director of Restaurant & Bar
Director of Martial Arts Promotion Companies.

Business Address: The Fitness Zone Limited
438 Linthorpe Rd
Middlesbrough
TS5 6HW

Business Telephone No: 01642 850017 **Fax:** 01642 873272
Email address **ABDUSHAH@aol.com**

Qualifications: **Academic:**
Educated at Boynton School from 1968 to 1973 passing examinations at C.S.E and G.C.E levels.

Karate:
Currently a 7th Dan Black Belt in Shukokai Karate, qualified as a Karate Instructor in 1976 and have been

teaching to date. Set up the SOKUDO Karate Association in 1984 as chief Instructor as well as squad Manager. The association has reached levels of 1200 membership throughout England & Scotland and is currently at 350 England & 100 Scotland.

I have approximately 200 members in my own clubs in the North East. I was the E.K.C. Northern Area Squad coach/manager, 1988 World superlightweight karate Champion and I am Chairman of the B.K.O and S.K.A Executive Committees.

I became an E.K.G.B. Senior Coach in 1992 and am now an N.V.Q Assessor for Karate.

Fitness Instruction:

I have been a qualified Health and Fitness Instructor since 1986 specialising in weight training and nutrition for Elite performance athletes. In 1991 I became a lecturer on Health and Fitness with a local college taking the N.C.F.E. Course and Examinations and then the N.V.Q Assessments.

Job History:

I started work in 1973 at Smith's Dock Shipyard as a Plater/Shipwright, and became redundant in 1983. From 1976 until 1983 I was a Part-time Instructor and following my shipyard redundancy became a Full-time Instructor in 1983. I opened a Health, Fitness and Martial Arts studios in 1986, and diversified into Martial Arts promotion, promoting the Middlesbrough Open and was the founder member of Britain's No 1 Karate series "The British Karate Grand Prix". In partnership with Vic Charles we created the "English International Karate Open" which is now one of the top Tournaments on the International Circuit.

In 1989 I founded 'The Fitness Zone', Middlesbrough's largest Health and Fitness Leisure Complex.

In 1994 I became the E.K.G.B. Events Organiser, then in 1995 the British Events Organiser.

In 1996 I retired from competitive Karate, then in 1997 I became English/British Assistant National Coach and England Squad Operations Manager posts I held until 1999.

Abdu Shaher 7th Dan: Achievements as Competitor

National and International Titles

1984	European Silver Medalist
1985	World Games Bronze Medalist
1985	Finish Open Team Bronze Medalist
1985	Commonwealth Super lightweight Champion
1986	Dutch Open Lightweight Bronze Medalist
1986	Italian Open lightweight Silver Medalist
1986	Italian Open Team Champion
1987	European Bronze Medalist
1988	World Super lightweight Champion
1989	World Games Bronze Medalist
1995	Dutch Open Silver Medalist

Member of the World Champions Squad from 1982 to 1990.
Competed at 8 World Championships (only Surpassed by one other Individual in the world), 3 world cups, 2 World Games and 9 European Championships.

National Titles

1979	English Team Champion
1981	English Team Champion
1985	British Team Silver Medalist
1985	British Lightweight Champion
1986	British Lightweight Silver Medalist
1986	F.E.K.O. National Team Bronze Medalist
1987	English Lightweight Champion
1987	British Team Silver Medalist
1987	F.E.K.O. Team Champion
1988	English Lightweight Champion
1988	F.E.K.O. Team Champion
1988	F.E.K.O. Lightweight Silver Medalist
1989	F.E.K.O. Team Champion
1989	British Team Silver Medalist
1989	E.K.C. National Championship Team Bronze
1991	English Superlightweight Champion
1991	E.K.C National Championship Team Bronze
1991	E.K.G.B. National Championship Team Bronze
1993	E.K.G.B National Championship Team Bronze

1993	English Superlightweight Champion
1996	E.K.G.B National Champion Team Bronze
1996	English Superlightweight Silver Medalist
1988	Cleveland Sportsman of the year

Abdu Shafer 7th Dan: Achievements as Association Coach

Sokudo Karate Team Titles

1985	British Team Finalists	1989	E.K.C. National Team Championships Team Bronze
1986	F.E.K.O. National Team Bronze	1989	British Karate Aid Team Champions
1986	Italian Open Champions	1989	British Karate Aid Team Silver
1986	Finnish Open Bronze Medalist	1991	E.K.G.B. National Team Bronze Medalists
1987	British Team Finalists	1991	E.K.C. National Team Championships Team Bronze
1987	F.E.K.O. National Team Champions	1992	British Karate Aid Team Champions
1987	British Karate Grand Prix Champions	1993	British Team Bronze
1987	F.E.K.O. National Team Champions	1995	E.K.G.B National Championships Team Bronze
1988	British Karate Grand Prix Champions	1996	E.K.G.B National Championships Team Bronze
1988	English International Open Team Bronze	1996	British Team Bronze
1988	British Team Finalists	1997	British Team Bronze
1989	F.E.K.O. National Team Champions	2001	British Team Silver (as BKO)
1989	British Karate Grand Prix Champions	2003	British Women's Team Silver (as BKO)
		2004	English Women's Team Silver (as BKO)

These achievements are at National and International Level, and at Club Level our Club record is too numerous to mention, but suffice it to say that we are one of the top Club Teams in Great Britain. **These achievements are made all the more remarkable by the fact that 99% of the team were developed from beginner to international athlete at my own club in Middlesbrough.**

Sokudo Karate/BKO Squad Major Individual Achievements

**2 WORLD CHAMPIONS,
8 ENGLISH CHAMPIONS,
3 SCOTTISH CHAMPIONS
4 BRITISH CHAMPIONS
2 COMMONWEALTH CHAMPIONS
WHILE 13 WENT ON TO FULL INTERNATIONAL COMPETITORS.**

Abdu Shaher: Achievements as England Squad Manager & English/British Assistant National Coach – 1996 - 1999

- 1997** World Games - 3 Gold Medals, 1 Silver Medal, 2 Bronze Medals.
- 1997** World Cup - 3 Gold.
- 1997** Junior Europeans -1 Gold Medal, 1 silver Medals, 3 Bronze Medals.
- 1997** Senior Europeans - 1 Gold medal, 3 Bronze Medals.
- 1997 British Championships - 24 Gold Medals, 25 Silver Medals, 37 Bronze Medals.
- 1997 Venice Cup, Italy - 4 Gold Medals, 4 Silver Medals, 7 Bronze Medals.
- 1998 Paris Open - 2 Silver Medals
- 1998** Junior European - 3 Silver, 3 Bronze
- 1998 Dutch Open - 5 Gold Medals, 2 Silver Medals, 2 Bronze Medals.
- 1999** Senior Europeans- Team Gold, 2 Silver Medals, 2 Bronze
- 1998 Women's World Cup, St. Maxine- Team Bronze, 1 Silver
- 1998** World Championships, Brazil- 1 Gold, 2 Team Silvers, 2 Bronze
- 1998 Venice Cup – 2 Gold, 4 Silver Medals, 6 Bronze Medals.
- 1999 Paris Open - 2 Silver, 2 Bronze
- 1999 Ville de Madrid – Team Bronze
- 1999** Junior Europeans- 2 Gold Medals, 2 Bronze Medals
- 1999** Senior Europeans - 1 Gold Medal

Total Medals – 48 Gold, 49 Silver and 73 Bronze in less than two and half years.

Abdu Shaher: Tournament Director

I first started organising Tournaments in 1981 with the Middlesbrough Open, and have now organised 15 in total. In 1984 the SOKUDO Karate Association was formed and I have organised the National Championships each year. Myself and Vic Charles set up the English International Karate Open in 1989 at which I was responsible for running the two-day event and all aspects relating to it.

In 1992 I organised and ran the 'Cowies Karate Challenge' which featured the top five British Competitors in each weight category fighting for the top prize of a brand new car.

Events and Competitions Organised

16	Senior English International Karate Open Championships
16	Junior English International Karate Open Championships
6	Senior BKF British Championships
2	Junior BKF British Championships
3	E.K.G.B National Children's Championships.
3	E.K.G.B. National Senior Championships.
	The Cowies Challenge
11	S.K.A. National Championships
17	Middlesbrough Open Karate Championships
1	2003 Commonwealth Karate Championships

Major Championships attended as a competitor

8	World Champions
9	European Championships
1	Commonwealth Championship
4	European Club Championships
14	International Open Championships
2	World Games Championships
3	World Cup Championships
18	English Championships
9	British Championships
1	Paris Champion of Champions
1	Paris Open Championships

The experience gained from a long and distinguished International Career have set the standards which I try to achieve in all the events I organise and I am confident I have the knowledge and the ability to successfully run a National or International Championships and have already done so with success.

Abdu Shaher 7th Dan : Knowledge in Administration and Executive Committees

1980-1984	S.K.U Executive
1984- to date	Sokudo Karate Association Post Held:- Licensing officer 1984 to 1987 Treasurer 1987 - 1990 1993 - 1995 Chairman 1984 to date
1990-1991	E.K.C. Executive Member.
1991	Member of joint committee for unification of English Karate (E.K.G.B.)
1996	Co-opted Executive member of E.K.G.B.
1997 to date	Executive member of E.K.G.B.
2003 to 2006	EKGB Vice President
1994-1996	E.K.G.B Events Organiser
1996 to date	B.K.F. Events Organiser.

Head of Delegation at:

1997	World Games – Laheti – Finland
1998	Junior European Championships – Athens – Greece
1998	Senior European Championships – Belgrade – Yugoslavia
1998	World Championships- Rio - Brazil
1999	Junior European Championships – Oviedo - Spain

SOKUDO KARATE ASSOCIATION
TEAM 1984 - Date

- 1) English Championships
 7 Bronze Medals
 1 Silver Medal
- 2) British Championships
 6 Silver Medals
 3 Bronze Medals
- 3) Federation of English Karate Organisation (FEKO)
 3 Gold Medals
 1 Bronze Medal
- 4) British Open Karate Aid
 1 Gold Medal
 2 Silver Medals
 1 Bronze Medal
- 5) English International Karate Open
 2 Bronze Medals
- 6) Finnish Open
 1 Bronze Medal
- 7) Italian Open
 1 Gold Medal
- 8) Europe Club Championships
 3 times Quarter Finalists