

Get a kick out of Taekwondo...

"Taekwondo is a great way of helping people with confidence, self-defence and gaining fitness and stamina.

Esrar Ahmed, fourth Dan black belt and coach



Esrar doing a jumping back kick during full-contact sparring, left, and at a demonstration during an Olympic roadshow, above

BY ED BEAVAN

A MARTIAL arts expert is hoping to unearth future Olympic stars through Taekwondo classes which are on offer in the borough this month.

Esrar Ahmed, a fourth Dan black belt in Taekwondo, will cast his expert eye over youngsters in the martial art, which originated in Korea and has been an Olympic sport since the Sydney Games in 2000.

The sport is renowned for its

array of powerful and spectacular kicks and is an excellent way of learning self-defence techniques and building confidence.

Esrar, who is based at the Hadri Taekwondo Club, in Walthamstow, and has represented Great Britain in the sport, hopes Tower Hamlets' residents will take advantage of the offer to learn the sport.

The instructor said: "We're trying to encourage youngsters in the community to get involved in sport.

"People can come and have a go and, if they like it carry, on with classes, which cost just £3

for children. Taekwondo is a great way of helping people with confidence, self-defence and gaining fitness and stamina.

"We will also be giving tips about diet and who knows, we might find some Olympic hopefuls in Tower Hamlets."

The sessions are running at the Atlee Youth and Community Centre in Thrawl Street, Aldgate on Saturdays throughout August.

Children's sessions (ages four to ten) cost £3 and run from 12.30-2pm while junior/adult sessions for ages 11-plus (£3.50) are from 2-4pm.

For more details call 07946 376435 or visit www.hadri.tkd.co.uk