



NEWSLETTER

www.essesxtd.co.uk

Chief Instructor. Mr. Gordon Slater 6th Dan

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MARCH 2010

Mandatory Competition Entries.

With immediate effect all coloured belts **MUST** compete in 2 competitions before they can apply for their 1st Dan grading. Their competition attendance will be recorded in their licence.

All Dan grades must compete in one competition between their gradings, to qualify for their next promotion. Also recorded in their licences.

Black Belt Assessments. & Qualifications

Don't forget, all Dan grades need to complete 2 black belt assessments before their next Dan grading to qualify for their next grading.

Please do not leave **umpire, referee, instructor** qualifications required for your next promotion till the last course available or the same year as your grading as this may result in you **NOT** being able to grade until fully qualified.

Best practice is to attain the required qualification as soon as, so that you can then focus on training for your next grading.

Black Belt Champions

Chris Mann: Men's English Patterns champion– Well done Chris, you were a different league to everyone else on the day.

Ben Slater: Boys English Patterns Champion. Boys Point Sparring Champion, GTI Competitor for 2009 Patterns. Well done Ben. A road of continuous improvement to achieve even more in 2010.

MMA Seminar

Coming soon, to give us a taste of leg kicking, sweeps, ground & pound, grappling, submissions and more.

£10 per head to cover hall fees and pay the instructor, Mr. Luke Hughes-Barnatt a professional MMA fighter. Venue & date TBC.

Licence Renewals:

Robby West 31/10/2010 check

Zak Sutcliffe 30/11/2009

Lelia Abraham 31/01/2010

Louise Abraham 31/01/2010

Connor Murphy 31/10/2010

Alison Weatherall 28/02/2010

Ed Barrow 28/02/2010

Rory Lam 28/02/2010

David Palmer 31/03/2010

Bernard Poon 31/03/2010

Sefton K.Downes 31/03/2010

Richard Sharman 31/03/2010

Reiss Bowdidge 31/03/2010

Baldwin Basher Session

Set for Sunday 21st March

10.00am to 12.00 Noon

Usual venue in Ingatestone

£10 or £15 on the day.

*Kind Regards,
Gordon Slater*