

The Red Dragon News Sheet

TALKING WAVES

MARTIAL ARTIST OF THE YEAR 2008

CHIGWELL: **TOBY JACKSON**
4th Grader (Red Sash)

WALTHAMSTOW: **KADEEM BEVENY**
1st Grader (Purple Sash)

TRIANGLE: **TONI ROBERTS**
(Black Sash)

TOTTENHAM: **ROCHELLE ROBERTS**
(Black Sash)



Twin sisters Toni and Rochelle were successful in gaining their Black Sash on the 30th November 2008.

SIFU'S AWARD 2008

CHEGWELL: **BRYCE TOUSSAINT**

WALTHAMSTOW: **SEREECE BLOMFIELD**
4th Grader(Red))

TRIANGLE: **ROSE PEPPERDAY** 6th Grader (Blue Sash)

TOTTENHAM: **SKEVOS LOIZOU** 5th Grader
(Green Sash)

Muke-Taty Kindembe is now the assistant instructor to the Tottenham Children Class.

Special mention for **SEREECE BLOMFIELD** got a merit, at the grading (30th November 2008)

READING LIST

Bruce Lee's Fighting Method (Skill In Techniques)
(ISBN 0-89750-052-0)

Bruce Lee's Fighting Method (Advanced Techniques) ISBN 0- 89750 – 053 - 9

Children competition classes will be held at Island Fitness Centre, 57 Island Centre Way, Enfield, EN3 6GS. The class will start at 12.30pm and finish 2.00pm. (The last Saturday in the month.