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MEDWAY MESSENGER

YOUR BIG WEEKEND PAPER

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Sport

Friday, March 9, 2007



GIVING IT SOME STICK

Page 11

Charlton offering fans free Premiership season tickets - page 16

(SN) Friday March 9, 2007 11

SPORT

Master shows his skills

By Luke Cawdell

GRAND master Danny Guba gave a demonstration of the Doce Pares multi-style martial arts system in Chatham on Saturday.

Guba, a 10th degree black belt, performed his moves at the Fitness First Centre in Snodhurst Bottom with forms including stick, knife, sword and empty hand.

The martial art originates in the Philippines and appeals to those looking to improve their self-defence, fitness and competition.

Instructor Ermar Alexander will be holding the inaugural class at the Fitness First Centre tomorrow (Saturday) from 6pm and the first session is free.

Alexander said: "We had about 15 people come to watch the display and they enjoyed it and will be coming back for lessons."

"They joined in and were taught the basics. Quite a range of people attended, including couples as it appeals to women as well."

For more information contact Ermar on 078900 40222 or visit the website at dgdocepare.com



■ Grand master Danny Guba, left, with academy trainer Ermar Alexander at Fitness First Centre

Picture: Barry Crayford pd1164204

Youngster takes crown

■ Gymnastics

GILLINGHAM Gymnastics Club's Rachael Page is the new South East Regional champion after winning the regional grade six championships at Guildford Spectrum Leisure Centre on Saturday.

The seven-year-old beat the winners from Surrey and Sussex to take the trophy.

The club also entered two gymnasts at grade four level with 10-year-old Kerry Boorman finishing fourth. She has now been selected to represent the South East at the national finals at Kettering next month.

The club took part in the Alex Strachan Competition at the Mountbatten Centre in Portsmouth on Saturday.

Seventeen-year-old Damien Davenport won an individual gold medal, while Laila Ladak, 19, took an individual silver medal in the national sports aerobics competition. This meant the club took the bronze medal.

■ For further information on Gillingham Gymnastics Club, call Gill Cutterham on 01634 843431.

■ Swimming

Lordswood given

VOLLEYBALL: Close encounter at Strood

Swale club