

ITF Scottish Championship Results 2010

Well done to the following on their successes in the ITF Scottish Championships 2010

Vicky Hart = Gold in Sparring, Silver in Patterns

David Paulson = Black eye in Sparring (Lol) Silver in Patterns

Kim Bradshaw = Gold in Sparring, Silver in Patterns

Sophie Wadsley = Gold in Sparring, Silver in Patterns

Luke Wadsley = Gold in Sparring, Gold in Patterns and Gold in Special Technique

Ebony Upton = 2 Complimentary medals for Sparring and Patterns

Welsh ITF Championships Results 2010

Congratulations to Heart of England Students Aaron Cobley, Ebony Upton and Thomas Wright on their successes at the recent Welsh ITF Championships.

Aaron took Gold for Junior Red Belt Patterns,

Ebony took Silver for Junior Female Sparring and

Thomas took Silver for Junior Male Sparring