



Masters Seminar and Black Belt Gradings

Sunday 11th April was an extremely busy day for Heart of England with Black Belt Gradings in the morning, and a Masters Seminar and Senior Dan Gradings in the afternoon.

Some 50 Heart of England students were yet again privileged to an enjoyable and informative seminar by Master Trevor Nicholls 8th Degree, the Head of England-ITF. This was our third Masters Seminar in less than 12 months! The first back in September 2009 was held by Master Wheatley 8th Degree and Master Nicholls. The second, three days later, was under the Head of the ITF; Grand Master Choi Jung Hwa 9th Degree. This weekend's seminar, which took place on the same day as the Black Belt gradings was held at Rainworth Leisure Centre. Heart of England pretty well took over the entire sports centre for the day. The 1st Kup up to 2nd Degree gradings took place before the seminar and many brave souls who had graded in the morning stayed for the seminar. Even more impressive was the fact that Alex Page and Nathan Nunnick, who were both grading for 4th Degree in the afternoon, took part in the seminar beforehand.

The seminar was geared to the full range of grades with 9th Kup through to 6th Degrees training under Master Nicholls watchful eye. Mr Dave Paulson had almost 2 hours one to one training with World Champion Matt Brunger 4th Degree. Kicking techniques received a great deal of attention. I don't think I've ever performed so many kicks in such a short period of time. With a further 2 hours of intensive practice of techniques after completing their Dan Grading, many went home exhausted but completely satisfied. Master Nicholls then put Anthony Tolley, Steve Wagstaff, Alex Page and Nathan Nunnick through their paces before awarding them all their well deserved 4th Degrees. Heart of England is growing stronger with every grading period with eight 4th Degrees in our ranks I don't think it will be too long before we have a promotion to 5th Degree (Ma'am?).

Well done to everyone on there efforts on Sunday 11th April.

Martyn Lloyd