

News report: **Black Belt Grading**

Date: Sunday 29<sup>th</sup> April 2018

2pm – 5pm

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

One of the most prestigious and testing grading for students worldwide in any martial arts discipline is when they take their **Black Belt grading**. Our **Five Pillars Taekwon-Do** black belt grading, testing ensures that students are tested, physically, mentally, and theoretical technical in depth understanding – **3 hours of** testing, which demands that our **Black Belts** are fully competent.

The grading was conducted under the **founder of Five Pillars Taekwon-Do** International Instructor Mr Malik Ayman 4<sup>th</sup> degree, who has over 30 years of good martial arts experience and excellence gained from training, grading, seminars and courses under both local **Instructors, Masters, Grand Masters** in the UK and abroad internationally.

All 3 registered Five Pillars Taekwon-Do schools had students present:

- Mr Ben Musker 1<sup>st</sup> degree  
**Wembley, Finchley, Wood Green**
- Ms Rebecca Van Doimen 1<sup>st</sup> degree  
**Wood Green, Finchley**
- Mr Sohaib Sirhan 1<sup>st</sup> degree  
**Wembley**
- Mr Faizaan Khan 1<sup>st</sup> kup Black Tag  
**Wembley**
- Mr Farhan Khan 1<sup>st</sup> kup Black Tag  
**Wembley**
- Mr Kyri Weeks 1<sup>st</sup> Kup Black Tag  
**Wembley, Wood Green, Finchley**
- Miss Ellie Weeks 1<sup>st</sup> Kup Black Tag  
**Wood Green, Wembley**

The grading lasted an **intense 3 hours**, starting with fitness exercises, then moving on to assessment of all the required patterns, all sparring, self-defence, combinations techniques, power breaking – measuring formation, and theoretical understanding.

At the end of the seminar the students were congratulated for completing **grading** and **pre grading**, all were clearly tested thoroughly.

2 students were successful in their grading and promoted to **1<sup>st</sup> degree Black Belt**

- **Mr Faizaan Khan** achieving an Advance Pass
- **Mr Farhan Khan** achieving an Advance Pass

Full feedback for both grading & pre grading results to be given to students for further insight, analysis.

2 students also congratulated who passed their grading successfully in October 2017, and their **Black Belt Certificate** processing was completed for them to collect at this black belt grading

- **Mr Bradyn Man** achieving an Advance Pass
- **Mr Sohaib Sirhan** achieving an Advance Pass

Mr Sohaib Sirhan was present on the day and collected his certificate and in addition assist with the black belt grading, Mr Bradyn Man was present at our Spring Inter School Competition 22<sup>nd</sup> April 2018 the week before.

Well done to all students – really saw clearly very high standards being performed by all students throughout at various stages, which again demonstrates that good practice and effectiveness of our **"unique 4E © system – Educational – Energetic – Exciting – Empowering"** students that take their training development seriously demonstrated clearly that on this auspicious day **Black Belt Grading**.

Thank you to our Administration Manager **Mrs Maimuna Ayman** preparing certificates administration and organising, photography pictures on the day **Mrs Nazia Khan** and **Mr Darren Weeks**, and all students with helping set up on the day.

For further insight to the day please view both our **Facebook** & **YouTube** on our unique channel

[Facebook.com/FivePillarsTKDofficial](https://www.facebook.com/FivePillarsTKDofficial)

[YouTube.com/FivePillarsTKDofficial](https://www.youtube.com/FivePillarsTKDofficial)

Taekwon

Report written by: Mr Malik Ayman  
4<sup>th</sup> Degree Black Belt,  
Founder & Chief Instructor

Date 6-05-2018

