

ESSEX TAEKWONDO ACADEMY NEWS

February 2008



Chief Instructor.
Mr. Gordon Slater 5th Dan
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Licence Renewals

Laura Gormley 31/10/07
Barry Jones 31/10/07
Rory Lam 31/06/07
Sam Locke 28/02/08
Callum Bowring 31/01/08
Bailey Corey 31/01/08
Ben Slater 28/02/08
Rebecca Slater 28/02/08
Jamie Stumpe 31/01/08
Alison Weatherall 28/02/08

Late renewal incurs a £3 admin. fee.

When your licence has expired, you are unable to **GRADE**, spar, break or do self defence until you have paid for a renewal.

Master O'Neill Seminar

Saturday, 23rd February 2008

2.00pm to 4.30pm

At The Eversley Leisure Centre

10th Kup to 7th Kup £20
6th kup upwards £25

New Thursday Venue

As from the 3rd April 2008 the Thursday Basildon session will be at:

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

Times remain the same.

We will be taking over half of the main hall.

A larger venue to house our expanding academy.

Fight Club

The lack of support due to understandable commitments means that fight club is finished.

However, "as one door closes, another one opens."

Senior Grade Open Sessions.

Monthly senior grade open sessions are dated below.

These sessions are open to blue belt and above. Lower grades can be accepted by special request or invitation, both at the discretion of Mr. Slater.

The first 3 trial sessions will take place:

-27th January 2008
-24th February 2008
-30th March 2008

Sundays
Eversley Leisure Centre
Crest Ave, Pitsea SS13 2EF
1.30pm to 3.30pm

Open means there is no format, we come together to train with each other.

Hence this can incorporate a fight training element.

Although I will be available for SOME coaching, I too will be training.

You can do patterns, sparring, kicking drills, self defence, one step etc.

An opportunity to enhance your training.

Available at these sessions will be:

-breaking holder & boards
-Kick shields, -Mats
-Mirrors, -Manuals
-Taekwondo DVD's

Rules:

-£5 per session payable in advance
-You MUST already train at least twice a week
-Full Dobuks must be worn with correct graded belt.

Next Black Belt Pre-Grading Dates

All Sundays, all at the Eversley Leisure Centre.

If you are a Dan grade you must attend at least one, otherwise add another 6 months onto your minimum training requirement.

13th April, 27th April, 11th May
1.30pm to 3.30pm

If you are grading you must attend 3, one of which MUST be with Master Harrison. His dates TBC.

Coloured Belt Grading

Saturday, 1st March 2008
1.30pm to 5.30pm

Examiner: TBC

Close Date for grading fee payment & valid licences to be handed in:

Saturday, 23rd February

Happy training.

Gordon & Lynn Slater