

## **Martial Arts**

Daryl Humberstone

Hi I was involved in an automotive accident when I was 19 and subsequently had a below knee amputation. I started training in Martial Arts a few years later and have now been training for 10 years under Master Chan of Chan's Martial Arts International. I have achieved the rank of 1st degree black belt which took me 6 years. During the gruelling grading there was no exception made for me and I had to do everything everybody else did, including running, jumping and lots of other activities.

My life has been greatly improved by Martial Arts and I now teach as an Instructor for Chan's Martial Arts at Papanui High School. I have completed various full contact competitions at black belt level, including my own style and Olympic Tae Kwon Do. I am also an active power lifter. I received a gold medal at the New Zealand National Paralympic Multi-Sport Championship 2003.