

200 PAGE YEARBOOK



'My Friend Bruce'

By Professor

January 2005 Vol. 17 No. 8 £3.00 (UK)

www.martialartsltd.co.uk

Full Colour Bumper' Issue

Plus

Chojinkai Karate- Doug James

Sport Combat - Pele Reid

nglesi

- Fred Adams

More Karate, Taekwondo and mixed martial arts coverage



MASTER FRANK MURPHY 7TH DAN TAEKWONDO INSTRUCTOR OF THE YEAR 2004

At fifty years of age, Master Frank Murphy is considered by many to be one of Taekwondo's most forward thinking educators.

Those who've been privileged enough to train with the modern master will no doubt appreciate his direct approach and emphasis on the subjects of respect, self discipline and self control. All three aspects Master Murphy teaches with a rare conviction since he's renowned for practising what he preaches.

