

KYOKUSHIN

# KARATE KIDS

## ON THE SPECTRUM

We catch up with Black Belt instructor Melinda Baksi from Kyokushinkai Karate on how her 34 year journey has led to her new program for kid's on the spectrum.

### Hi Mel, please introduce yourself to our readers?

I would like to introduce myself, Melinda Baksi, a Kyokushinkai black belt instructor. I began my Kyokushin karate journey 34 years ago in Hungary and began teaching in 1998. My focus as an instructor is on technical proficiency, fitness and fighting techniques. I joined the Hungarian Army in 1997, fulfilling my childhood dream, and pursued my education at the Zrinyi Miklos National Defence University at Budapest. During Hungary's joining NATO, I was the only woman represent my country in a special joint exercise weapon demonstration to the NATO commanders and to the public. I hold a Personal Close Protection Officer licence, where I benefit from my military and martial art experience. I regularly attend international seminars and black belt conferences held in Japan and Australia, and have been trained by the highest levels of instructors from all corners of the Kyokushin World. I enjoy all aspects of Kyokushin karate and have particular interest in self defence and the richness and discipline of the Japanese culture and language.

### Can you tell us more about your Karate Kid on The Spectrum program?

I have gained invaluable experience teaching kids with various physical and mental challenges like ADHD,

vision impairment, and mild autism. I also participate by teaching disabled groups. We run private class martial art programs with the aim to transfer children with ADHD and autism (to name a few) into the group environment. Alongside training and continuing to pursue the ideals of Kyokushin karate as a lifelong commitment, I am excited to teach the children in our community in an effort to share the many benefits of physical and mental training that my family and I have been fortunate enough to experience and value.

### You trained full time in Japan, can you tell us more about this and your future plans?

I attended an Uchi Deshi (live-in dojo) training program with Shihan Artur Hovhanissyan in Japan in 2018 and I trained with the UchiDeshi team in 2019 full time, dedicating my time fully to the study and training of Kyokushin Karate. I have been training for the All Japan Open Tournament supposed to be held in November 2020 which unfortunately has been postponed. I believe that my considerable professional martial art experience in Australia, Hungary, United Kingdom and Japan have helped me develop enthusiasm for fresh challenges whilst also developing the desire to give back to the community through martial arts and helping improve the experiences and lives of our future Australian generations.

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