



Corin Pegden started his martial arts training in 1985 and now has over 33 year's experience, training with some of the world's foremost karate experts. He is a long-time student of legendary M. Shiomitsu 9th Dan Hanshi, a karate pioneer who in 1965 moved to England and helped popularise karate throughout the UK and Europe. Shiomitsu Sensei is respected worldwide for his technical expertise and pioneering teaching methods.

Corin runs Surrey Karate and has been teaching part time across Surrey & Hampshire for over 20 years and now coaches' children six days a week. He teaches them discipline, respect and other important character traits, that they can easily transfer to the home and school environment.

His schools karate coaching programme introduces children to the fundamentals of karate, instilling self-confidence, resilience and focus, by blending traditional training with games based and fun coaching methods. He also offers fitness/circuits/boot camp sessions to schools, which are based on fun martial arts training. These help children become more active and meet weight/exercise targets and involve pad-work to music.

Corin's impact stretches further than his public club-based environment; working with many different schools and also some children with learning difficulties, to inspire more young people on the benefits of traditional karate and the importance of being healthy and looking after their own well-being. He passionately believes that traditional Karate taught properly, will give children many mental and physical benefits and that the ultimate aim of martial arts training, is in developing good character. It is an ideal activity to encourage more pupils to take up sport, gain confidence and become more active.

Corin runs regular seminars with some of the world's finest karate instructors and students will be able to expand their knowledge outside of the school clubs, by attending these. He has represented England in karate at the European championships in Paris in 1997 and World championships in Japan in 2009.

Corin has produced several black belts over the years and his students are graded by Wado-Ryu Grandmaster, Hironori Otsuka 3rd, which ensures a high standard and calibre of pupil.

He is personally graded to 4th Dan by Grandmaster Ohtsuka 3rd, after passing an intense exam, after a weeklong training course.

Character references are available and his certification includes enhanced DBS, First Aid, £6m public liability insurance and he also holds Developed Vetting security clearance.

Corin is keen to discuss further with interested parties about teaching in schools, colleges or privately, either on a regular or ad-hoc basis.