

Sensei Vanessa is a senior instructor of Satori Shukokai Karate Australia. She holds a 3rd degree black belt in Shukokai Karate and is a Karate Victoria Referee. Sensei Vanessa is a Physical Education Teacher with a passion for encouraging her students to enjoy lifelong physical activity.

Vanessa Carbis

Having watched one of my sons participate in karate, myself along with a couple of other Mums did a trial adults beginners program with my Sensei, Sensei Adam Minster. My Martial Arts journey continued from then, as I noticed the benefits to both my physical health and mental health.

I believe Martial Arts has benefits for people of all ages and abilities. It has been an amazing avenue for my own children to learn respect, develop resilience, focus and determination. I love that we can have teenagers in a class with adults 50+ who all have mutual respect for each other and a shared dedication to our journey as martial artists. We each have something to offer our classmates.

My goal is to ensure all students have a place to train where they are valued, supported and can learn and practice karate in a welcoming and mutually respectful environment. Everyone's martial arts journey is different, we each have different reasons for doing martial arts and experience a wide range of personal benefits.

Everyone has to start somewhere, if you don't start you'll never know. Once you start, all you have to do is turn up and the rest will unfold.

Qualifications:

Bachelor of Teaching - Physical Education
Certificate IV Fitness & Personal Training
Certificate IV Training and Assessment
Level 2 First Aid

Accreditations:

3rd Dan Black Belt

Level 1 Coaching Accreditation (National Coaching Accreditation Scheme)
Karate Victoria Kata Judge & Kumite Referee
Community Golf Instructor
Working with Children Check

Experience:

11+ Years Karate and Martial Arts Training

Occupation:

Physical Education Teacher
Karate Instructor