



SOLD SAILING: Ellie Rose and Katherine Brown hold the medals they won in the Taekwon-Do Junior World Championships. Photo: Arthur Roberts

Dynamic Dann now a world champion

Coast is bringing home a swag of medals from Taekwon-Do Junior World Championships.

SHE'S only 16, but she's already a world champion. Ellie Rose, 16, from the Coast, has won a gold medal in the women's power breaking and a silver medal in the women's sparring at the Taekwon-Do Junior World Championships in South Korea.

Ellie's coach, John Brown, says she's a natural talent. "She's got a great technique and she's very confident," he says. "She's also very hardworking and she's got a great attitude."

Ellie's mother, Sarah, says she's proud of her daughter. "She's a real team player and she's got a great attitude. She's also very hardworking and she's got a great attitude."

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Power Breaking Seminar

By Popular Request
Auckland

Saturday 24 September

9.00am - 11.30am - Power Breaking

12noon - 3.00pm - Power Breaking

Learn from World Champion Power Breaking Coaches
Master Rocky & Mrs Trish Rounthwaite, and Mr Jon Sawden
'Man Cave', 198 Marua Rd, Ellerslie

Any grade - 14 yrs and above

Includes coloured belt grading breaking requirements

\$45 individual, \$85 family of two, \$90 family of three or more.

Multiple breaking stations

Pre seminar registration required <http://itkd.co.nz/events/register/event.php>