

MARTIAL ARTS

Blackbelt champion in protective stance

JOHN CLAIMS FRESH GLORY

Torin Chen

PYMBLE'S John Gill fended off two opponents armed with a knife and a gun to win two self-defence titles at the World Martial Arts Championships, held in Las Vegas.

The blackbelt champion is now preparing to pass on his self-defence techniques to women and children at a series of free classes at Kuring-gai Town Hall next month. It offers participants the chance to learn non-aggressive techniques which they can use to defend themselves in the event of an attack.

The 50-year-old captured wins in the open's blackbelt self-defence and open's international rules blackbelt self-defence divisions.

He won the open's blackbelt self-defence competition with a near perfect score of 9.99, using blocking and evasion techniques to disarm armed attackers.

The hapkido and taekwondo instructor, who has captured a staggering 11 world martial arts titles, is hungry for more.

"I'll definitely continue this as long as I live," he said. "I want to go for a 12th title."

Gill said he would also teach people how they could talk their way out of an attack when confronted.

"I teach children not to fight and how to evade an attacker," he said.

GET SIGNED UP

Free self-defence classes

- Ku-ring-gai Town Hall
- August 10, 24: 4.30pm & 6.30pm
- August 12, 26: 2pm & 4pm
- To register: johnngill.com.au



Pymble's John Gill won his 10th and 11th titles at the World Martial Arts Championships in Las Vegas.

Picture: ALEX WISSER

PENTATHLON

Edward jumping to go to London

FERNON FILE

AGE: 24

SUBURB: Northbridge

EVENT: Modern Pentathlon

DISCIPLINES: fencing, swimming, showjumping, running, pistol shooting



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on Tuesday in preparation for the first of his events on August 11.

"The Olympics are very important," he said.

"It's an opportunity to go outside of your comfort zone and do something special.

"To have so many friends and family from the north shore behind me and to go on the world stage and challenge myself is fantastic."

Fernon clinched his place in his first Olympic Games team as the top-ranked (13th) Oceania pentathlete at last year's Asia-Oceania Championship in China.

His preferred discipline is showjumping, a skill he acquired from riding horses on his family's property in Wagga Wagga.

He honed his showjumping skills under the watchful eye of former Australian dual Olympic showjumper Vicki Roycroft.

The part-time Sydney University Masters of Commerce student said he was unperturbed by the prospect of competing on an unfamiliar horse in London.

"I have been riding horses all my life and when I go on a horse, I know what the horse is like," he said.

"I'm feeling quietly confident, no matter what they will throw at me."