

Instructor Profile

Stuart MacAdam – Instructor AMAI Cooroy



My Martial Arts journey began in Sydney when I was about 18 years old. My brother and his friends invited me to come along to a Tai Chi class, it was a “hippy” thing to do. After 3 classes my brother stopped going but 3 years later my instructor moved away so I looked for another martial art. I found Shorinryu Okinawan Karate and enjoyed the sparing and kata but was very impressed with the Instructor so stayed for many years acquiring a Shodan black belt. Leaving Sydney to travel around Australia I sought out any martial arts club in any town that I travelled through. There were many, but most memorable were Kung Fu in the Alice and Tang-Soo-Dao in Darwin. It was impossible to get any insight into the techniques from such short visits but the Dojo atmosphere said a lot about the instructors or the styles themselves. I was most impressed with Matsumoto Dojo in Cairns. I returned to Sydney to continue with Shorinryu, very happy with the comparison to other Dojos.

I ended up travelling to Japan in the late eighties and again trying several styles, I settled on a form of Shotokan Karate that to me more resembled the Kyokushinkai approach to training and tournament rules. Hard, hard, hard. Just like the Instructor who took me up to Shodan.

While living in Hokkiado, Japan I had the opportunity to view several martial arts at the Budokan near my apartment. I witnessed Kendo, Judo, Sumo and one day sat down for a demonstration of Daitoryu Aiki Jujutsu. I had never seen anything like it. I was amazed at the level of control the Chief Instructor demonstrated over his opponent. I sought out two different Aikido styles for a short time but soon returned to Australia. Back in Oz but now on the Sunshine Coast I trained in Zen-Do-Kai and Kickboxing for 18 months but still retained a disillusionment of brute force and a fascination for the technique I had witnessed in Japan.

I walked into the Palmwoods Dojo in 1994 and I am still training.

A long journey but now I’m home.

Stuart