



NEWSLETTER

AUGUST 2008

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 2nd Dan

Tel: 01268 473424 Mobile: 07754 759666

Book NOW don't miss out!

Book yourself onto the next coming events to expand your martial arts experience and help improve your skills:

Sunday 14th September

Warren Vice Seminar (£15)

Chelmsford

(get some tips from one of the best to use at the Midlands Open)

Sunday 21st September

Midlands Open (£15)

Worcester

Saturday 27th September

Black pre-grading (£10)

Chelmsford

Sunday 28th September

Master Willie Lim Seminar (£20)

Next coloured belt grading:

Saturday 13th September 2008

1.30pm start

Examiner: Mr. Bhadeshia 5th Dan

Warren Vice Sparring Seminar



Sunday 14th September 2008

(Dovesdale Sports Centre, Chelmsford Academy 2pm to 5pm)

Warren Vice is the TAGB's 6 times world champion

A fantastic opportunity to learn from one of the very best!!!

Next New Black Belts

The next 3 people to take their 1st Dan at the October 2008 grading are:

Ben Slater

Dawn Barlow

David Palmer

MOVE OF THE MONTH

Outer forearm rising block.
(Bakat palmok chookyo makgi)



This technique is to block a frontal downward strike. The arm is extended at 45 degrees to help deflect the attacking tool. This block can also be used as a forearm strike to the throat.

For more information please see your Chief Instructor

Licence Renewals:

Harry Dixon 30/06/2008

Matthew Lau 30/06/2008

Chris O'Neal 30/06/2008

David Sawyer 30/06/2008

Aaran Wong 30/06/2008

William Cummings 30/06/2008

Martin Darbourn 31/07/2008

Nicola Darbourn 31/07/2008

Happy training, Regards, Gordon & Lynn Slater