



NEWSLETTER

DECEMBER 2008

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 3rd Dan

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Christmas Close Dates:

Basildon

The last Basildon session for 2008 will be:

Monday 22nd December 2008

The first Basildon session for 2009 will be:

Monday 5th January 2009

Chelmsford

The last Chelmsford session for 2008 will be:

Saturday 20th December 2008

The first Chelmsford session for 2009 will be:

Saturday 3rd January 2009

Basildon fees will remain the same as there is only one session less.

Chelmsford fees will be reduced to:

Twice a week training: £45 adults £35 juniors

Once a week training: £30 adults £25 juniors

Save the Trees

Christmas is a great festive time for family and friends.

To have fun and enjoy!

However I feel some parts are too commercial and this includes the giving of Christmas cards.

Therefore please save your money and the TREES by NOT giving me a card.

Please see my Christmas wishes to you and your family later in this newsletter.

Licence Renewals:

Joshua Cole 30/09/2008

Chris Burton 30/09/2008

Ellie Taylor 31/10/2008

Dawn Barlow 30/11/2008

Mark Gadd 30/11/2008

Ray Chan 31/12/2008

MOVE OF THE MONTH

Continuous Motion

There is no stopping of individual techniques, but each technique still has it's own breath.

For example the low block/rising block in Dan-Gun and movements 6 to 12 in Po-Eun.

For more information please see your Chief Instructor
Mr. Slater

*Happy Christmas to you
and your families*

Thank you all for your support in 2008 & we look forward developing you and Essex Taekwondo Academies in 2009



*Kind Regards,
Gordon & Lynn Slater*