



## Cows in cup

The latest on Tower Hamlets Women FC's run in the WFA Cup.

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## Tackling racism on the pitch

Football conference is to take place with the aim of bringing teams together from across the borough as part of Let's Kick Racism's out Football week of action.

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TOWER HAMLETS

# eastend sport

THE COMMUNITY NEWSPAPER FOR TOWER HAMLETS PRODUCED BY YOUR COUNCIL

## Enjoy an alternative health kick

BY DAVE BROWN

**HADRI Taekwondo Club has turned a bad situation into a great opportunity and is now established as the biggest martial arts club in Tower Hamlets.**

After nearly nine years in the borough it looked as though they were going to be homeless when they lost the use of the Attlee Youth and Community Centre, but thanks to a link-up with Bishop Challoner School the club is now thriving and spreading the Olympic sport to more people.

Instructor Esrar Ahmed, a fifth dan blackbelt in the Korean martial art, says that they now have a great opportunity.

"Thanks to the great support of Bishop Challoner and its Learning Village we have now secured the club's future and what's more we can now offer many more classes and cater for more people," he said.

Around 70 people are already members of the club, more than half of them juniors. Many of the club's members compete at a high level, but beginners are just as welcome.

"What we are saying to kids is, don't just hang around on the streets doing nothing, come here and we will support you and teach you a great martial



Esrar shows some of the Little Dragons how to warm up

art," he said. "Even dads can come with their sons. It gets you fit and is great for bonding."

Hadri, which also operates a club in Waltham Forest, has now set up a centre of excellence for Olympic-style taekwondo, endorsed by the World Taekwondo Federation. Esrar teaches many of the classes himself.

"It's a passion for me," he said. "I work in the City, but this is something I love doing. I've just returned from Korea where I trained with the world's highest ranking Grand Masters."

Tower Hamlets is lucky to have one of only 12 Kukkiwon qualified instructors in the country – the highest grade of instructor – and Esrar is dedicated to introducing more people to the sport.

Particularly important is the Hadri Taekwondo Little Dragons, for children aged between four and nine. Classes are also held for over-tens and teenagers. "We might even have some Olympic hopefuls at the club for London 2012," Esrar said.

To celebrate the move to

Bishop Challoner, Hadri Taekwondo are offering new students a free taster session. It will also be holding a championship at the school in December.

"I would like to say a big thank-you to Steve Nugent and Malik who were immensely helpful in setting up the Centre of Excellence," Esrar said.

Classes run on Thursday from 7-9pm (10+ years), Saturdays 12.30-2pm (ages 4-9) and Saturdays 2-4pm (10+ years).

For more details go to [www.hadritkd.co.uk](http://www.hadritkd.co.uk)



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## Mighty Morpeth's national glory

MORPETH School table tennis players Majada Yasmin, Sally Hoang and Ashley Facey-Thompson all won titles at the Chandlers Open National Tournament held in Grantham, Lincolnshire as their recent trip to a training academy in China paid dividends.

Ashley, 13, comfortably won

the under-15 boys' singles. The fifth seed beat number two ranked team mate Rafi Conn-Kowlessar 3-0 in the semi-final, before beating Paul Smith, from the acclaimed Ormesby Club in Cleveland, 3-1 in the final.

Sally, 14, seeded two in the under-18s, showed her class against much older players. She glided

through to the final, without dropping a game, where she beat top seed Hannah Winfield from Lincolnshire 3-1.

Thirteen-year-old Majada was competing in her first national tournament and won the under-15s, beating Lincolnshire opponent Emma Ross. Morpeth School coach Grant

Solder, who was an England international in the 1980s, was impressed with the performances.

He said: "These players were in our party of eight who went to China for three weeks of intensive training over the summer, which has clearly paid off here. Their fitness and technique has been visibly improved."

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