



PRESS INFORMATION

Gazing director awarded The Queen's Service Medal for services to karate

Renzie Hanham 'QSM' recognised for his work in the sporting community

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Renzie Hanham, founding partner and director of Gazing Performance Systems, has been awarded The Queen's Service Medal for services to karate in the Queen's birthday honours list, which was announced last weekend. This was in recognition of his valuable voluntary services work in New Zealand, where Renzie has been head instructor of the leading karate school since 1969. With over 53 years experience as a martial artist, he is a black belt in judo and a 8th degree black belt in seido karate, and is the senior instructor in New Zealand.

A judo champion in his youth, Renzie was the youngest black belt in New Zealand. He went on to study karate, represented New Zealand and lived and trained in Japan under the world renowned karate master Mas Oyama, appearing in the book 'Advanced Karate'. He is currently head instructor for Seido Karate in New Zealand, one of only three senior instructors in the world for that art. He has instructed thousands of people, trained several world champions in Seido karate and has taught throughout the world, with several of his students having gone on to achieve distinction in a variety of fields. In 1993 he was part of a team invited to Tokyo to represent New York which gave demonstrations at the Meiji shrine.

"This is a significant recognition of the role that Renzie has played in developing karate in New Zealand and indeed throughout many other countries. It denotes the skills and dedication that Renzie gives to karate and the broader sporting community, demonstrating his success in

keeping sportspeople focussed and able to perform under pressure” says Martin Fairn, founding partner and CEO at Gazing Performance Systems.

Renzie has applied his experience in sports psychology to work closely with Gazing partner, Dr Ceri Evans, as the key developmental team behind Gazing’s ‘performance under pressure’ methods and programmes. Day to day Renzie now works closely with coaches in a mentoring capacity, specifically looking at how sportspeople fall ‘off task’ when placed under pressure, and providing insights into how coaches can train their athletes to be mentally prepared. Renzie is recognised as one of the leading mental skills coaches in New Zealand and was a key contributor to the book ‘Mind Games’ (published in London 2004) which looked at the mental aspects of performance.

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Note to Editors

Gazing Performance Systems

Formed in 1998, [Gazing Performance Systems](http://www.gazing.com) is a UK based company that equips organisations of all sizes and individuals alike to perform effectively under pressure. Its four co-founders, from the fields of forensic psychiatry, international sport and business, have spent over ten years pioneering a new system to optimise the way people perform when the pressure is on, using a unique approach in developing the right skill set, mindset and structures backed up by the use of memorable one-page maps. Gazing has worked with high performing elite sports people such as The New Zealand All Blacks, The Rugby Football Union (RFU) and London Irish, as well as leading global businesses such as Xerox Corporation, Legal & General and Ambius. Gazing is based in London and operates in over 60 countries through a network of accredited local partners.

Sports clients Gazing has worked with include:

- NZ All Blacks
- Croquet world champion (4x)
- Triathlon Academy of New Zealand
- English Premiership winning rugby

- Speed boating world champion
- World Aquathon champion
- World long distance duathlon champion
- World champion Adventure Racing Champion
- World and Olympic champion triathletes

teams

- English Rugby Football Union High Performance Department
- English Premiership Football Club
- Ocean Rower Roz Savage
- London Youth Rowing
- Canterbury Rugby
- Dutch Triathlon Team