



# NEWSLETTER

OCTOBER 2008

[www.essesxtdk.co.uk](http://www.essesxtdk.co.uk)

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 2nd Dan

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## **IMPORTANT— Updated Your details**

For health & safety and insurance reasons you MUST inform your instructor of any change of address and new telephone number. Land lines and mobiles immediately.

Imagine if you had an accident during training and I needed to inform some one.

### **Master Harrisons Black Belt Pre-grading dates:**

Those taking the October black belt grading MUST attend at least one of these sessions.

All 6pm –8pm

Saturday 6th & 27th

September, 4th October.

Nunnery Wood Sports

Centre, Worcester.

WR5 2NL

### **Next important dates:**

**Sunday, 5th October 2008**

**Black Belt Pre-grading**

**1.00 pm to 3.00 pm**

**Chelmsford Academy**

**Sunday, 12 October 2008**

**Black Belt Grading**

**Derby**

**Sunday, 9th November 2008**

**GTI British Championships**

**Worcester**

### **Licence Renewals:**

Chloe Butler 30/09/2008

Curtis Butler 30/09/2008

Joshua Cole 30/09/2008

Chris Burton 30/09/2008

Emma Thorndike 31/10/2008

Ellie Taylor 31/10/2008

Perry Walker 31/10/2008

Zac Wickard 31/10/2008

Late licence renewals incur a £3 late fee and are back dated to the renewal date.

For example:

Licence expired 31/12/2007

Renewed now Oct 2008

Renewal will expire

31/12/2008

### **Attention– All Black Belts (1st to 9th Dans)**

The new updated GTI rules state that you MUST attend at least one black belt pre-grading session every 6 months (prior to a black belt grading).

This is an assessment stage for your training as there are normally years in between Dan gradings.

Failure to do so means that you grading time will increase by 6 months for every pre-grading missed.

Those actually taking a Dan grading MUST attend all 3 sessions prior to the black belt grading.

### **MOVE OF THE MONTH**

Knife Hand Guarding Block  
(Sonkal Daebi makgi)



This block can be a pre-emptive move, hence guarding or an actual block.

The start position is from a 45 degree angle above your shoulders with rear arm straight, both arms driven forward with momentum, therefore this guarding block can also be a strike. Ideal target being the side of the neck.

For more information please see your Chief Instructor

Mr. Slater

Happy training, Regards, Gordon & Lynn Slater