



Newsletter

No. 7 July 2014

Upcoming Events

Saturday 2 August - 10am - 5pm

MASTER JEDUT SEMINAR

Edenbridge Leisure Centre

A fantastic opportunity to train with a legendary Polish Master - Coach of World Champion Jaroslaw Suska. Don't Miss!!

Saturday 8 & Sunday 9 November

UK Open Championships

Guildford Spectrum, Surrey GU1 1UP



Master Jerzy Jedut Seminar

On Saturday 2 August, Master Jerzy Jedut VII degree from Poland, famous for coaching the world-beating Polish team, including Jaroslaw Suska, will be conducting two unmissable sessions in Edenbridge this summer.

The day will consist of a Technical seminar in the morning, covering patterns and fundamental movement, and a Sparring seminar in the afternoon. All belt and age levels welcome.

Price for the 2 sessions is £40 in advance £50 on the day

Under 16s can book the day for £30 in advance

Oaks' Assault Course-BBQ-Fun Day



Medal Winners



BBQ



Fastest Family Cup

On Sunday 6 July, Oaks held its first annual Assault Course-BBQ-Fun Day at a beautiful location; Take Shape in Bletchingly. There were races around the challenging outdoor course for all age groups and medals for the

winners. The Fastest Family Cup was won by the Hadlow-Longhurst girls. The BBQ was a great success thanks to Natalie, Darren & Sue. We're looking forward to next years event!



NEW! - COMBAT STAGE SCHOOL
Learn how to fight like movie stars!

SUMMER CAMP 2014

18 - 22 August 2014

Booking Now! - Nearly Full!!

CLASSES @

Sevenoaks - Raleys

Tuesdays & Thursdays

Sevenoaks Leisure Centre

Saturdays

Nizels, Hildenborough

Saturdays

Swanley White Oak

Wednesdays & Saturdays

Chartham Park, E. Grinstead

Sundays

T-Shirt Sale!

Keep cool this summer with a special edition Oaks T shirt. Printed front and back, we have limited stocks of regular black or lady fit pink T shirts available.

£7 Kids sizes

£10 Adults sizes

Grab a bargain!



LONDON OPEN 2014

ITF England Competition



Another good showing from Oaks at this year's London Open on Sunday 13 July. We had 3 gold medalists in Josie Longhurst - under 14 1st degree patterns. Natasha Hadlow - Female 2nd degree patterns and Rupert Daniell - heavyweight sparring. Silver and Bronze medals were also collected. 7 competitors

attended in all and will have gained great experience of being on the mats, whether they won medals or not. You can go to www.tkdcompetitions.co.uk to view more information about the competition.

Rupert Daniell and Josie Longhurst went all the way to Stratford-upon-Avon on Sunday 20 July to compete in the ITF England competition. ITF England are the body responsible for putting England competitors into international competitions such as the European and World Championships. We are really pleased to have this pathway for anyone wanting to achieve their Black Belt and compete at the highest level, in all aspects of Taekwon-Do.

While Josie battled hard but wasn't in the medals this time, Rupert walked away with Gold in the heavyweight sparring and silver in patterns for the second time in just over a week. Well done both!

Tomaz Barada and Master Van De Mortel Seminar

Josie Longhurst travelled to Brighton in June to train with sparring legend Tomaz Barada and equally famous coach Master Willy Van De Mortel.



NEXT GRADING

Oaks' next grading will be held at Mencap Hall on **Sunday 21 September at 3pm**. Invitations to grade will be given nearer the time.

A great turnout for the June grading



OAKS SHOP

Visit our online shop at www.oaksmartialarts.com for T shirts, hoodies and a whole range of other items. You can also order just about **any** training equipment you need - just talk to your instructor, email or call 01732 759988

