

Kwan Jang Nim Ken Pankiewicz 5th Dan

Kwan Jang Nim (Chief Instructor) Ken Pankiewicz began his martial arts career in October 1983 in Eton, Berkshire. He was fourteen years old at the time and went to classes as his school friends had recently started training too. He learnt ITF Tae Kwon-Do under his instructor James Caulfield and quickly earned the level of 3rd Kup, red stripe belt. After his first class, Ken was so inspired by the martial arts, that he knew he wanted to be an instructor.



In 1989 he went to the University of Leeds to study data processing and whilst there, joined the university Tae Kwon-Do School run by former World Champion Kim Stones. It was here that he earned his 1st Dan Black Belt in Tae Kwon-Do in June 1990. During his last year at university he had his first opportunity to teach classes and discovered a passion for helping others to grow through learning the martial arts

After graduating from university, he returned to Slough and began training with Dorian Bytom. Under Dorian's guidance, **Ken was able to open his first school at Guildford in October 1991 and Slough in May 1992**, he also become assistant instructor at Reading in 1993. Between 1993 and 1997 Ken's schools grew in popularity and he was able to guide several students to the level of Black Belt and support a few during the opening of their own schools.

1997 was the turning point for Ken in his martial arts career. In October, he travelled to his first Educational Funding Company International Conference in Orlando, Florida. This event was attended by over 800 school owners from different martial arts backgrounds and was his first meeting with EFC Chairman Nicholas Cokinos. The meeting changed Ken's view of the martial arts from just a physical workout to a life enhancing continuous program. Mr Cokinos continues to mentor Ken in his development and plays an important role in his personal and professional growth.

At an EFC training session in Sacramento in March 1998 Ken meet up with Dave and Tim Kovar. This was the beginning of Ken's journey to evolve his martial arts training and learn how to empower his students through the martial arts. At Kovars, he started to learn Kenpo Karate, Jun Fan, Escrima along with important skills on how to blend styles together. Ken travels to Sacramento at least once a year to train with Kyoshi Kovar and in March 2003 was honoured to be tested for his 5th Dan in Kovar Blended martial arts style. Ken has been recognised by the EFC for his contribution to the martial arts in United Kingdom and KickFit Martial Arts Schools have been ranked number 1 school in 2005. He has been asked to conduct seminars for school owners at the EFC international convention and supports the growth of EFC schools in the United Kingdom. **KickFit Martial Arts Schools has been recognised as a highly professional organisation and its methods and teachings are in demand from other school owners.**

In the spirit of Kaizen, constant and never ending improvement, Ken joined **Steve LaVallee's Martial Arts University International, MAUI in 2006.** Kyoshi LaVallee is admired industry wide as a mentor of champions. MAUI has helped Ken focus the KickFit schools more on the lifelong benefits of the martial arts and developing empowering student relationships.

What started as a hobby twenty three years ago has evolved into a **life long passion of self-improvement along with the desire to involve the whole community in the martial arts.** Ken continues to strive for improvement and is reminded to stay on track by the following quote: "the true secret of concentration lies in the acceptance of endless distractions!"

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