



NEWSLETTER

MAY 2008

www.essesxtkd.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 2nd Dan

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8 New black belts coming soon???

The following people will be grading at the

18th May 2008 black belt grading:

Mrs. Lynn Slater for 3rd Dan

Mr. Jeremy Baldwin for 3rd Dan

Mr. Richard Atkinson for 1st Dan

Mr. Robby West for 1st Dan

Mr. Joe Russell for 1st Dan

Mr. Kevin Ebbs for 1st Dan

Miss Jessica warden for 1st Dan

Mr. Aaran Wong for 1st Dan Jnr

Mr. Joshua Pennington for 1st Dan Jnr

Miss Chloe Butler for 1st Dan Jnr.

I and all at the academies wish them a successful

OPEN SESSIONS:

The next Open session is on:

Sunday 1st June 2008

At the Eversley Leisure Centre

1.30pm to 3.30pm

Payment of £5 in advance please.

The next sessions may be held at the Dovesdale Centre in Chelmsford as they have put in new mirrors and have a flatter wooden sprung floor.

Events:

Sunday

8th June 2008

Summer Slam

L.T.S.I. competiton.

St. Albans

£15

Sunday

29th June 2008

L.T.S.I.

Open training day

TKD and other skills

St. Albans

£15

MOVE OF THE MONTH

Low section outer forearm block. (najunde bakat palmok makgi)



This technique is more of a deflection opposed to a block as bone on bone to stop a front kick, the forearm would lose. Big bone small bone logic. For more information please see your Chief Instructor Mr. Slater

LAST BLACK BELT PRE-GRADING

Sunday 11th May 2008

At the Eversley Leisure Centre

1.30pm to 3.30pm

Payment of £10 in advance please

LICENCE RENEWALS:

Pat Phen 31/03/2008

Russell Nichols 31/03/2008

Joshua Pennington 31/05/2008

Happy training,

Regards,

Gordon & Lynn Slater