



March 2010

A very hearty welcome to Spartan Taekwon-Do Academy's first newsletter readers! A **BIG** thank to Mr Huggins Snr. for his invaluable assistance in helping to produce Spartan's new-look website. Take a look around...you should find it easier to read and to navigate around. The site will continue to grow as Spartan Academy grows.

Video of Step Sparring and Self Defence to be added later and starring YOU! It is after all, YOUR website and club. "Volunteers" will be chosen SOON!!

Spartan Taekwon-Do Academy continues to go from strength to strength. This can be seen from the wonderful results fellow Spartans have achieved in Grading as well as in competition. The 28th February 2010 was a great example with Spartan sending nearly half of its students to Cheltenham to compete in the GTI English open championships.



Some of the medal winners.

Well done guys! Do I see a future Olympic or World Champion amongst you? I think I do!

Grading soon? – How about some theory? What is a Pattern or Tul?

A pattern is a set of fundamental movements, both offensive and defensive, against one or more imaginary opponents.

Why do we perform Patterns?

We practise patterns to improve our Taekwon-Do attacking or defensive techniques performed in a pre-determined sequence, to improve flexibility of movement, balance and breath control. Patterns are also a good indication of a student's proficiency and technical ability in Taekwon-Do.

For these and other details, go to our website for a wealth of information.

License renewals:

You know who you are! Stay insured guys...stay safe!

Next Grading is:

25th April in Ingatestone
How Much Do You Want it?

Student of the Month?

Mr Tim Huggins of course— for the website and showing true Indomitable Spirit (for that broken nose and two black eyes) - though Mr Baldwin's own black-eye comes a close 2nd!

