



# NEWSLETTER

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

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## OCTOBER 2010

### Help the Heroes 9/11

Saturday 11th September 2010. 3.30pm to 6.30pm

Well done to Ben Slater, Robbie West, Joe Russell, Ray Chan, Matt Harris, Rob Smith for completing 100 rounds of sparring and Raising money for 'Help the Heroes'

Money raised:

Joe Russell: £90	Robby West: £80	Rob Smith: £40
Ray Chan: £20	Ben Slater: £30	Matt Harris: £21

### London Open- Essex Rules Supreme!!

Well done to all the juniors who entered the recent London Open. For some it was their first competition.

Our students did us proud, not only in competing and winning but also their courtesy through out the day.

We have won the Club Shield! (Although I haven't got it yet.)

### Master Harrison's TKD DVD

Only 2 copies left at the reduced price of £25 First pay first get.

### GTI British Open—Last Competition for 2010

Following our recent success at the London Open please can we support the last GTI competition for this year and go there **IN FORCE!!!**

It is a long way and a long day, but a **great experience** to help grow you in your martial arts journey!

£15 entry. Closing date: Monday 1st November 2010.

### Licence Renewals:

Eve Wright 31/08/2010  
Chris Mann 30/09/2010  
Chloe Butler 30/09/2010  
Robby West 31/10/2010  
Linnae Abraham 31/10/2010  
Ayeshia Musni 31/10/2010  
Thomas Rozee 31/10/2010  
Lien Salcedo 31/10/2010  
David Wearn 30/11/2010  
Anneliese Wearn 30/11/2010  
Edie Hammersley 30/11/2010

### Attention All Essex TKD

#### Students.

To improve your patterns and get a head start in perfecting them I strongly recommend you purchase

'The Encyclopedia of Taekwondo Patterns' by Stuart Anslow.

Coloured belts only need Vol 1

Black belts upto 2nd Dan need Vol 2.

Order them direct from Amazon

*Kind Regards,*  
**Gordon Slater 6th Dan**  
**Chief Instructor Essex TKD**