



PANTERA SCHOOLS OF TAEKWON-DO

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NEWSLETTER

JUNE / JULY 2010

GRADING PROMOTIONS

These are the results of the last colour-belt grading which took place in the middle of June:

Promoted to Yellow Tag 9th kup: Camilo Chapman, Sarita Fenton, Sam Hawkins, Joe Ross and Dante Perkins

Promoted to Yellow Belt 8th kup: Ramneet Bains, Talvinder Bains and Abbie Wilding

Promoted to Green Tag 7th kup: Peter Hakkinen and Kwame Sisulu

Promoted to Green Belt 6th kup: Alexandra Burgess, Adam Burge and Steve Burge

Promoted to Blue Tag 5th kup: Ann-Marie Moreno

Promoted to Blue Belt 4th kup: Christopher Conifer

Promoted to Red Tag 3rd kup: Gabi Weston, Charlotte Ambar Brown and Chris Jones

Special mention for best grading:

Peter Hakkinen

Let me take this opportunity to remind everyone to exercise your patterns knowledge not only in class but in your spare time as well. **DO USE YOUR BOOKLETS TO LEARN, MEMORIZE AND REFRESH YOUR PATTERNS!!** This is the best medicine in the long run!

**And to all Black Tags & Black Belts:
You should already own a copy of the
Encyclopaedia!**

COMPETITION

An ETA competition took place on June 27th in Watford. As usual the disciplines were Patterns, Sparring, Special Technique (juniors) and Power Test (adults)

I was pleased to see a good number of students from the club take part and do well regarding obtaining a medal or not. These are the competitors: In the Junior division: *Charlotte Ambar Brown (gold in sparring) Dominic Myszczyński-Martial, Joshua Myszczyński-Martial, Alastair Malone and Gabi Weston.*

Alastair and Gabi had to fight the black belts which they did with great determination and courage and just missed on the medals. WELL DONE TO ALL!!

Adult division: *Arian Salih (bronze in patterns), Rose McNamee (silver in patterns), Tony Welch (silver in sparring), Chris Conifer (silver in patterns, silver in sparring), Peter Hakkinen (gold in patterns, silver in sparring), Chris Jones (bronze in patterns, gold in sparring) and Shaxzod Kadirov (silver in patterns and gold in sparring)*

Needless to say I felt very proud as an instructor of such a group of dedicated and talented students, THANK YOU!!

SUMMERCAMP 2010

Master Jerzy Jedut VII Degree (Chief of the technical matters, PZTKD Polish National Team Coach 1987-95, Teacher of many renowned TKD practitioners who have won countless World and European championships) will be conducting this year's Summertime camp, which will run from **Monday 2nd August to Sunday 8th August.**

Needless to say, it will be an excellent opportunity to train with the best! There are various locations and times for the event. You can train the one off class up to 7 sessions.

For more information please ask for a sheet.

Host: master T Denis VII Degree

BIRTHDAYS

JUNE: Peter Hakkinen, Adam Burge, Kwame Sisulu, Matiss Ippolito & Janitzio Moreno (50!!! old git!)

JULY: Katherine Malone, Luke Gosling and Abbie Wilding

Congratulations to you all!!!

DATES TO REMEMBER

End of September: ETA SEMINAR

December: Pantera Demo

AS USUAL, HAVE FUN, STAY HEALTHY & TRAIN HARD!

Those are the recommendations of your (old) instructor!

Enjoy some pictures taken at the last competition!

Yours in TKD

Mr J Moreno

