



NEWSLETTER

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 6th Dan

Tel: 01268 473424 Mobile: 07754 759666

APRIL 2010

MMA Seminar

To give us a taste of leg kicking, sweeps, ground & pound, grappling, Submissions, take downs and more.

Sunday, 25th April 2010 1.00pm to 4.00pm

Eversley Leisure Centre, Crest Avenue, Pitsea, Basildon, SS13 2EF

£15 per person = £5 per hour, great value.

Dress code: dobuk bottom or shorts, old T-shirt in case of rips or tears.

Instructor: Mr. Luke Hughes-Barnatt (below) Professional UWC Fighter



LTSI Open Competition— March 2010

Well done to Ben & Lewis who both won gold for sparring.

Once again showing the superb abilities of Essex Taekwondo Academies.

Text Messages

When sending me a text message please add your name as I do not have all your mobile numbers in my phone, hence I do not know who it is from. Thank you for your cooperation.

May 2010 Black Belt Grading

Alison Weatherall going for 2nd Dan

Ben Slater going for 2nd Dan

Emma Thorndike going for 1st Dan

Good luck to them all.

Licence Renewals:

Robby West 31/10/2010 check

Zak Sutcliffe 30/11/2009

Ed Barrow 28/02/2010

Bernard Poon 31/03/2010

Sefton K.Downes 31/03/2010

Richard Sharman 31/03/2010

Reiss Bowdidge 31/03/2010

GTI Annual General Meeting & Red belt/Black Belt Training

Sunday, 18th April 2010

Bournside School, Cheltenham.

AGM open to all school instructors.

10 to 12 Instructor Training

1 to 3 AGM

4 to 6 Red/Black belt training

(£10 per head)

Next GTI Competition

Sunday, 23rd May 2010

Cheltenham

Remember kup grades must do 2 competitions within 4 years.

Dan grades at least 1 between grading

Kind Regards,

Gordon Slater 6th Dan

Chief Instructor Essex TKD