

Rayners Lane Taekwon-do Academy

News Letter

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April 2007

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Student of the Month: Liam Berry

Liam has been at the Academy on a regular basis for some time now, he also trains at one of the school classes we run and he is doing really well by combining both classes. He is constant in his training and doesn't often fool about in class so gains the maximum from them. He has a genuine interest and firm commitment to bettering his technique which can often be seen simply by watching him practice. Congratulations Liam for winning this month's award.



Sunday, 22nd April and is (as the name suggests) a training day covering 6 hours (9am until 3pm). Students of the Academy are invited to attend and I urge all students to go as I think it will be a very interesting and beneficial day. The format has also changed slightly again: The first 2 hours I am now scheduled for with pattern applications, then the next 2 hours is training for short periods with different instructors, the final 2 hours being a patterns seminar with Master Sahota, 8th degree of the ITF (whom you will have seen at the South East Opens btw). Ideally I'd like as many to attend as possible, and hope especially that all senior grades will attend (including the Academy youngsters) as well as many of our junior grades as I think everyone that attends will gain a lot from it. This once a year event is expected to be attended by over 100 students - please try to be one of them to learn something for yourself and represent you Academy! Please hand your fee for the event (£15) into Mr Anslow by 15th April. Did you read this Sung? If so, let me know!

Easter Monday

There is no class on Easter Monday (9th April), so stay home and polish off those Easter Eggs and you can work them off at the Wednesday class ☺

Taekwon-do Explosion 2007

Our yearly tournament is back.. with a bang, zoom! The event is on 10th June and we will be handing out entry forms next month. The event has sparring, patterns and flying side kick sections, with all sections divided either by age or height to make them as fair as possible. This is the event we host for YOU.. so lets see you all get involved and compete to show the headaches are all worthwhile. Ajay & Janet, did you read this? Let me know!



Helpers for TKD Explosion

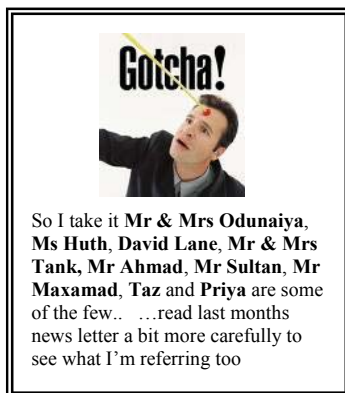
We would welcome some assistance from parents in the running of the event. We have a few admin type jobs that need to be filled, so do not feel shy about putting your name forward ASAP. Mr Gautam did you read this? If so, let me know!

National Training Day

This event now starts at 9am and is gearing up with lots of schools getting involved. To recap it is on

"If you haven't read this news letter fully.. you have just helped to murder a tree in vain... shame on you"

Puzzled...see last months news letter!



So I take it **Mr & Mrs Odunaiya, Ms Huth, David Lane, Mr & Mrs Tank, Mr Ahmad, Mr Sultan, Mr Maxamad, Taz and Priya** are some of the few... read last month's news letter a bit more carefully to see what I'm referring to

South East Opens

Congratulations to all the students who competed at the South East Opens last month. Rayners Lane won the area title out of around 19 schools, which in my opinion is due to a team effort and the team spirit we foster in dojang. A full list of results and a detailed report are on the web site, as well as a write up and photo's that appeared in the Harrow Observer. After the event I received this email:

Dear Mr. Anslow, I would like to express my pride of belonging to Rayners Lane academy. From the very beginning of the competition, we could clearly see that the commitment of the whole group with the tournament was heart touching. Some other academies have more loose criteria with their grading system, many young black belts not being fully prepared and committed with the tenants of Taekwon-do. Our competitors were better prepared than the others, to win and to lose. Eduardo was a little disappointed initially when he lost his points because of the harsh play and lost his first ever fight. However, he was able to understand the principles behind this and was happy to appreciate the achievements of his friends and team mates. I am 44 years old, and this was my first Taekwon-do competition. For my surprise, and thanks to my son and mates' support, I got a second place with a sweet taste of victory; I was able to cope with 5 fights, all my adversaries being about half my age (maybe less). I took on board the lessons in class, and I was confident that the preparation was serious and thorough. When I saw Mr. Anslow fighting and winning the first place, applying the moves of a master, I was proud of it. I was even prouder to see the Rayners Lane as the winning academy of this tournament. The team work made all the difference. I would like to share my content with all the students and parents of Rayners Lane academy, for learning anything in depth is always facilitated by the examples from our instructors and seniors. Thanks for that and when I can walk accordingly I will be back to the trainings... I want Eduardo and myself doing good in June, no matter if we win or lose. All the best and congratulations, Jose Figueiredo

March Grading

Congratulations on all those that took part and passed at the recent grading. It was a small but pretty in-depth grading which can make it difficult and show up some flaws, but all performed adequately in the examiners eyes. That said, there are a few areas that should be looked at, the main one being youngsters and the theory.. many seemed little prepared and next time it will fail them if they are as unprepared a second time. As a reminder, mandatory equipment is now in effect, so all those 12 to 15 years old need to get some martial art shoes or get their current trainers approved by Mr Anslow for the destruction elements. Mr & Mrs Tokuta did you read this? If so, let me know!

The next grading will be in June. As we are expecting a big turnout, all licenses will need to be handed in by the end of May if you wish to grade.

Boat Trip

The Canal Boat Trip was an outstanding success and all agreed that they'd go another time. The few days went really quickly and everyone had lots of fun and few hangovers (except Dennis who brought some Vitamin tablets to cure himself - wuss!). If you've never played Canal Boat Pinball before you missed a treat when Parvez controlled the 70 foot boat (though most others weren't any better), and the ninja-lock manoeuvres by the squad added an extra element of fun. We hope you put a small video of the trip on the web site shortly. Did you read this Vijay? If so, let me know!

Harrow's Olympic Demo

Although this demo didn't follow the full format it was well received and feedback was very positive. All went down well and looked good. Thank you to all those that took part. Mr G has a DVD going around of it, so grab it when you can. Mr Chavda, did you read this? If so, let me know!



Milad, Masoud & Priya...

...please get your licenses sorted!

Recent discussion on the IAOMAS Forum (First post by an instructor)

I have always said that I didn't know what a black belt was, but I would know one if I saw one. Well, I have thought about it more and more over the years, and have come with the following (from my experience and various sources) as a minimum to get to a first degree black belt. A black belt must:

- 1) Have the ability to demonstrate basic blocks and strikes
- 2) Know the correct foot or hand position of each block or strike
- 3) Be a leader and a good role model while being respectful to others
- 4) Be confident
- 5) Have honesty & integrity as personal priorities
- 6) Have a good attitude which predominates
- 7) Healthy - they value physical and mental well-being
- 8) Be committed - world is full of quitters - BBs see things through
- 9) Help others & place a high value in contribution and service to others
- 10) Be responsible to their duties & take responsibility for their actions
- 11) Have desire for continued learning

Are you on the right path?

Once when asked for a brief definition of a good Karate person, Osensei Shoshin Nagamine replied: "A demon's hand, a saint's heart."