



NEWSLETTER

NOVEMBER 2008

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 3rd Dan

Tel: 01268 473424 Mobile: 07754 759666

Last Colour Belt Grading for 2008

Next important dates:

Sunday, 9th November 2008

GTI British Championships

Worcester

Saturday, 6th December 2008

Colour Belt Grading

1.30 pm to 5.00 pm

Eversley Leisure Centre

British Martial Arts Association (BMA)

Mr. Slater (Master Slater within the BMA) along with a panel of 3 other Masters graded:

8 students to 1st Dan

4 students to 2nd Dan

Assessed one 3rd Dan &

two 4th Dans



Mixed Martial

Arts Sessions.

To add a bit of variety to our sessions and address some of the weakness of our art we will be holding 3 mixed martial arts sessions. 2 half hour intro sessions followed by one full session. The instructor will be Mr. Russell 1st Dan who has been training in MMA along with his Taekwondo for a few years now and I am sure they will be an entering and enlightening sessions.

Dates are as follows:

Monday 3rd November (intro)

Monday 15th December (intro)

Monday 29th January (full session)

You are welcome to bring an old T-shirt to wear with your dobuk bottoms at these sessions along

Licence Renewals:

Chloe Butler 30/09/2008

Curtis Butler 30/09/2008

Joshua Cole 30/09/2008

Chris Burton 30/09/2008

Ellie Taylor 31/10/2008

Perry Walker 30/11/2008

Zac Wickard 30/11/2008

MOVE OF THE MONTH

Knife Hand Strike

(Sonkal Taerigi)



Due to the narrower area of impact it is more of a 'shattering' or 'breaking' technique opposed to a deeper disruptive technique.

The strike can also be used as a block.

The image above is as per 3 step sparring number 2, as a counter to the back or side of the neck.

For more information please see your Chief Instructor

Mr. Slater

5 out of 5

At the recent black belt grading 5 of our students graded and all 5 passed. Chris Mann & Gina Baldwin to 2nd Dan, Ben Slater, Dawn Barlow & Dave Palmer all to 1st Dan.

Well done to them all!

(Back row: Chris Mann, Ben Slater, Dave Palmer, Mr. Slater. Front row: Dawn Barlow, Gina Baldwin)



Happy training, Regards, Gordon & Lynn Slater

NEWSLETTER

INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

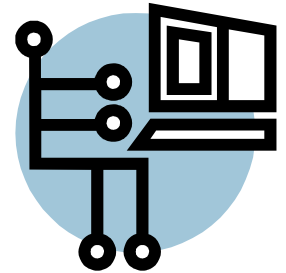
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed

internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

INSIDE STORY HEADLINE

This story can fit 75-125 words.

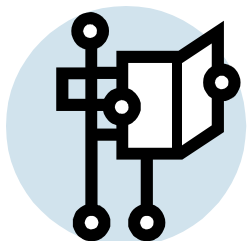
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images

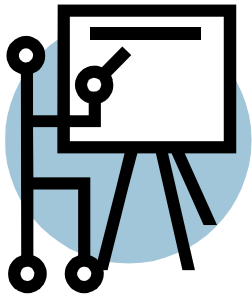
from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

NOVEMBER 2008



Caption describing picture or graphic.

INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed

internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

INSIDE STORY HEADLINE

This story can fit 75-125 words.

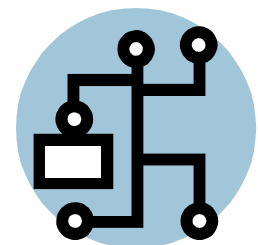
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images

from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



WWW.ESESXTKD.CO.UK

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served. It would also be useful to include a contact name for readers who want more information about the organization.

Your business tag line here.

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

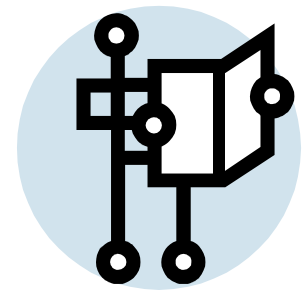
A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of

all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.