

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

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August 2007

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Student of the Month:

Abigail Maunders

Though she has only been training with the Academy a short while, Abigail has thrown herself whole heartedly into Academy endeavours. She has fun in class but at the same time trains hard, rarely missing a class. She competed at the 'Explosion' with just a few weeks active training and was the only junior student who attended the 'London Open' recently - testament to her enthusiasm indeed, especially as she travelled down by train to get there. Congratulations Abigail.



Please let Mr Anslow know ASAP if you are going to change your days or better still 'up' your number of training days to include Mondays as well – don't forget to adjust your standing orders if need be!

Speedy Recovery

Kate has just had a knee operation that will take her out of action for at least a few months, maybe more. I'm sure she will pop into the Academy from time to time and we wish her a speedy recovery.



Kick It & LTSI Invitational

Unfortunately the return of 'Kick It' coincides with the same date we are scheduled to attend the 'LTSI Invitational' which is a shame, but we have been committed to the LTSI event every year since its inception so will be attending there. I hope to see a good turnout from the Academy as the event is only in St Albans. It takes place on Sunday, 14th October, so keep the day clear. More details next month.

IAOMAS USA

We were delighted to have another visit from Master Instructor Dave Melton from the USA, whom many of you met a few years back. Not only did he start up the kids class, he also trained with the adults class as well as teaching some locks & knife defences. I'm



sure you'll agree he's a great guy and a brilliant martial artist and instructor and it was a privilege for us to have him at the Academy, even if only for 1 session each.

August TKD & KMA Mag

This month's Taekwon-do and Korean Arts Magazine (August issue) has pictures of our students in it, via a section of Mr Anslow's book reprinted and a report on the LTSI Training day a few months back - check it out!

Grading - September

The next grading is scheduled for Wednesday, 19th September. The deadline for entries is Saturday, 8th September. *Please see previous news letters about missing deadlines* and about the new Grading Regulations that are now in effect. This is not a grading to take lightly!

Pinner Saturday Class

It's good to see that most have found the new Saturday class location and feedback on the new hall has been very positive.

August Bank Holiday (27th)

There are no classes on this bank holiday Monday

Saturday, 15th September

Please note, there is no class at the Pinner location on this day due to a church function. However, weather permitting we are going to hold an outdoor session down Montesole Park (11am). The park is located off the Uxbridge Road or go up the main street in Pinner (don't turn off at Love Lane) and at the traffic lights at the top, go straight across and the car park for the

park is on the right down a road by some flats (Montesole Court). Please wear a tracksuit to avoid grass stains on your doboks, bring your pads and some water.

London Open

Many congratulations to Abigail, Lyndsey and Mr Avis who were the only entrants from Rayners Lane into the 'London Open' tournament. Between them they amassed 2 golds, a silver and 2 bronzes in sparring, patterns and destruction sections (showing that the Academy produced good all-rounders). Despite only the three of them entering, they placed a very respectable 15th out of 53 schools taking part, many with much larger entries. So very well done to the three of them.

Self Protection Course

Despite a smaller than expected turn-out from students of the Academy, the course was very successful and those that attended learnt some very useful stuff. It was great to see family members attending as well. For all those that missed it the next one won't be until next year!



Licenses Due: Parvez Sultan, Saphaa & Saphwat Simab, Jonathon Chuei

Apologies for the lateness of this news letter, some computer issues are to blame.

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Jules Renard

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