



**Adam Francis**

**Current grade:** 1<sup>st</sup> Grade (violet sash)

**Age:** 23 years old

**Started training:** 1997 in Shotokan Karate  
2002 in Tai Tsung Kung fu  
2005 in Shaolin Kung fu

**Years training:** Shotokan Karate – 6 years  
Shaolin Kung fu – 3 years  
Tai Tsung Kung fu – 8 years

**Instructor:** Derek Brown (Sifu)

**Club:** Southgate

**Likes with regard to training:** Forms and weapons

**Dislikes with regard to training:** Press ups

**Awards/achievements:** Silver medal in Tai Tsung competition 2002 (under 60kg)

Degree in mathematics

Fully qualified teacher