

# Rayners Lane Taekwon-do Academy

## News Letter

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### Student of the Month: Sushil Punj

Since his return to the Academy, Sushil has proven himself to still be eager to train hard.. perhaps even more so than when he was younger.. after all, wisdom comes with age! Its pretty hard coming back at a reasonably high level and many simply cannot do it at all, so for this alone he is to be commended, however, his skills have sharpened back up quickly, he is eager to get his stuff back to the levels required to continue forward and seems to have committed himself to this task and the tasks ahead (hopefully he'll read the important notice in this news letter as well!).. so for that, Sushil earned this months award. Well done Sushil. And yes, thats how he looked when he first started :-)



paper work to plough through both beforehand and afterwards! Results will take about a week I'm afraid.. so stand by and ensure you attend class on Wednesday, 2nd April. One thing I will say is that some students need to seriously watch their theory levels and ensure they know it fully (including lower grade theory) as many were on the borders of failing their gradings simply because of the theory section! Remember also, if you broke on the 3rd attempt you will be required to repeat the break at the next grading!

### Read The News Letter

It is apparent that still some parents/students are still not reading the news letters. A few turned up for training on grading day, others called, emailed or text me to find out if there was a class or not, plus of course those that caught the late fees and of course those that havnt handed in their licenses for renewal despite requesting they do so in last months news letter! I have asked a thousand times and will do so once more.. **"PLEASE READ THE NEWS LETTERS"** future enquires will simply get the response .. *"Its in the news letter!"*

### Pressure Point Seminar - Tuesday, 8th April

A disappointing turnout for this seminar has simply reinforced my decision not to host the event at our Academy, which is a shame as we have had Sensei Clark down for many years and he has much interesting stuff to teach students. As such, 3 students + Mr A will be travelling to Chesham to train alongside Chiltern Karate students and others further their knowledge under Sensei Clark. Students attending this event, please confer with Mr A regarding travelling arrangements and everyone else should ensure they read the notice later on in this news letter!



### South East Opens

On March 9th, 27 students (should have been 28) performed patterns, sparring, destruction and jumping kicks all vying for some rather nice trophies. Rayners Lane gave a good account of themselves coming in 2nd out of about 18 schools, a notch down from last years win, but a good placing none the less against some good schools and opponents, especially considering we had many new students competing for the first time and many "seeded" competitors were not there.. in particular all the black belts except Mr Anslow and Mr Avis were missing, as well as a couple of the senior grades who would have possibly done really well. Kate & Marek have written a fun & full report of the event which is available on the web site. The result are listed over (in no particular order) and all students should ensure they read the notice later on in this news letter!



### Month In View

March was a busy month for the Academy, kicking off with the excellent South East Opens event and following on later in the month with not one but 2 gradings, so whilst many students had an easy week with the bank holiday Monday and a grading night, Mr Anslow and the black belts were hard at work all through the week and are still bogged down with paper work because of them!

### Dan Grading

Though, as of writing this news letter, the results have not been release, I can say that both Lyndsey and Andrew (the other grader from Mr McCarthys school) were put through their paces in a non-stop 3 hour grading on Tuesday, 25th March. Rayners Lane Black belt gradings have a reputation for being tough.. and I can confirm the rumours are all true, as we hold one of the toughest gradings in the country, but students that are entered for it have some of the best training in the country, so it all equals out. The wait following a dan grading is long and painful, but I can tell you this. All in all, Lyndsey and Andrew actually tested on all the areas for a total time of 8 hours. They spent 2.5 to 3 hours on the written theory, then, as Mr Walker (one of the grading examiners) was on holiday on the grading date he came to the Academy a week before to perform his part of the marking/testing.. some of you may have noticed Lyndsey sporting a lovely bruise on her chin the following day; this lasted 2.5 hours.. then of course the official grading day itself. A day when the gradees have to perform to high levels and only spar and fight again fellow gradees or black belts.. and I can tell you, the black belts like to ensure anyone who dare ask to be placed in their rows in class has to earn their position and thus, thoroughly put them through their paces and aren't afraid of pushing the contact levels a bit to ensure anyone that passes is truly on an equal footing and can hold their own. Obviously they survived, though by all accounts they didn't want to get out of bed the next morning and time will tell if they have earned the right to advance to the coveted levels of black belt!



### Kup Grading

The day after the dan grading, a Kup grading was held (26th March) and saw a number of students attempting to move to the next level. A few complications and a lack of black belts ensured the night ran a lot less smoothly than usual, but showing that indomitable spirit we proceeded on. The grading actually took 4 hours in total because, despite reasonable numbers, we had to do the theory at the examination table like we use to and this took time (we will look into a better way of doing this in case we are in this situation again one day). Apologies for the elongated times, but Im sure you all understand and if it makes you feel better, just think of me.. 2 gradings in 2 days plus hours of

Mustafa Maxamad won a Gold for Flying High Kick, a Gold in sparring & a Bronze in patterns. **Philip Skidmore** won a Gold for Destruction & a Silver for patterns. **Mr Avis** won a Gold for Flying High Kick & a Bronze in sparring. **Luke Fox** won a Gold in Sparring, **Wesley Maunders** won a Gold in Sparring, **Aarron Bennett** won a Gold in Sparring, **Kate Barry** won a Silver in Patterns & a Silver in Sparring, **Saphwat Simab** won a Silver in Sparring, **Lyndsey Reynolds** won a Silver in Sparring (in the Black belt division), **Richard Baker** won a Silver in Sparring, **Abijay Sood** won a Bronze in Sparring, **Sherya Shah** won a Bronze in Sparring, **Nikita Chavda** won a Bronze in Sparring and **Mr Anslow** won a Gold in Sparring & a Bronze in patterns.

### Black Belt Opens

Unfortunately, due to lack of interest from other clubs (take that as you will - pedestals and egg shells jump into my mind for some reason), the black belt opens on the 8th, June has been cancelled and replaced with a team event open to both Coloured Belts and Black Belts

### Team Championships

On the 8th, June the LTSI will be holding its first team Championships'. Our Academy, as usual will support the event and the details are still being finalised and will be issued as soon as I know them in full. I would like to see all students of yellow belt and above having a go at this competition and want everyone to think seriously about entering and also that if you do, you 100% ensure you turn up on the day and don't let down your team.. as this has unfortunately happened at the last few competitions we attended, but rather than just letting down the Academy overall, this time you will let down individuals who are relying on you! We have been waiting for a viable team event for a number of years and have even thought of running one ourselves, so wish the LTSI the best of luck and our full support in this endeavour.

### 2nd L.T.S.I. Training Day

The end of June, (Sunday, 29th) sees this years National Training Day, organised by Mr Snow, V. Last years event was a cracker but was poorly represented by Rayners Lane students despite the amount of training on offer. This years event starts at 9am and goes on until 4pm and has everyone training with various instructors for 20 minute slots for the first 2 hours,, following a break theres a 2 hour seminar with an ITF Master, then following another short break, a 2 hour sJū-Jitsu Seminar with Master Holmes (8th Degree).. all for a measly £15! I hope students can see the value in this and make an effort to attend. See note below.

### Notice To All Students

For those that have taken the trouble to read the student hand book (issued and available via email) you will have read the section titled "What is expected of students?". Though all these points are important, I wish to bring particular attention to point number 7.. "Support the Academies and fellow student's endeavours".

#### All students are expected to:

- Train on a regular and consistent basis
- Ensure they are prompt for classes
- Ensure they arrive with a clean and tidy uniform (dobok)
- Ensure they have paid their training fees on time
- Ensure they follow the rules and regulations of the Academy
- Ensure they try to adhere to the tenets of Taekwon-do
- Support the Academy's and fellow student's endeavours
- Ensure their license and insurance is up to date

By supporting the Academy's endeavours this means, coming to tournaments whether to compete, support or for black belts judge, attending seminars and courses and/or supporting other social events such as the camping trips. Now, we don't expect very young students or white belts to attend these things, but those over 9th/9th kup should. Kids (as well as older students) should be attending competitions to further enhance their skills, older students and adults should all be attending the seminars and courses to further enhance their skills and knowledge and this includes senior coloured belts, as well as black

belts! The Academy doesn't take part in any seminars that isn't seen as beneficial to further enhance our students skills and as such, it is a 'must' to attend these things. However, in recent months, many students feel they do not have to go to seminars or that it doesn't matter if they don't go to the tournaments... well, I'm hear to tell you it does! Tournaments aside, reviewing the last few courses we see the following attendance levels: National Training Day 2007.. 3 students : Hae Sul seminar.. 3 students : Pressure Point Seminar... 3 students!! Funnily enough, 2 out of the 3 students are the same 2 people!!

As you are aware, supporting the Academy's endeavours is part of the Academy's make up, this is to give all students a wide a field of learning and development as possible.. but you need to be there to benefit! Many schools do not even give the students options on whether to attend things or not as they use courses etc. as part of their credit systems, meaning for example, a blue belt would have to attend 2 tournaments and 2 courses per year to even be allowed to grade regularly! We are not at that point yet, but in future, in the run up to gradings your attendance or support in regards to events.. or not (as the case may be) will be a factor in whether you are allowed to grade or not... if you continually refuse to get involved in things, then you could be refused to grade further until you do!

### Jissen Magazine

Many of you will have received the excellent Jissen magazine via email. this is an online PDF magazine and features an excellent array of senior martial artists with articles on the more practical side of martial arts. If you didn't receive a copy, it can be downloaded via the Academy web site.



### Mouth Guards

Can all seniors who were issued mouth guards recently ensure they do not have to be reminded to pay for them and any seniors (16+, blue belts & above) who do not have one, please ensure you order one from Mr Anslow immediately.

### Taekwon-do Explosion 2008 News

I'm afraid it is looking less & less likely that we will be hosting the event this year. A suitable and affordable venue has materialized, dates conflict with other events and the organisation involved are causing this. It is not a definite 'No' as yet, but if it doesn't go ahead this year, it certainly will in 2009.

### Licenses Due NOW

: Josh McCormack, Zuhayr Chagpar, Mustafa Maxamad, Ji Oh Hong & Katie Mcleod.

- **These should have been handed in by the end of March as per last months news letter request.**

### Email Addresses

If you do not receive emails from the Academy, but have an email address, please pass it on, as you are missing out on being contactable with up to the minute information!

*In fact, why don't you send me an email and let me know that you have read this months news letter!*

**"One man can be a crucial ingredient on a team, but one man cannot make a team"**

- Kareem Abdul-Jabbar

**"No man is an island, entire of itself; every man is a piece of the continent, a part of the main"**

- John Donne