

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

www.martialartsinharrow.com

em ail: instructor@raynerslanetkd.com

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tel: 07759438779

Student of the Month: **Xiong Chan**

It is rare that competing in a tournament is the catalyst for winning this award, however, Xiong entered his first tournament in November and won 4 gold medals. The medals were won in sparring, patterns, destruction and special technique and is testament to his abilities. That said, abilities are honed through hard training and no one will disagree with the fact that Xiong trains extremely hard.. The sweat left on the floor is testament to this. He has a steely-eyed steadfast quality about him when he trains and its this hard training, coupled with his own strong determination that helped with such a sweet performance at his first tournament and that is why he has won this months award. Congratulation Xiong.



Merry
Christmas

FROM

RAYNERS LANE TAEKWON DO ACADEMY

News for December was mostly covered in the November news letter, so please see that one for information concerning dates in December

First class 2009 - Monday, 5th January

We will be resuming training in 2009 on the 5th of January. Its very easy to get a 'laxed' attitude over Christmas, so all students are advised to make this class to kick start their training back into gear ASAP.