

Sport

Awards: Big weekend as 29 students get their coveted black belts

Top of the chops

By Adam Cook

A TOTAL of 29 kick boxing and tae kwon do students were awarded their black belts at The Martial Arts and Fitness Centre in Maindee, Newport, at the weekend.

Students as young as ten received the accolades for demonstrating competence in a variety of different skills tests.

Kick boxers were tested on pad work, sparring, self defence techniques, stick work, fitness and combinations. For tae kwon do students were examined for ability in patterns, free sparring, self-defence, board breaking and Korean terminology.

All the black belts awarded were entered on the NAKMAS, National Black Belt register which currently has over 60,000 members.

Gary Gassor who runs the Martial Arts Centre on Chepstow Road, Maindee said: "We are very pleased with each of the students for achieving their black belts which takes a lot of hard work, dedication and determination."

"I am very overwhelmed and delighted to award twenty nine of our students with their black belts which they have worked so hard for."

Gassor has been training in martial arts since he was a teenager and has helped with the family-run centre since 1997 and offers a wide range of martial art courses which includes tae kwon do, kick boxing, Little Dragons tae kwon do (3-5 years), nanbundo, judo and cardio/boxercise.

The centre runs an open door policy and anyone interested in beginning a martial art course can either visit the website at www.mafcmartialarts.com or telephone: 01633 222260 and the first lesson will be free.

MAFC tae kwon do and kick boxing black belts, tae kwon do: First degree black belts, Jordan Poole, Courtney Fisher, Kirsty Edwards, Ellis Williams, Saffron Witton, Aimee Cotterill, Demi Breakwell-Bounds, Tom Atkins, Emma Driscoll, Emily Fradd, Keiron Fradd, Emma Witheridge and Damien Witheridge; Second degree black belts, Marc Ranford, Claire Fagg, Daniel Poole.

Kickboxing: first degree black belts, Bobbi Cootes, Sadie Cootes, Stephanie Payne, Johnathan Cranham, Joel Chilcott, David Sherlock, Vincent Price, Matthew Geen, Hazel Ball, Alan Goatcher, Crystal Frayling, Chanelle Fraying; second degree black belt: Ben Waters.



TALENTED: The tae kwon do students who were awarded their black belts at the Maindee Martial Arts and Fitness Centre



ALL SMILES: The kick-boxing students who were awarded black belts



WHACK: Kick-boxer Ben Waters who was awarded a second degree black belt



Next Home Match

Nationwide South

NEWPORT
County
AFC

V Cambridge City

Friday 30th December, Kick Off 7:45pm

www.newport-county.co.uk



Admission: Adults £8.00, Senior Citizens £5.50, Students (over 16 on production of card) £4.50, Juniors £1.

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