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■ Well done – instructor Landé Fourie provides a Chinese meal as reward for her charges, who have abstained from watching television for a month. Picture: STEVE ARGENT (Z7DC4)

Children tuck in after shunning TV

GIVING up television and computer games for a month must surely be one of the hardest things a child could do.

The youngsters at Colchester Karate Academy undertook the challenge, and were rewarded with a buffet meal at the Embassy Oriental Buffet in Colchester.

The “Karate Kids”, aged between seven and 14, had to keep a diary of the activities they did to replace the time they would normally have spent watching television or playing computer or other electronic games.

Landé Fourie, chief instructor, said: “This has been the most

successful year for the club, with many medals won at the World Championships, the club being awarded Martial Arts Club of the Year and myself receiving the Essex Sport Personality Year award, and none of it would have been possible if it weren't for its students.”

AMP US Karate Treat 1



TUCKING IN: Colchester Karate Academy student enjoy their lunch at the Oriental Buffet in Colchester with instructor Landé Fourie who set them a challenge to give up their electronic gadgets for a month

Photo: ANDREW PARTRIDGE

Treat for youngsters who ditched gadgets

KARATE SCHOOL: Reward follows instructor's challenge

By Huw Lowen

DEDICATED students at a Colchester karate school who made national headlines when they ditched their favourite gadgets have been rewarded for their efforts.

The youngsters from Colchester Karate Academy discarded electronic entertainments ranging from televisions to computer games for a month.

They were challenged to amuse themselves in other ways, ranging from old-fashioned board games to enjoying the great outdoors.

They also had to keep a journal recording their experiences as the month went by, which was handed in as proof they had tried different activities.

Most of the children stuck to the test

set by the academy's chief instructor Landé Fourie, who rewarded the successful youngsters with a Chinese buffet at the Embassy Oriental Buffet in Balkerne Hill, Colchester.

“The children watch less TV, they play more board games and have more family time

Landé Fourie

Ms Fourie said: “The kids really took to it much better than I thought – I was surprised how well they embraced it.

“Parents say that the children are continuing the trend

“They watch less TV, they play more board games and have more family time. When they come in they are much more compliant, more behaved.”

Brother and sister Hamish and Imogen Lucas said they both used their electronic favourites a lot less once the challenge finished.

Hamish, nine, said: “I use them a lot less, I read more.”

His six-year-old sister said: “I do more painting now.” She added that she had spent time during the challenge making a vulture costume.

Parent Suzanne Scott, whose son, Rowan, ten, took part in the challenge, said: “It was difficult but we did it.

“We play a lot more board games like Harry Potter and Monopoly.

“We’ve even been out camping during the challenge.”