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## **Ex-karate world champion shares training** tips

Sport360 spoke to karate world champion-turned Hollywood film director and security consultant- Tony Schiena about his history in martial arts and his training regimes.



by Sport360 staff 8th April 2016









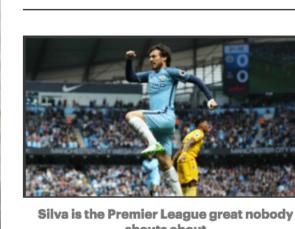


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Transfer gossip: Ramirez, Hernandez, Verratti



shouts about

There aren't many things Tony Schiena isn't good at.

After becoming the heavyweight karate world champion aged 25, Schiena joined the African intelligence service and went on to become a major player in the private security sector.

These days the South African directs action movies, making use of all his skills as karate expert and experience as a real-life spy.

"At the risk of sounding cliché it was a way of life," Schiena told Sport360. "The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participants."



Manager microscope - Wenger v Mourinho