



TAE KWON DO



'Excellence is a state of mind'....

Harrow & Pinner

GTI English Championships 2010

Four of our black belts took part in the GTI English Championships in Cheltenham, leaving with a clutch of medals

Mr S Veman 2nd Dan

GTI English Lightweight sparring Champion
GTI English Lightweight points silver medalist

Mr L Spear 2nd Dan

GTI English Middleweight sparring Champion
GTI English Middleweight points sparring Champion

Mr Wilding 2nd Dan

GTI English Light Heavyweight junior sparring Champion
GTI English Junior Black belt patterns bronze medalist

Mr R Parris 1st Dan

GTI English Middleweight points sparring silver medalist



We aim for excellence in everything



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We aim for excel



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We aim for excellence in everything we do