

ESSEX TAEKWONDO ACADEMY NEWS

October 2007



Chief Instructor.
Mr. Gordon Slater 5th Dan
M: 07754 759666 T: 01268 473424
www.essextkd.co.uk

X'mas Party

This popular annual event is soon upon us.

Saturday, 15th December 2007
At The Eversley Centre.

Limited to 70 tickets!

Don't miss out, first purchased basis.

£8 per ticket
£30 family ticket
(2 adults, 2 under 18's).

Black Belt Pre-grading Dates

Current black belts of all ranks MUST attend at least one pre-grading session to qualify for their next grading.

Students taking a Dan grading must attend 3 sessions immediately prior to their grading. They MUST attend one of Master Harrison's pre grading sessions.

Master Harrison 7th Dan

6th October 2007
6pm to 8pm

All Saturdays at the:
Nunnery Sports complex
Spetchley Road
Worcester WR5 2NL

Mr Slater 5th Dan

7th October 2007
1.30pm to 3.30pm

Open to Red belts & above
Cost: £10 per session

All Sundays at the:
Eversley Leisure Centre
Crest Ave. Pitsea, Essex

Fight Club Dates

The next fight club date is:

30th September 2007 at the
Eversley Centre. 1.30pm to
3.30pm.

Subs are due prior to attendance.

GTI British Championships

This event has been cancelled due to flooding.

Military Assault Course

Half day assault course
competitive event.

Price in the range of £15 to £25
depending on numbers

Children & adults.

Please see their website

www.tmtg.co.uk



If you are interested please give your name to Mrs. Slater.

Once numbers have been confirmed I will contact them.

You Tube

To help with training, check out the following people on You tube to pick up new sparring ideas.

Warren Vice sampler: The TAGB's top fighter

Hee il Cho: Korean Grandmaster who graded me to 3rd Dan

ITF 2007 Birmingham: To see different events at the recent ITF world championships held in the UK. See Lea Fendt of the GTI wining silver.

Midlands Open

Well done to all those who competed.

Special mentions to:

Harry Dixon, best pattern I have ever seen him do, but against tough competition. Dropped his opponent in the sparring, unlucky not to win.

Rebecca Slater first medal in continuous sparring.

Ben Slater for another bloody nose, but gold in sparring & silver in patterns.

Danielle Edwards, her first ever competition, silver in sparring & bronze in patterns.

Happy training.

Gordon & Lynn Slater