



# **KYOKUSHIN BUDOKAI GOSHIN DO**

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It is with the greatest of pleasure that I have been asked to write about the Budokai Mels run by the Albrecht family. I have been training since 1973 and have trained with some of the best around, and I include founders and instructors at the Budokai Mels within that group.

The founder Niklas Albrecht, aided by his wife Marina; who is also a first class yoga instructor, teach traditional karate fused with modern methods. Their teaching methods have inspired and educated many students and will continue to inspire and educate many more. Their desire to improve themselves as well as their students is evident in the system of karate they teach.

Whenever I visit their dojo, the atmosphere is like an extended family and all the instructors are friendly and welcoming. I highly recommend the Budokai Mels to anyone wishing to begin martial arts or to those who are more skilled. Whatever your level, there is much to learn from these people.

Hanshi Marc Howes 8th Dan Kyokushin Budokai