

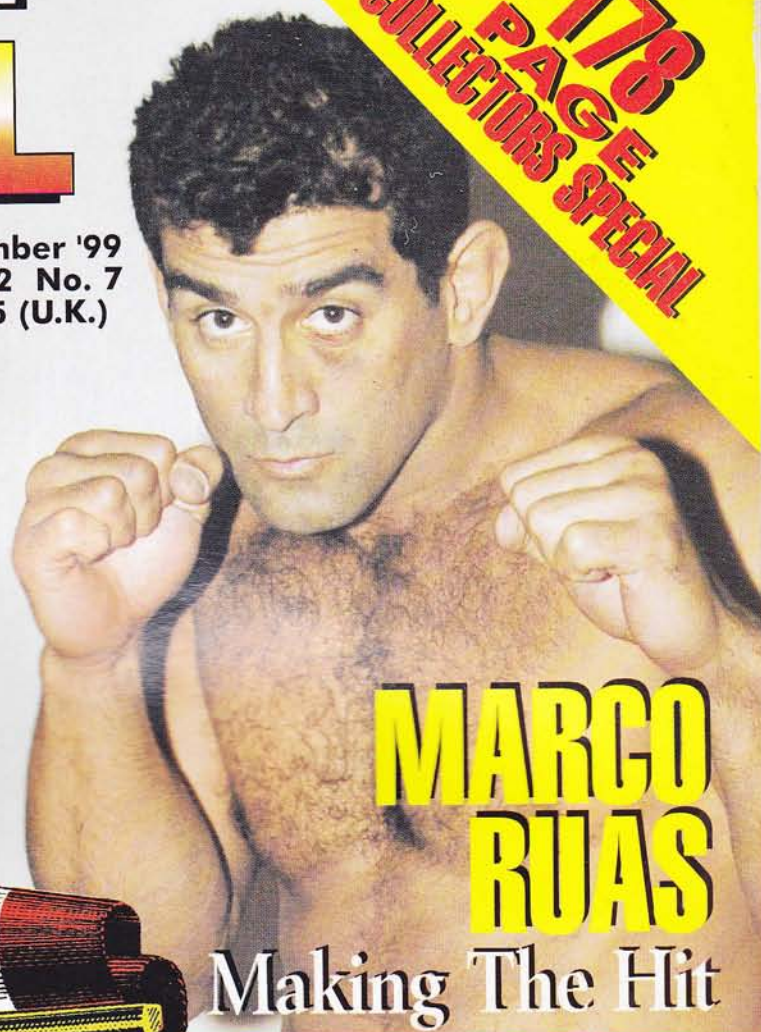
BRITAIN'S NO.1 MARTIAL ARTS MAGAZINE

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PAGE
COLLECTORS SPECIAL

**GEOFF
THOMPSON'S**
Small Wars

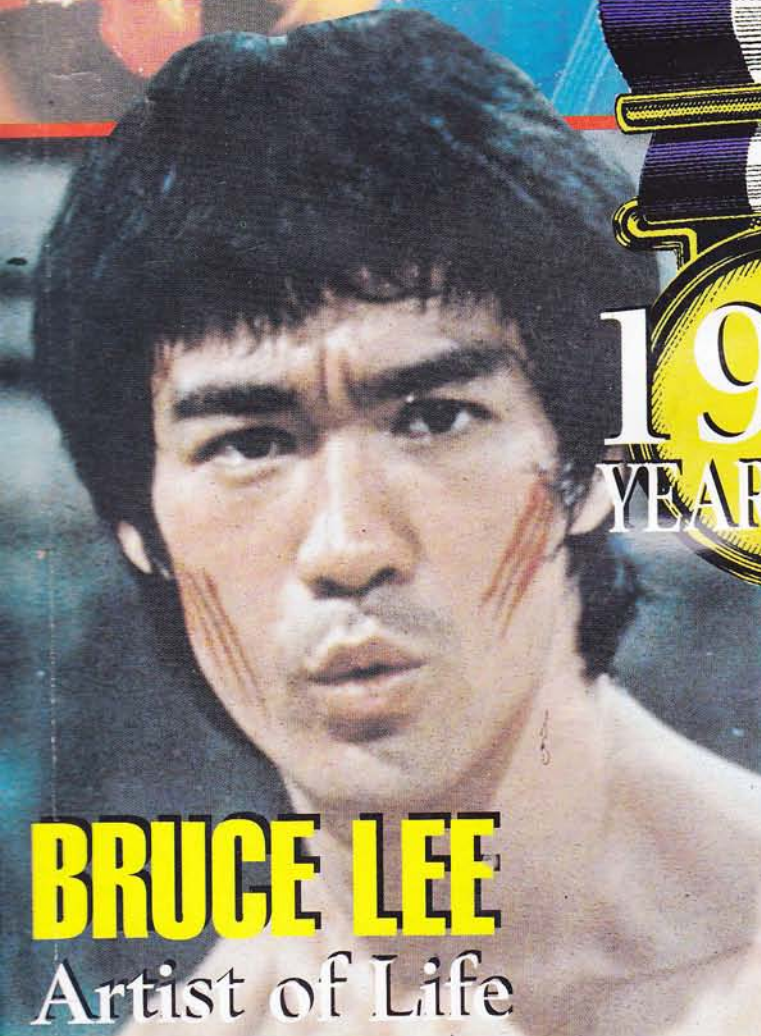


**MARCO
RUAS**
Making The Hit

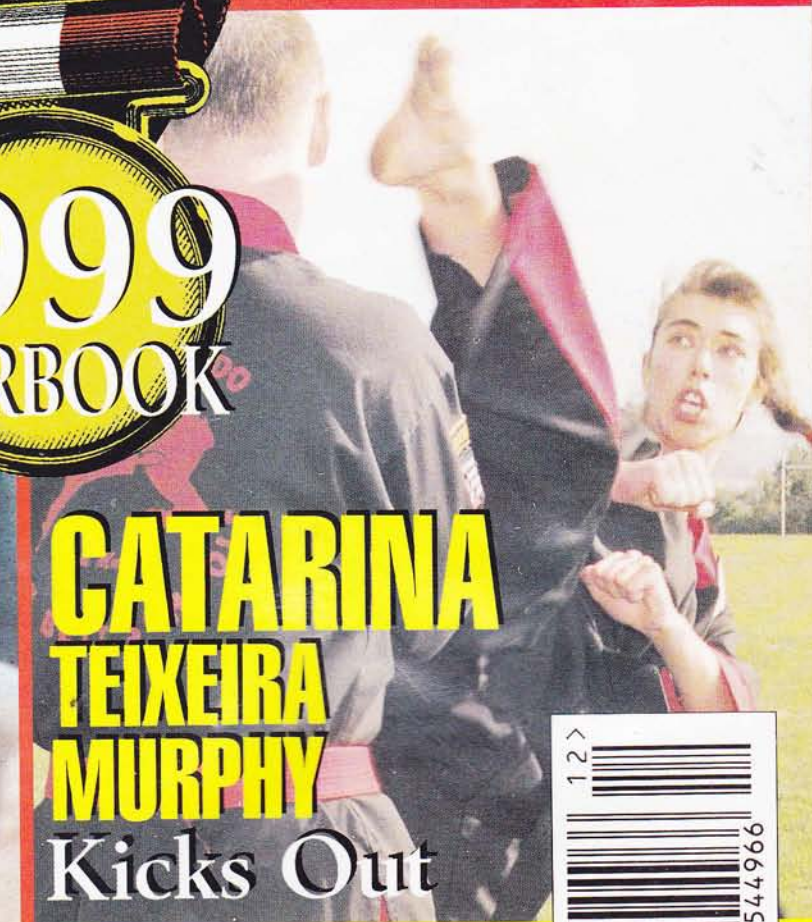


1999
YEARBOOK

BRUCE LEE
Artist of Life



**CATARINA
TEIXEIRA
MURPHY**
Kicks Out



PLUS FREE GEOFF THOMPSON AUTOGRAPHED
BOOK OFFER; REAL KICKING PART TWO;
GETTING TO GRIPS AND THE 1999 RETRÓ





You all heard it said before that behind every great man is a strong woman. Over the years, and in the present day, there are many male martial artists who have had their careers boosted as a result of the support of a woman who worked silently in the background, avoiding the spotlight to ensure their partner's success.

Taekwondo's Frank Murphy tells me he must be the luckiest man alive to have married Catarina Teixeira, a woman who has helped him consolidate his training, his academy and his career. Now they both begin a new chapter in their lives, poised and ready to serve a new generation of students of this ever growing Korean martial art.

M.A.I. editor Bob Sykes caught up with Catarina Teixeira Murphy after her performance at the Clash of the Titans and asked her about her new career combining martial arts, TeGeri Kickboxing and married life with a master!

Bob Sykes: Firstly thanks to you and the Frank Murphy Demo Team for the excellent exhibition today at Clash of the Titans 1999, hope you all enjoyed it?

Catarina Teixeira Murphy: Thanks, Bob. It was a great honour for all of us to take part in the event. We were extremely proud of all our students and

The Strength Behind the Master

Catarina Teixeira Murphy



Seen here having some fun with World Sparring Champion, Tony Sewell.



Instructors from Gravesend Blackbelt Academy who participated, particularly Dave Sheppard, Alastair Lovell, Ben Colegate and Tan Pen who really made the show.

Bob Sykes: Teixeira is Portuguese isn't it?

Catarina Teixeira Murphy: Yes, I was

born in Lisbon, Portugal and have a Portuguese dad. I came to Leeds University in 1988 to study a degree in Food Science and came across Master Kim Stones' Taekwondo club almost by accident, since I had no idea what it entailed. After my first lesson (which I can still remember) I became hooked on it. I was lucky to be one of Master Stones' students, particularly in an era when he was still competing. I've also been very lucky to have had exposure to other great martial artists such as Tony Sewell, Kenny Walton, Mark Weir, Shabir

Ahktar. I graded to first Dan under Hee Il Cho, and Frank Murphy was my instructor at this time. I learnt a lot about the real side of self defence from Davey Goodfellow and attended a couple of seminars taken by Geoff Thompson and his wife.

Bob Sykes: Did you enter any competitions?

Catarina Teixeira Murphy: As many as I could from the point I got my yellow tags. I regularly competed all the way through my colour belts when I was in the TAGB





Catarina with husband Frank - standing next to the student creed, the foundation of the Academy Policy.

Clash, Bob, the Welsh Team coached by Chris Sparks epitomises a successful team. They obviously train very hard, they are fit both physically and psychologically, experienced, have the support of an excellent coach and are very consistent. Perhaps most important of all, good competitors have to believe in themselves. Often this is mistaken for arrogance, but you are pleasantly surprised at how nice and humble some of these people are after the competition! So it is a combination of many different things and I was glad to see Robert Taylor from Wales get the best fighter of the day today.

As a food scientist I know diet can also help. I was impressed when Mark Weir told us at a seminar once that he didn't touch alcohol and that is definitely one of the reasons why he is a cut above the rest.

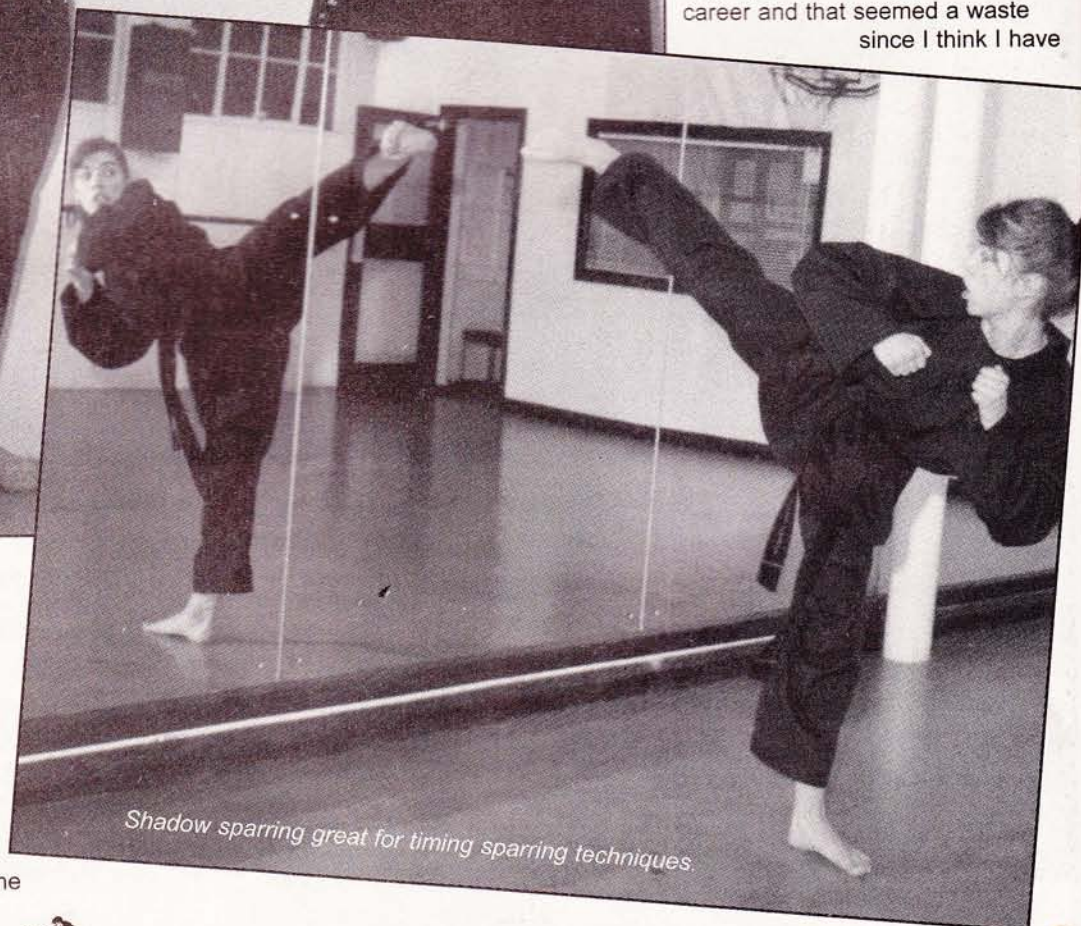
Bob Sykes: Frank tells me that you have recently taken a big decision to give up your career in Food Technology in order to go full time into the martial arts industry?

Catarina Teixeira Murphy: Yes, Bob, I did have a promising career in a multi national food company which paid quite well. But deep down inside I felt there was something missing which was stunting my personal growth. I didn't feel I was helping people in my previous career and that seemed a waste since I think I have

and the GTI up until the first couple of years of my first Dan and enjoyed many successes and learnt a lot about my character from my less successful outings.

Bob Sykes: What do you think makes a successful competitor?

Catarina Teixeira Murphy: If you look at today's winners of the



Shadow sparring great for timing sparring techniques.



ffer through the martial arts that
rove people's lives. This of
has been strengthened by my
ship with Frank so we really feel
ple who come to our academy
se a family warmth and a posi-
ergy that we try to give them. So
ne of the biggest decisions I
my life and I was fortunate that

my company allowed me to phase out
slowly from one career and into another.
We are also very lucky to have a great
supportive team, particularly Dave
Sheppard, and the rest of our S.W.A.T
team who really have been the back-
bone of the club for the past number of
years. I had actually intended to start up
a Sports Therapy career after qualifying

in Sports Massage Therapy but I found
that my focus on the academy became
greater and greater and my experience
was better utilised.

Bob Sykes: *You are also involved in
TeGeri Kickboxing. Can you tell the
readers a little bit about this?*

Catarina Teixeira Murphy: Yes, TeGeri is

Catarina with hooking kick.



the current boom in the USA. Master David Deaton must take the credit for bringing this aspect to the forefront of the martial arts. Another American, Billy Blanks, teaches a style called Tae-Bo and has featured in the media over there as well. It is a cardio kickboxing programme which is a combination of an aerobic workout together with strengthening exercises to funky music. In my classes I incorporate Taekwondo kicking and punching as well as do a number of exercises in circuit fashion ranging from crunches, pressups, skipping, bag-work etc, so it is an exciting and fun way to work out. It is a non-contact activity and is a nice supplement to those already training, or for non-martial artists, working on speed, stamina, rhythm and movement.

Bob Sykes: So where would you say your focus is now?

Catarina Teixeira Murphy: I'm still interested in forms competition and exhibitions, but now I am interested in competing with the public's perception and attitude to what martial arts can really offer to both adults and children, which is more than kicking and punching. In today's society, we seem to be bogged down by stress and the speed of living and many of us have lost a sense of spirituality. Children are being bombarded constantly by a lot of negative aspects. I believe that through martial arts we can help to combat these problems and can offer that missing ingredient to a more fulfilled life. It gives us the opportunity to channel negative energy into positive. I always find that if I go training when I'm feeling a bit down that I come out refreshed and more positive.

Bob Sykes: Do you think your degree in Food Science and qualification in Sports Massage Therapy has helped your martial arts?

Catarina Teixeira Murphy: Absolutely. Food Science is a deep study of the ins and outs of the food we eat and it expanded my knowledge in the area of nutrition. The Sports Massage Therapy gave me a great insight into the mechanisms of the human body as well as being an opening into the area of Sports Science and Sports Medicine. I have been very fortunate to have met one of MAI's columnists, Dr. Jon Jepson, who runs an acad-

my in the Burton-on-Trent area and is a qualified acupuncturist. I admire him for his depth of knowledge which has helped him to be one of the most successful individuals within the martial arts industry today.

Bob Sykes: Finally, Catarina, where can you be reached if anybody wants to contact you?

Catarina Teixeira Murphy: I can be reached on Frank Murphy's Blackbelt Academy, 8 Brewhouse Yard, Gravesend, Kent, DA12 2EJ, Tel: 01474 326967, Fax: 01474 564644 or e-mail us on: mbs.blackbelt.virgin.net

With her original instructor Master Kim Stones.

