



NEWSLETTER

SEPTEMBER 2008

www.essesxtdk.co.uk

Chief Instructor. Mr. Gordon Slater 5th Dan

Treasurer: Mrs. Lynn Slater 2nd Dan

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A Very Busy September, Don't Miss Out!

Book yourself onto the next coming events to expand your martial arts experience and help improve your skills:

Saturday 13th September 1.30pm start

Coloured Belt Grading

Eversley

Grading examiner Mr. Bhadeshia

Sunday 14th September 2pm to 5pm

Warren Vice Seminar (£15)

Chelmsford

(get some tips from one of the best to use at the Midlands Open)

Sunday 21st September

Midlands Open (£15)

Doors open: 9am Start: 10.00am

Worcester

Saturday 27th September 12pm to 2pm

Black pre-grading (£10)

Chelmsford

Sunday 28th September 12pm to 3pm

Master Willie Lim Seminar (£20)

Swindon

Warren Vice Sparring Seminar

Sunday 14th September 2008

(Dovesdale Sports Centre, Chelmsford Academy 2pm to 5pm)

Warren Vice is the TAGB's 6 times world champion

A fantastic opportunity to learn from one of the very best!!!

Master Harrison's Black Belt Pre-grading dates:

Those taking the October black belt grading MUST attend at least one of these sessions.

All 6pm –8pm
Saturday 6th & 27th
September, 4th October.
Nunnery Wood Sports Centre, Worcester.
WR5 2NL

All black belt MUST attend at least one pre-grading session.

One of mine or
Master Harrison's.

MOVE OF THE MONTH

Wedging Block

(Hechyo makgi)



This technique is to block any twin handed attack to the high section.

Start position is low and then rises up in a cross to give you more space to increase the power of the technique.

For more information please see your Chief Instructor Mr. Slater

Licence Renewals:

Matthew Lau 30/06/2008

William Cummings 30/06/2008

Jeremy Baldwin 30/09/2008

Chloe Butler 30/09/2008

Curtis Butler 30/09/2008

Joshua Cole 30/09/2008

Jessica Coventry 30/09/2008

Lynn Slater 30/09/2008

Chris Burton 30/09/2008

Happy training, Regards, Gordon & Lynn Slater