

CURRICULUM VITAE

Vic Charles, MBE, 7th dan
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Married with 3 children. Rachel 12, Cameron 9, William 2.

BACKGROUND

I was an international competitor representing England and Great Britain for 17 years winning a total of 8 world medals and 8 European medals. I was awarded an MBE for Services to Karate in 1989.

I have been coaching karate at every level from white belt through to elite athletes since 1982. I have always combined karate training with sports science and used training methods from other disciplines to enhance an athlete's preparation.

COACHING CREDENTIALS

1997 – 1998	Technical Manager, World Performance Plan,
1996 – 1999	National Coach for England
1985 until present	Chief Instructor of British Sport Karate Association

COACHING ACHIEVEMENTS

Please see attached title and medal list.

RECENT EXPERIENCE

Since 1999 I have been working with a number of elite athletes preparing them for World and European Championships. I have also been working with the Scottish Karate Board developing their Sports Board and working closely with Dr Niall MacFarlane at the Institute of Biomedical and Life Sciences of Glasgow University developing karate specific testing and training programmes. We have implemented these programmes with a number of athletes and have traveled to major competitions to assess their effectiveness.

I attend every major World and European championship to ensure that my understanding and knowledge of competition is comprehensive and up to date. This has been particularly important since the introduction of new rules which have changed the nature of competition significantly. The running order of major events has also been changed and again this has placed additional demands on our athletes. It has also been important to observe the emergence of developing karate nations from the Eastern Europe and the Middle East who pose an ever increasing threat to our athletes.

CAREER DEVELOPMENT

2005 Sports Coach UK High performance coaching workshop
NeuroLinguistic Programming (NLP) training course

2004 SAQ P-Award

2003 Sports Coach UK Good Practice and Child Protection

1984 Diploma in Youth and Community Work

SUMMARY

I feel uniquely positioned to undertake the challenges of this post. My experience as a competitor and as national coach gives me a full understanding of the demands placed on athletes, and how we as coaches can best meet those demands. My continued career development has ensured that I am knowledgeable of the benefits sports science can bring to our athletes and can easily access and use this support with our squads.

I believe my greatest achievement whilst national coach was the emphasis placed on our juniors and cadets to ensure their development through the squads. My aim was to develop a clear pathway which would support the athletes through their transition between squads and would allow them to fulfill their potential at a senior level.

My experience as Technical Manager of the World Class Performance Plan and my involvement in community projects has given me an understanding of the demands placed on the EKGB to successfully deliver key objectives.