



Norm Hines

Norm Hines 3rd Dan

Norman started his Martial arts training when he was in his mid 50's, after the doctor told him to take up some exercise. So he tried aerobics and dance and then he came across Kyokushin Karate and said why not.. So he joined our west Sacramento school and he was the oldest in class but worked the hardest. He was stiff and slow but his heart was huge. He received his Shodan in West Sac and decided to go train at the our main school where he would get direct instruction under Kyoshi Fred Buck. They became great friends and trained 5 days a week together in the weight room and in the Dojo. Norman receive his 3rd Dan in karate and 2nd Dan in Jujitsu, he also fought in many tournaments from full contact with head gear to AAU Nationals , at Nationals he took 2nd in fighting and 3 in Kata at the age of 62 year young. Norman also was a great Artists and did most of the art work at that time for the School of the Tiger. He also had art in art museums. One day in the Dojo Kyoshi and Norman were just finished a round do rhythm sparring and watched the next two and were correcting them when Norm had a heart attack and never made it he Died in Kyoshi's arms. he was a great man and we will all miss him



1998 AAU School Of the Tiger team

