

Ken Andries

I started training in martial arts in Dover-Foxcroft ME in 2002 and moved to Kentucky in 2005. I continued training and received my 1st Dan ranking from Leonhard Martial Arts in February 2006. I then studied at A-1 Karate in Shelbyville and achieved 3ed Dan ranking in September 2011. Both Leonhard and A-1 utilized the ITF patterns. I also studied Shaolin Kong Fu achieving 1st black in Dec. 2008, I did this to study the internal system of Tai Chia at the time. I had the opportunity to study Chen Ni through Tai Jutsu and achieved 4th Degree Black Belt in that system in June 2013. The Tai Jutsu system focused on Chen Ni for self-defense. I started studying at Pilot View Martial Arts in 2021 after not practicing for 8 years. I have been working on remembering the forms and learning the specific forms for GTF. My focus in all of my studies has been to improve my mental strength and inner calmness, to gain better physical conditioning, and gain knowledge. I enjoy the challenge presented by Martial Arts and the inner strength it offers.