



Shihan George Cabano 5th Dan



George was a Amateur Boxer and taught Fred how to fight and take care of himself when he was young. He was a very strong man in his own right, and when he grabbed you or did blocking drills you knew what pain was. The sad thing was he was not going hard on you. George did not start the Martial Arts until late in life. But has given so much back to the students from the smallest child to the toughest fighter they all love him.



George trained with Hanshi Fred for most of Hanshi's life, being Fred's step-dad he was there all the time, he received his black belt From Fred and Don Buck. He was always there helping out, judging, advising and teaching. George opened his own Dojo in Sacramento in the late 80's but was also instrumental in the teaching at all the Sacramento Dojos. He also help his Grandson (Paul A. Cabano Jr.) open a dojo in Craig Colorado and assisted teaching there.



Before Fred was in Kyokushin George use to help him practice when he was in Kenpo and then later in Taekwondo receiving a 4th degree Black belt in Taekwondo himself. Then when Fred moved on to Kyokushin so did George and received his 5th Dan in Kyokushin. Some of the other interest he had when he was younger was being a Boxer and Race car Driver, but gave them up for married life and raising a family and karate.

George was inducted into the AKKO hall of fame in 2004