

# The Red Dragon News Sheet

## TALKING WAVES

### SPOTLIGHT



**TOBY JACKSON** 3<sup>rd</sup> (Orange sash) age 13 years old. Started training 2001, training for 8 1/2 years, he trains at Cheigwell. Toby likes learning new forms and training with his friends. Toby has no dislikes in Kung Fu.

**Awards/Achievements:** Sifu awards 2005 & 2006.  
Martial Artist of the year 2005, 2007 & 2008.  
Tri Fit silver medal (Hainault) 2007.

**Muke-Taty Kindembe** has moved to be the assistant instructor to the Tottenham classes from the Walthamstow class.

Instructor Richard Gordon ran in the London 10k run on the 12th of July 2009. He completed it in 51mins and 1 sec. Richard was raising money for project haora - helping children in Ethiopia.  
Well done Richard

### British Junior San Shou Championship



**CHRISTOPHER MANNING:** Came third, in the British Junior under 70kg (San Shou) championship held in Milton Keynes on the 19<sup>th</sup> April 2009

### SUGGESTIVE READING

Bruce Lee's Fighting Method Self Defense Techniques (ISBN 0-89750-050-4)



Kung Fu Star Kieran Curry won his first gold European Title held in Neu-Ulm in Germany last weekend. The Enfield based security consultant overcame a strong German opponent in the final to bring home the gold in the European Kuoshua Championships.

*By Skevos Loizou*