

# Rayners Lane Taekwon-do Academy

## NEWS LETTER

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### STUDENT OF THE MONTH:

#### Philip Skidmore

It is rare that a student who hasn't been training that long wins this award, but I feel Phil has excelled himself in his first few months of training. Ever persistent in asking for his new dobok shows he is 'into it', as does his enthusiasm in class, but Phil's early crowning glory (the first of many I hope) was that he not only entered the very first tournament he could, but also won a gold and a bronze medal... a fine achievement for someone who has only been training for a couple of months! It is this enthusiasm that has earned Phil this month's award. Well done to Phil.



They cost £25 and come in sizes: XS, S, Med, Large, XL, or XXL. As a quick size guide, my size is an L. Get XL if you want baggy. Kids should probably get a small and real little ones an XS.

The hoodies are black, and will have the Academy logo embroidered on the front and the Academy name embroidered on the back (hence why they take time to do). They are ideal for students to wear over their doboks to and from training, as well as to wear at tournaments etc. **Please note:** Hoodies are replacing track suits which are discontinued.



We did try to get the one shown left, for Lyndsey, Charlotte and Abigail, but sadly, they were out of stock :-)



### DECEMBER GRADING

This is due to take place on 12th December. All students that feel they are ready for this grading will be assessed before this date, as well as have a 'credits' check to ensure they have enough credits to grade. All students are advised to contact Mr Anslow via email (preferably), or by phone if they are concerned they will not have enough credits, so they can check them to know if they have to make up some classes.



This news letter has gone out a little early to remind everyone that licenses and grading fees need to be in by the end of November or you will incur the deadline fee!

The grading will start from 6.15pm onwards - do not be late and ensure you know all your stuff to a good standard, including terminology. Please see previous news letters regarding standards to ensure you know what is expected! As a quick reminder, if you previously passed on an 'L', you have to be 'O' level or above this time. You must also achieve 75% in the theory section.

### CHRISTMAS PARTY

Attendees are filling up fast for this annual event on the 22nd December (See last month's news letter for full details). Remember payments must be made by the end of November. £15 teens/adults, £10 kids. It will be noted who doesn't attend without a good reason... as this is a once a year thing, and all Academy members should be there if possible. Those who have paid should be receiving official invites shortly.



### HOODIES

The first order of hoodies has gone in. Students may still order but I cannot guarantee they will be here for Christmas now.

### 6TH TO 4TH KUP SYLLABUS DVD

This DVD is in the final stages of production and will be available shortly at a cost of £9.99. Those who ordered the sets will receive theirs next week. A preview will be available on the web site shortly, and is available on the Academy facebook page now!

**DVD Blurb reads:** This 2nd DVD in the series contains the requirements for each grading, from 6th Kup to 3rd Kup.

Filmed on location at Rayners Lane Taekwon-do Academy and lovingly edited, this DVD is designed to aid green and blue belt students to progress through the ranks towards their red belts (2nd kup).

Sections includes relevant patterns (demonstrated from both front and side views, as well as in slow motion), step sparring (both 2 & 1 step), semi-free sparring, free sparring, 2 V 1 sparring, destruction requirements and the theory for each level, as well as reference material from the lower grade requirements. Each section includes information and tips in text form along side the videos to aid the student further.

Everything required for each grade is demonstrated by the academy's Chief Instructor, Stuart Anslow, along with his black belt students.



### GOLD WEATHER & MARTIAL ART SHOES

Due to finding the Pinner dojang very cold on the feet recently, I have made the decision to allow students to wear martial arts shoes (not trainers) for the warm up part of the lesson.

**Please note:** Only proper martial art shoes will be allowed for safety and this is during the Saturday class only. If you need a pair, please have a look at the price list for the various styles available. They can



be ordered directly through the Academy and cost £25 a pair. They are available in black or white. Note: Pictures are for illustration only, shoe designs may differ

### NOVEMBER COMPETITION RESULTS

A good day was had at the Northampton Comp on the 18th November. The usual high standards from Rayners Lane students were present and there were some funny moments as well.. ask Marek (though I guess you had to be there).

Here are the official results for our students:

- Umar - Silver patterns
- Phil - Gold Patterns / Bronze Sparring
- Kate - Silver Patterns
- Lyndsey - Gold Patterns / Gold Sparring (in black belt division)
- Jonthan - Gold Sparring
- Marek - Gold Sparring
- Mr A- Gold Patterns / Silver in sparring



Unofficially.. Umar was beaten in patterns by 1 point by the winner and did well in the sparring. Lyndsey came in the last 3 for the jumping high kick in the mid height division from a group of around 15-20 including BB's, as did Mr A in the high division. Jonathon was unlucky in patterns after a 'blank' moment. Lyndsey fought and won the BB ladies division and sent a 2nd dan up the hospital (ask Lyndsey the destroyer about this) and finally, never ask Marek to make a quick decision!!! All in all, a pretty good tournament all round... Shame more didn't enter!

### Last Class 2007

The final class of 2007 will be held on Wednesday, 19th December, 2007

### First Class of 2008

We resume training again on Saturday, 5th January. Please ensure you resume training promptly.

**LICENSES DUE IMMEDIATELY:** Parvez Sultan, Qadir Marikar, Charlotte Fox, Mr Gautam, Mr Avis, Lyndsey Reynolds, Aaron Cook, Richard Baker & Ayomide Oduuniya.

**LICENSES DUE** (Please hand at the beginning of January): Mr Ahmad

**Please note:** In future, students will not be allowed to train without a valid, in date license. Please ensure all licenses are handed in well before they expire to allow them time to be processed

### TWAS THE NIGHT BEFORE CHRISTMAS

Twass the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse.  
The stockings were hung by the chimney with care,  
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,  
While visions of *Syllabus DVDs* played in their heads.  
And mamma in her 'kerchief, and I in my cap,  
Had just ironed our *doboks* for their Christmas nap.

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below,  
When, what to my wondering eyes should appear,  
But my own *breaking holder*, built just for me.

With a shiny *breaking board*, that's never been broke,  
I thought for a moment it must be a joke.  
But next to the holder, when I took a good look,  
Was my very own copy of *Mr A's book!*

"Now Dasher! now, Dancer! now, Prancer and Vixen!  
On, Comet! On, Cupid! on, on Donner and Blitzen!  
To the top of the porch! to the top of the wall!  
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky,  
So up to the house-top the coursers they flew,  
With the sleigh full of new *Pads*, and St Nicholas too.

And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around,  
Down the chimney St Nicholas came with a bound.

He was dressed in a *dobok*, from his head to his foot,  
And his *dobok* was tarnished with ashes and soot.  
A bundle of Toys he had flung on his back,  
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath.  
He had a broad face and a little round belly,  
That shook when he laughed, and pulled on his *Hoodie!*

He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself!  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,  
And filled all the stockings, then turned with a jerk.  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, 'ere he drove out of sight,  
"Happy Christmas to all, and to all a good-night!"



Adapted from the poem by  
Clement Clarke Moore (1779 - 1863)

"If "ifs" and "buts" were candy and nuts, wouldn't it be a Merry Christmas?"  
- Don Meredith

"Remember... ...This December, ....That love weighs more than gold!"  
- Josephine Dodge Daskam Bacon