



ITF Wales Grand Prix VII - Sunday 13th June - Eastern Leisure

Well done to everyone who entered stage II of the Grand Prix, fun to reminisce about when I was that keen eager colour belt on the floor ;) You all did great remember though that is never good enough - we want - great +10% at least next time ;) 10 gold, 4 silver and 4 bronze between you was an impressive day out! [Photos](#) and [ITF Wales photos](#)



Welsh 2010 - UWIC Cardiff 16th May

Well done to everyone at the Welsh this year - 7 gold, 6 silver and 12 bronze between us so go us! [Photos](#)



Scottish Open 2010 - Bellahouston Glasgow 18th April

Another trip up to not so sunny Scotland and a another good return with 10 of us picking up 4 gold, 6 silver and 5 bronze for 29 points.



Euros 2010 - Barletta - Italy

Another Euros down and my last junior one - well done to Gareth and Tom - shame for the rest of us eh! [Photos](#) and [ITF Wales photos](#).

ITF Wales Grand Prix VII - Sunday 21st February - Eastern Leisure

The Grand Prix has returned and plenty of fun watching the new feisty juniors coming through [ITF Wales photos](#) & [Other photos](#).

ITF Wales Awards Night

Well done to all the winners at the [Awards night Photos](#).



UKTA UK Open , Kelvin Halls - 7th November 2009

Only 7 of us made it up to the UK this year for our third trip to Scotland but good results all round with 5 gold, 3 silver and 2 bronzes between us - well done all - and to the NCSD little uns and two mentalists from Cardiff Uni who travelled up on the Megabus and straight back the same day! Bonus visit to a rain forest the day before as well - check out the pictures.



UKTA Welsh Open , UWIC - Saturday 26th September

18 of us entered the Welsh this year and a good showing by everyone bring home 8 gold, 11 silver and 10 bronze for a total 56 points - competed as a II dan in patterns or the first time and took silver- not bad as only 20 days since passing :) [Ely pics](#) & [ITF Wales pics](#)



Blackbelt seminar and grading - Shawlands Academy Glasgow

This weekend in Scotland Myself, Conah and Tom all promoted to II dan, Victoria promoted to III dan and wahey Dai the crazy guy Morgan promoted to I dan - well done to everyone.



Technical seminar - East Grinstead

A dozen of us Welshies made it to the technical seminar the day after the English and despite the heat and tiredness from the day before learnt some good basics from Grand Master Rhee Ki Ha IX and Senior Master Hwang VIII and I got stood on by GM Rhee - lucky me! [Pictures from the Seminar](#)



UKTA English Open, Saturday 27th June 2009 - K2 Crawley

Good effort by all the ones who were able to make it to this years English, 11 patterns 8 sparring with a few dodgy decisions meant just .. gold, .. silver and .. bronze for us totalling 27 points this year - but still good work guys.



Scottish Open, Saturday 28th March 2009 - Inverness Leisure Centre

A pleasant trip up on the Friday to the furthest north I have ever been, went to John o'Groats the furthest point north in the country and got told off by a mean old woman who didn't like me using the toilet!!! ok competition on the Saturday well done to everyone of course 18 Welshies up there brought home 18 gold, 6 silver, 5 bronze and an overall between us. [Pictures now up](#) [Full results](#)



ITF Wales Awards Night, Friday 9th January, RAFA Club, Ely

Well done to all the winners on the night and to Tom for being the worst dancer ever!