

'Skinny' is tough champ

WARNING: Strathfield's Gary Green is not the sort of man to be let loose near anyone's roof.

Gary, the State heavy-weight tae kwon do champion, is a master of the art of rooftile breaking.

The 22-year-old has kicked, chopped and head-butted more than 100 tiles during the past 18 months.

He has smashed nine tiles in one fell hit — a feat which called for a force of almost 1500kg.

Gary, who is a 1st Dan black belt holder, said the displays required more concentration than brute strength.

"You have to focus all your attention on the task.

"It's also character building and gives you confidence in your ability."

Gary had a down-to-earth reason for taking up tae kwon do four years ago.

Being a 194cm "beanpole" at 76kg made him a target for school bullies so he decided to learn self defence.

Fortunately for bullies, Gary's powers have been used to their awesome potential only on inanimate objects.

Gary, now 99kg, will defend his State heavyweight title at Granville on Sunday, June 25.

The busy martial art exponent also runs classes at Strathfield South High School on Mondays and Wednesdays from 6pm to 7.30pm.

Classes are open to people of all ages.

For details, phone Gary on 790 1487.



Getting in for his chop ... Gary Green demolishes a stack of tiles. Photo: Paul Melville