



NEWSLETTER

MAY 2010

www.essesxtdk.co.uk

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ITS International Competition

Well done to Ben Slater, Lewis Coldham, Robby West and Joe Russell for successfully competing in this recent international event.

England, Wales, Scotland and America were all represented.

Ben got silver in patterns and robbed twice in his 2 sparring events. Lewis a blue belt had to fight 3rd Dans in his sparring events, Robby won bronze in continuous sparring.

The boys all gained a lot of experience from the event.

Special mention to Joe Russell for purposely losing his last fight for the bronze medal due to American opponent being injured and unable to kick or really stand. A long, but great day.

Licence Renewals:

Florence Hammersley 31/05/10

Jonathan Hammersley 31/05/10

Martha Hammersley 31/05/10

Eldredd Chester 31/05/2010

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

LTSI Training Day Sunday 4th July £15 per person

3 seminars 7 hours of training. Value for money.
Afternoon session with Master Holmes 8th Dan Jiu-jitsu
Only 80 places, let me know asap

New 2nd Dans and 1st Dan

Well done to Emma Thorndike for achieving her 1st Dan black belt after 6 years of training. She admits she almost gave up at green belt but perserved and has can't imagine NOT training now!
Ben Slater & Alison Weatherall both successfully promoted to 2nd Dans.

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.

August Reduced Times

Basildon Academy ONLY

Due to holidays etc.

For the month of August ONLY the training times will be reduced to:

7.30pm to 9.00pm for all grades & ages.

Kids may leave at 8.30pm if too late a finish

Kind Regards,
Gordon Slater 6th Dan
Chief Instructor Essex TKD