

Mixed martial arts

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Taekwondo trio are a knockout

BY DAVE BROWN

MEMBERS of the Aldgate-based Hadri Taekwondo proved they can fight it out with the best at the Southern Championships in Bournemouth.

Three competitors won gold medals on the day to continue the club's emergence in the Olympic martial art.

Tayyibain Ali, 12, and Adil Gite, 13, won their respective categories while Fadouia Threadwell, 32, also earned a victory.

Fadouia, the club's first female competitor, beat opponents graded higher than herself. A head shot clinched the final.

"We are trying to encourage females into the sport and Fadouia is a great example," said club coach Esrar Ahmed. "She has been with us a year and is already achieving great results."

Tayyibain and Adil had to win three fights to claim their gold medals, both producing some great moves to win their finals.

John Smallbone came up just short in his final to take silver while bronze medals went to Abdullah Rajput, Zahid Sadique and Gabriel Cancel.

The club are now in training for the UTF International Open in London later this summer.

"Everybody has shown great dedication, hard work and discipline," Esrar said.

If you are interested in taekwondo, call Esrar on 07946 376435.



Tayyibain Ali, 12, on his way to gold

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