

Rayners Lane Taekwon-do Academy News Letter

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Student of the Month:

Liviu Nafornta

The award goes to Liviu, for not only being the only junior student to represent the Academy at the recent Leicester Taekwon-do Championships, but also giving a great account of himself, in both patterns & sparring whilst there, netting him both a gold & silver medal in the process. Well done Liviu, now imagine what you could do if you were 100% focused 100% of the time!



clips & medal lists of both events can be found on the Academy web site. Well done everyone. One of the videos has some very cool music by (living to far away to attend) student, Liam Tarpey. DVDs are available for both events.

March Grading

Well done to everyone who took the March grading. A very good standard was seen overall, with some good results. Full results can be found on the web site. The next grading will most likely be 17th June, though I will confirm that closer to the date.



Sushil Black Belt Grading

Best of luck to Sushil who is attempting his black belt on Tuesday, 7th April. He has an arduous few hours to look forward to, so wish him luck in what is considered one of the toughest gradings in Taekwon-do.

Friday Classes

Friday classes are closed for the Easter holidays but resume on 24th April, 2009

Bank Holiday

Just a reminder that Monday, 13th April is a Bank Holiday Monday and as such the hall is hut and there is no class that day. Back to normal on the Wednesday.

March Tournaments

This March saw the Academy compete in two very good tournaments. The Academy as a whole did extremely well, with many bringing home medals & trophies. Video

hope you come to this once in a decade celebration. Invitations are for students, their families and their friends - please make every effort to attend what will be a great night.

7th Degree

I am pleased to announce, that following a recent grading in Spain, Mr McCarthy received the promotion of 7th degree Master. Presiding over the grading was senior ITF Master, Néstor Galaraga, 8th degree. Many congratulations to Mr McCarthy.

Totally Tae Kwon Do Magazine

Issue 2 of Totally Tae kwon Do magazine went out on the 1st of April. Issue one was downloaded over 14,000 times in over 70 countries worldwide. To get your free copy, simply go to www.totallytkd.com



Cadet Leader Courses

Congratulations to Umar, Nikita, Charlotte and Reece who successfully past the first Cadet Leader course. Well done guys & gals. The next course is running now with the next candidates and the first bunch are listed on the P.O.A.(Positions of Authority) page on the web site.

Hard Back Edition

I have finally received my own copy of Ch'ang Hon Taekwon-do Hae Sul in hardback and it looks.. well, wicked. If you dont have a copy



be sure to check it out on Amazon (links direct from the web site).

Licenses Due: Amrit Lohia, Katrina McLeod, Waphaa Simab, Oliver Roberts, Mustafa Maxamad, Abdigani Diriye & Mohammed Ibrahim - Please hand them in ASAP as some are overdue nd need to be renewed urgently!

A Few Pics



"Kites rise highest against the wind; not with it."
- Sir Winston Churchill

"Our doubts are traitors, and make us lose the good fight we often might win by fearing to attempt"