

Case Study Inspirational Sports Person

Andy Wright Karate and Tai Chi teacher

Increasing participation

22 Years ago Andy was on the receiving end of an unprovoked, physical attack. Instead of making himself a victim he decided it was an opportunity to improve himself. He took up karate and has since taught over 65 students to achieve black belt passes.



Why is Andy inspirational?

Andy takes his personal situation into all his classes to encourage his students to try their best.

Andy was born with cerebral palsy, and was in a wheelchair until the age of 9. He saw other children playing and running around and decided he wanted to play too.



Andy took up karate over 22 years ago, and has gained a Grade 5 Dan black belt. He has also been involved in officiating at competitions. He opened his own club and during 1994 he was teaching up to 250 people karate.

In the 1990s Andy became interested in holistic treatments, such as Reiki, Shiatsu and Reflexology. He travelled to many countries to learn about holistic treatments.



In 1998, Andy went to Australia where he studied Tai Chi & Qigong and subsequently became a teacher, travelling to Malta, Russia and America.

Andy has developed ZENCHI, which combines his skills into a new healing art form.

Andy currently teaches in Westbury, Trowbridge, Warminster and Melksham. He aims his classes at people with health issues. He also teaches voluntary sessions for a Drugs and Homelessness initiative in Bath.

Andy also has a day job, working for the Shaw Trust in Devizes, which helps ex-drug users get back into an acceptable place in society.

Has Andy's work been recognised?

Yes. In 2006, Andy was the South West UK Regional Winner of the 'Tackling Drugs Changing Lives' Award. He has also recently completed his Level 3 NVQ in advice and guidance.

"For a lot of people exercise is difficult, they might get out of breath but they haven't got cerebral palsy, and Andy just gets out there and does it."

**David Bareham, Chief Executive
Wiltshire County Sports Partnership**

"I love it, I can't get enough of it. It's only once a week, I could do it twice a week easily. I've taken early retirement and this is absolutely right for me."

Janet, Tai Chi class member

And his future...

Andy is inspirational to everyone he meets. Given the chance, he would like to bring his holistic approach to a wider audience, and he continues to look for opportunities.

His ambition would be to have a career in disabled sports.

"I'm determined that I'm going to be doing the stuff I want to do, not let anybody say I can't. People have said that to me in the past, and I've gone ahead and done it and proved them wrong. I really want to make a mark, not for myself but to encourage other people to come along and try it."

Andy Wright

For more information:

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Wiltshire Activity Sports
Partnership:
[http://www.wscsp.org/site/
index.php](http://www.wscsp.org/site/index.php)