

Two SWF Martial artists spotted by national magazine in one month!

Two of South Woodham's top Martial artists were both coincidentally featured in the March edition of Fighters Magazine; a specialist national martial arts publication. Helen Robinson-Carey and Fergus Dullaghan both appeared under slightly different circumstances. Fergus, an international level judo player has recently been asked to join the Fighters writing staff. The first of his twelve-part training series with Former World Champion Neil Adams MBE (also famous for his marriage to



the swimmer Sharron Davis) was released in the March issue. While Fergus was in Belgium writing his piece Helen (the British kickboxing champion) was caught by another Fighters correspondent as she fought in the North of England. So impressed was he with Helen's performance that he wrote a round by round review of her fight. Both Athletes train in Club Woodham and are frequently seen trading war stories in the weights room. Helen



trains at 5 Elements Martial Arts Academy in Basildon, (www.5-elements.co.uk), where following her recommendation Fergus has now also taken up residence as part of the coaching staff.

Fergus would like to thank his sponsors: MMA Gear (www.mmauniverse.com) Mizuno (www.judogis.com) and The Strength Company (www.thestrengthcompany.co.uk) for their recent support. You will soon be able to follow his blog on www.cagefilm.com