

News report: **ACE** Achieving Competition Excellence & Exciting (**ACE**)
Part 1 of 4

Date: Sunday 4^h February 2018

Location: Wood Green Taekwon-Do School, London N22 8HE

The 1st session of **ACE** Academy Programme took place with students from all **Five Pillars Taekwon-Do** recognised schools.

Students were introduced to the expertise in competition performance fundamentals, both theoretical and practical aspects. **ACE** Academy Programme developed and designed by **Instructor Mr Malik Ayman 4th Degree Black Belt**, has continued to inspire students with the opportunity to gain extra important detailed insights to International standards performance, the training in mind set, how to coach and motivate oneself beyond simply a medal – in addition the physical preparation whether sparring, patterns or special technique.

A big strength of **Five Pillars Taekwon-Do** students is the ability to adhere to the **pillars** of Taekwon-Do **perseverance – indomitable spirit**, students always are regularly taking part in competitions (win or lose – seriously more focused on experience and gaining continuous development) and it is always wonderful to see such strengths of true Taekwon-Do expertise.

With the students registered so far this year it will most certainly be exciting watching all compete and take part at their respective grade levels, utilising their **ACE** toolkit respectively.

I would like to thank all students for registering for **ACE** and look forward to working with you throughout the year 2018 at all stages, best wishes and may all do well going forward.

Taekwon

Report written by:

Mr Malik Ayman
4th Degree Black Belt,
Founder & Head Instructor

Date 4-02-2018

