



NEWSLETTER

JULY 2008

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 2nd Dan

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Essex Taekwondo Summer BBQ

All students from Basildon & Chelmsford academies are welcome to come to the Free Essex Taekwondo Academy summer BBQ: (All students & immediate family welcome)

Sunday 3rd August 2008

1.30pm til late

33 Bearsted Drive, Pitsea, Basildon, Essex

SS13 2NJ (just round the corner from the Everely Leisure Centre)

Bangers & Burgers only

Soft drinks available.

Please bring your own alcohol or any other food that you would like me to burn.

Games and fun planned.

If it rains it will be a garage BBQ and indoor games.

[Next coloured belt grading:](#)

[Saturday 13th September 2008](#)

[1.30pm start](#)

[Examiner: Mr. Bhadeshia 5th Dan](#)

Warren Vice Sparring Seminar

Sunday 14th September 2008

(TBC due to numbers & finding hall space)

Warren Vice is the TAGB's 6 times world champion

I also hope to get Mr. Tony Sewell 6th Dan to attend.

Mr. Sewell is 3 times world heavy weight champion and I believe still the best TKD fighter ever.

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

Twin forearm block. (San palmok makgi)



This technique is to block a downward strike and mid section punch executed at the same time, by 2 different attackers. This technique can also be used as a releasing technique.

For more information please see your Chief Instructor

Mr. Slater

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

Rowe Hope 31/07/2008