

'I tell my students I don't believe in giving up' Karate Cop walks his talk

Students get a head start on work life

DR George Adams has quite a story to tell.

Perhaps that's no surprise, since he's a sergeant with the NSW Police and has had some 26 years of service on the streets of Sydney.

Dr Adams, 48, is also the founder of the Budoshinkai martial arts discipline that he has long taught at the Budoshinkai Karate-Jitsu Ultimate Schools of Self Defence, located in Sydney centres including Ryde and West Pennant Hills.

Budoshinkai means the way of the warrior, so when Dr Adams tells young men in his classes that martial arts training has saved his life twice, he can predict their common wide-eyed reaction.

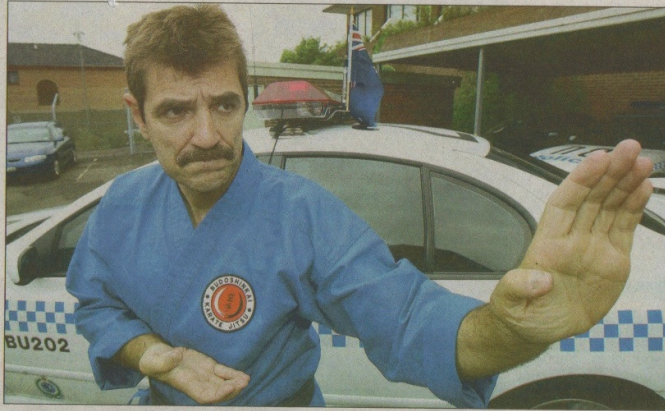
"They nearly always say 'Oh yeah, who were you fighting?'" Dr Adams said.

Then, with his response, the students get to learn a little more of the amazing life of the man known to his colleagues as "the Karate Cop".

He has bounced back from two near-death experiences.

In 1996 Adams had a brain haemorrhage and was told that he would never resume normal activities again.

After four months of brain operations and partial blindness, he returned to a normal life - much to



Dr George Adams shapes up for a workout outside the Five Dock Police Station.

Picture: DAVE SWIFT

the disbelief and astonishment of all his doctors and colleagues.

Six years later Dr Adams was involved in a near-fatal air accident involving an ultralight aircraft. He broke just about every bone in his body and looked certain to be disabled.

"When doctors told me 'I wouldn't walk again, I just thought 'you're wrong','" he said.

Defying the odds, Dr Adams worked his way out of a

wheelchair, used crutches for a while, then graduated to a walking stick over a period of three months.

He said his ability to overcome incredible obstacles was all to do with the power of positive thinking as advocated in the martial arts.

"I tell my students I don't believe in giving up," he said.

"I do believe in trying again, as martial arts allows you to develop

the determined mind of an athlete."

After two years on a punishing program of rehabilitation, the Karate Cop was back to full police duties as the team leader with Burwood Highway Patrol - and teaching martial arts to a new generation.

Information about Dr George Adams and his schools is on www.budoshinkai.com.au.

BRENDAN BERECHY

A NEW trade school specialising in construction and electro technology will be established at Meadowbank TAFE.

Deputy Premier and State MP for Ryde John Watkins said the school would offer enrolments in school-based apprenticeships, traineeships and other vocational qualifications.

It would also synchronise timetables with local high schools to allow senior students to continue studying other HSC subjects at their usual schools.

"It will provide high school students with a chance to start training for careers while completing their HSC," he said.

"This means our area will have job-ready graduates available to work in key skills shortage areas, faster."

The Learn or Earn Policy aimed to provide more opportunities for young people of Ryde and surrounding areas.

It would guarantee training places at TAFE for under-18s without an HSC, giving them the chance to gain vocational qualifications.

"This will be reassuring to them and their parents," Mr Watkins said.

The Meadowbank school would be one of 15 throughout NSW.

They would provide students with new career options and challenges, and a head start in finding work.