



#### **Awards Night - Thursday 13th December - Electricity Club, Cardiff**

Great night at my fourth Awards event, Ely did well picking up 7 overalls and Ethan and Daniel getting students of the year so go them I won the new Master's Shield so go me too. - funniest thing all night - Emily falling over in the dance!



#### **RITA National Open - Saturday 8th December - Tallaght Leisure, Dublin**

Go small Welsh group - just four of us this year but 3 gold 2 silver and 1 bronze from us and a lovely Chinese meal to finish.



#### **UK Open - Saturday 24th November - UWIC, Cardiff**

For me a gold, for Ely 12 gold, 9 silver and 10 bronze - means we won overall school for the UK Open and also overall UKTA School for 2007 - go us !!!



#### **Grand Prix V stage III - Sunday 4th November - Eastern Leisure Centre**

My first ever competition as an official and well done to all the the Ely students 12 gold, 8 silver and 5 bronze between them and few will win overalls now as well.



#### **XXII Senior & XIII Junior European's 19th-21st October - Tallin, Estonia**

Go team Wales - we took 4 bronze between us and had a great time.



#### **English Open 2007, Saturday 29th September, K2 Crawley**

Competed as a black belt for the first time taking silver in patterns and gold in sparring and Ely school winning overall on the day so not too bad really.



#### **Seminar and Grading, South Wigston - 31st August-2nd September.**

Well I have done it at last - got promoted to I dan this weekend in front of Grand Master Rhee Ki Ha IX and now the hard work begins Master Taylor VIII told me!



#### **London Open 2007 - Sunday 15th July - Guildford Spectrum**

4 gold, 7 silver, 6 bronze and an overall - not bad between the 11 of us from Ely and finishing 2nd in the overall schools and another 2 gold, 3 silver and a bronze from the Fairwater gang leaving them 15th - a good but long day out - a good result for the Wales schools among the 60 schools competing on the day.



#### **Welsh Open - 2nd June 2007, UWIC, Cyncoed, Cardiff**

Great turn out and work by all of Ely students, everyone did very well and we won overall school. I managed to get two gold medals and pick up an overall as well. Pictures coming soon.



#### **Grand Prix V stage II - 6th May 2007, Eastern Leisure Centre**

Well to to all who entered the new Grand Prix as we won 11gold, 5 silver and 3 bronze



#### **World Championships 2007 - 24th-29th April - Bled, Slovenia**

What a great time, lovely place and lots of great Taekwon-Do. unfortunately no one won anything this time but everyone did well.



#### **Scottish Open 2007 - Saturday 24th March - Kelvin Hall Glasgow**

9 gold, 1 silver, 4 bronze and an overall - along with Wangland taking silver and bronze so go all the people who went from Ely school :) Well done to us all. Also well done to Fairwater, Cardiff Uni and the TKD Wales gang for grabbing another 9 gold, 2 silver, 10 bronze and two overalls - between us we racked up a good bag of swag. Wahoo!



#### **Grand Prix V stage I - 25th February 2007, Eastern Leisure Centre**

Well to to all who entered the new Grand Prix as we won 8 gold, 6 silver and 9 bronze between us.