



## **PANTERA SCHOOLS OF TAEKWON-DO**

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### **NEWSLETTER**

**MARCH / APRIL 2010**

### **GREETINGS!**

*I hope this newsletter finds you and your families in good health. But remember that good health isn't a luck or chance thing, YOU decide if you want to be healthy by exercising regularly, eating properly and avoiding harmful substances.*

*It sounds easy but you'd be surprised how hard it can be for many people to lead a healthy life.*

*This is why in Taekwon-Do we can help people achieve those standards by giving them a POSITIVE ATTITUDE TOWARDS HARD WORK and a strong will and confidence to be able to say "NO" in certain circumstances.*

*Now to more particular business...*

### **Colour-belt grading**

#### **PROMOTIONS**

On Sunday 14<sup>th</sup> of March a grading took place at the usual venue in Hornsey. A total of 26 students took part, I'm very pleased to say that there were no fails this time with some participants achieving a high mark for their performance. Here is a list of the results:

#### **Promoted to Yellow Tag 9<sup>th</sup> kup:**

Ramneet Bains, Talvinder Bains, Tom Biro-Sidford, Fred Ellis, and Yandeh Faye.

#### **Promoted to Yellow Belt 8<sup>th</sup> kup:**

Alexander Bell, Alfie Ellis, Joseph Flaherty, Peter Hakkinen, Michael Odushegun, Fin Parsons, and Charlie Walker.

#### **Promoted to Green Tag 7<sup>th</sup> kup:**

Savannah Ademola, Clement Lanoe Chaumet, Dominic Myszczyński-Martial, and Milo Yates.

#### **Promoted to Green Belt 6<sup>th</sup> kup:**

Alfie Biro-Sidford, Anish Camadoo and Isaac Leigh.

#### **Promoted to Blue Tag 5<sup>th</sup> kup:**

Max Brogan and Emile Hohman.

#### **Promoted to Blue Belt 4<sup>th</sup> kup:**

Chris Jones.

#### **Promoted to Red Tag 3<sup>rd</sup> kup:**

Jonathan Kaczmarczyk, Joshua Myszczyński-Martial, and Alastair Malone.

#### **Promoted to Black Tag 1<sup>st</sup> kup:**

Rowland Rich.

#### **Special mention for best grading:**

#### **Jonathan Kaczmarczyk**

*Not only his outstanding physical ability but the execution of breath control, timing and sine-wave during patterns as well as control and target in the sparring*

**CONGRATULATIONS TO ALL!**

## **SPARRING AND TECHNICAL SEMINARS**

*On the weekend of the 27<sup>th</sup> and 28<sup>th</sup> of March there were 2 important seminars. The first one was conducted by Mr N. Ernest, World and European sparring champion. Being one of the best in the field there were as expected many drills, up to date tips on the subject and invaluable practical information. Then on Sunday, Master O Ellis conducted a technical seminar for red belts and above in which many techniques were practised either individually, with 1 or 2 opponents, in patterns situations, etc. There was also a slot for self defence practice and at the end time for and Q&A.*

*I will never get tired of recommending these events to everybody and as your instructor I shall expect a more positive reaction in the future.*

**RED BELTS AND ABOVE: AS FROM THE NEXT SEMINAR YOU ALL MUST ATTEND**  
No excuses

## **FORTHCOMING EVENTS**

*ETA competition: end of June / beginning of July 2010*

*Seminar: End of September 2010*

*Pantera Demonstration: December 2010*

## **BIRTHDAYS!!**

*Many -a bit late- but still happy returns to:*

*Alfie Biro-Sidford, Isaac Leigh, Yasmine Shrey Al Nasr, David Kaczmarczyc, Gabriel Facchini, Tarun Chadha, Hamish Douglas, Steve Burge and Charlie Walker*

*who celebrated in March, and to:*

*Layla Dienan, Rosario Gallen, Alastair Malone, Chris Conifer and Dominic Myszczyński- martial*

*whose birthdays are in April*

## **INTRODUCE A FRIEND AND SAVE ££**

*Here's the deal: introduce a friend to the club and once they've signed-up get a free month's training.*

**Yours in TKD**

**Mr J Moreno V Degree**