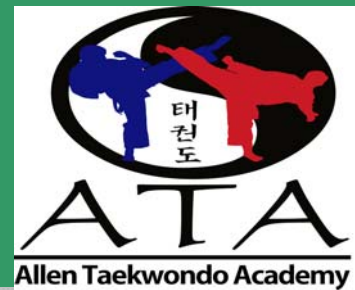


# They came, they saw...they conquered



6<sup>th</sup> – 7<sup>th</sup> SEPTEMBER 2008

## THEY CAME, THEY SAW, THEY CONQUERED!!!

Drained and disorientated yet enlightened – and this was just the journey to Manchester, where I traveled to watch the 6<sup>th</sup> National taekwondo championships.

Eight students from the Allen Taekwondo Academy were selected by their coach Richard Allen to compete in this prestigious annual event.

For most this was their first time competing in a national championship and needless to say nerves were at a high.

The two-day competition held at the Manchester Velodrome saw many familiar faces competing to become British champion.

It was great to see so many parents and friends who had also took the long haul to Manchester not only to support students from Allen Taekwondo but also to support out fellow associated Taekwondo clubs 2<sup>nd</sup> Dan Michael Georgiou's Fusion and 6<sup>th</sup> Dan Master Azim's club EMPSI.

Richard Allen's elite fighters had been preparing for this competition months in advance. Richard regime involved training his students up to three times a day, with the first session beginning at 7am.

The intense training program the students have been following paid off as their sparring ability and techniques stood out throughout the competition and although not all were successful in their plight, they did prove one thing – their hard work resulted in at least 90% of the students achieving 7-0 wins or knockouts in their first bout.

Thomas Coleman, 2<sup>nd</sup> kup enjoyed the experience. *"Prior to the day I wasn't*

*nervous. It was only when we got to the Velodrome the nerves kicked in."*

Watching the seniors compete on the Saturday motivated the younger players.

With the added support from EMPSI and Fusion taekwondo, all of Allen's fighters were proud of their results and the new knowledge they had gained.

Three of ATA's students came back to London with medals. Marvin Brown and Thomas Coleman 3<sup>rd</sup> place bronze medalists and – Entering the ring four times throughout the competition, and surpassed all expectations by making his weight; Fayi Pearce became successful achieving a Gold medal and becoming a British Champion.

Congratulations to all who took part and I'm looking forward to watching you compete again next year:-

**Christopher Coleman,  
Darhys Nugent  
Fayi Pearce  
Laura Price  
Joe Irving  
Marvin Brown  
Olsi Hoxha  
Thomas Coleman**

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