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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
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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."

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