

Case Study

Ninja Dragons Martial Arts

Site: Eastern Leisure Centre

Site team



Gareth Killa
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Ian and Debbie Lawes run a successful Martial Arts Academy in Cardiff offering classes for children from ages 3 upwards and adults alike.

Ian ranking 8th Dan International Instructor and black belt master, and Debbie 4th Dan ranking.

The Master Lawes martial arts recently won 17 medals at the Unified Open Taekwondo World Championships in Hartfield, London in July this year. Master Lawes had entrants from age 8 to 40 years.

In photograph – Left to right: Jeff Owen (bronze in sparring, silver in patterns), Darren Omaley (gold for sparring, bronze for patterns), Emma Palmer (bronze for sparring and patterns), Mya Campbell (silver sparring, gold patterns), Rowan Doarney (browns patterns), Iestyn Paul, Alex Fierney, Lilly Downey (silver sparring), Gwennan Hopkins (gold sparring, bronze patterns) and not pictured is Ifan Coyle (bronze patterns).

Both Ian and Debbie devote a lot of time to Ninja Dragons Martial Art and are in the process of renovating their new sports centre.

Ian was able to salvage a vast amount of materials from the current Kier project, Eastern Leisure Centre which would have otherwise been scrapped.

They managed to re-use the weights room flooring and gallery area from Eastern Leisure Centre in their training room, as well as re-using mirrors which are all serving a great purpose in the new sports centre.

Toilet cubicles were also salvaged and will be used in the new toilets in the sports centre. Ian and Debbie are especially grateful for these materials and extend their thanks to those who helped.