



Hot shots!

Bethnal Green Utd win cup in a heart-stopping penalty shoot-out.

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Morpeth on the top table

Table tennis players from Morpeth School in Bethnal Green dominate the Chandlers Open National tournament in Lincolnshire, reaching every final in all age groups.

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eastend sport

TOWER HAMLETS

THE COMMUNITY NEWSPAPER FOR TOWER HAMLETS PRODUCED BY YOUR COUNCIL

Alive & kicking!

From 5 to 50, taekwondo is thriving in Tower Hamlets

BY DAVE BROWN

TAEKWONDO may not be the obvious choice when deciding which sport to take up but it's an Olympic event at the 2012 Games in east London – and it's thriving in Tower Hamlets.

The Hadri Taekwondo and Attlee Youth Community Centre (AYCC) are busy recruiting people of all ages to the Korean martial art and recently held a successful competition in Aldgate.

Clubs from Tower Hamlets and surrounding boroughs were out in force on the day with children as young as five taking part.

Members of the Hadri club had been preparing for more than a month for the competition and around 20 were involved, with several winning medals, including three golds for members of the club's

youth section, Little Dragons.

Cosmo Clark, aged 6, Minhaj Rahman, 7, and Kenneth Gomes, 9, were all winners, much to the delight of the club's senior instructor Esrar Ahmed, a fourth dan blackbelt.

"We began with just two or three members and now we've got 40," he said.

"We decided to take in children as young as four because we want to make taekwondo a grassroots sport.

"The 2012 Olympics is going to be here in London and I would love to think that we have some British Olympians coming from our club. I want to find some champions."

He says Taekwondo is a great sport for children, teaching self-respect and discipline.

"When children come to our club they must behave and work hard, but they love it and it gives them a sense of focus.



Some of the younger winners in the taekwondo competition in Aldgate

"It's great for all ages, my father is 50 and he is as fit as a fiddle because of his taekwondo training."

The club is working hard to get more women and girls involved. There are also chances to get involved in competitions and international events.

"We are very grateful to the support of the Attlee Youth Centre," said Esrar, who has just opened a new class in Bishop Challoner School in Whitechapel on Thursdays from 7-9pm.

For more details, contact Esrar on 07946 376435 or go to www.hadritkd.co.uk

News in brief

Boys get fit at the Fight Club

ELITE Youth have started up a Fight Club every Friday at the Osmani Gym, giving youngsters the chance to burn off some energy in a properly controlled environment.

The boxing coaching classes are perfect for getting fit, losing weight and helping you with your endurance.

Boys over the age of 12 are welcome to try it out at the sessions which begin at 8pm. For more details call Mohibul Ahmed on 7247 8080.

For more sports news in brief, turn to page 47

Women trainees wanted on the Ocean

THE Bengali Women's Training Academy project is looking to recruit 12 trainee sports coaches from the Ocean estate in Stepney.

It wants to hear from women aged 18 and over to gain experience and qualifications in sports, which include an NVQ level 2.

The academy is run by Ocean New Deal for Communities (NDC) and West Ham Asians in Football and the training is only open to residents.

For more details call Rashid Abba from West Ham Asians on 07779 655672 or e-mail rabba@westhamunited.co.uk

The closing date for application is 5pm on Friday, May 9.

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