

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

www.martialartsinharrow.com

February 2007

email: instructor@raynerslanetkd.com

tel: 07759438779

Student of the Month: Milad Hamed

Milad has been training at the Academy a short while now and rarely misses a class. Though this is good example to his fellow students, more so is the fact that when he trains he puts in a lot of effort and rarely if ever fools around (well if he does, he has fun at the correct time and not when he is suppose to be learning). I would like to see him have a go at the tournament in March as I feel he could do well which would be a great way to show how well his training is going (so I hope his parents are listening!!). Well done Milad.



March Grading

The first grading of the year will be held on 18th March (this is TBC in next months news letter). All students are reminded that in order to grade you need the correct amount of credits (50 for junior grades, 100 for senior grades) or you will have to wait until next time Im afraid! Mandatory equipment requirements will be in full effect following this grading. You can check your credits with Mr Anslow nearer the time and have the option of attending extra classes or taking some personal training to ensure your credits reach their targets!

Mandatory Equipment

Its great to see that many students are already ensuring they are following these new requirements. Please see last months news letter for more details so you are not left behind. Please see Mr Anslow to order any equipment.

South East Opens Tournament

This competition is on the Sunday, 11th March in St Albans (half hour away) and I am hoping for a lot of entries from our Academy this time around. In particular, many more junior entries as they are on first and you can get away around lunch time if you dont want to stay (older students dont even have to be there until 12! All students competing need the correct safety equipment of hand & foot pads, head guards and groin boxes for males.

All students over 8 years old have 3 divisions they can enter (under 8's have 2 and older students have 4 or 5 divisions available), and the entry fee is £15. Entry forms have been emailed around already, but please ask Mr Anslow for one if you dont have email. The deadline for entry forms being handed back to Mr Anslow is Saturday, 17th February - do not leave it until the last minute & please ensure all details are fully filled in.

Boat Trip Meeting

Following class on Monday 12th Mar, we will be holding

a meeting for all those going on the boat trip to decide on the finer details. If you are going on the trip, it is important you attend. If you do not, please do not complain about any decisions made in your absence!

There are two booklets going around please ensure you have viewed them by the meeting date! Those that need to book time off need from the 23rd March until the 26th March.

Supastar Dev

Did you see Dev on E4's new series "Skins".. I am pleased to say we now have a star training at the Academy! Many congratulations to Dev for landing this part and lets hope he doesn't forget us all on his way to Hollywood.. though watch that potty mouth Anwar!



National Training Day

I have been asked to teach at what the LTSI is billing as a 'National Training Day'. It is taking place on Sunday, 29th April and runs for 6 hours (10am until 4pm). All students of the Academy are invited to attend and I think it will be a very interesting and beneficial day. The first four hours are taken up in small groups training for short periods with different instructors, followed by an optional patterns seminar with Master Sahota, 8th degree of the ITF.

It is suppose to be a once yearly event with an expected attendance of over 100 students! I will be teaching attendees pattern applications, whilst other instructors will cover the different areas of taekwon-do, specific to certain grades. Please mark this date in your diary. Ideally id like as many to attend as possible, and hope especially that all senior grades will attend (including the Academy youngsters) as well as many of our junior grades as I think everyone that attends will gain a lot from it.

Tuesday Class

The new Tuesday class taking place in Cedars is running and despite a hiccup, the first class was supported by a few students, though the following class only had 1.. which I was sad to hear about! I would like to see more supporting this class, especially in its initial stages, and to help the classes are free for all Silver & Gold level students until March. A new class always takes a while to build up a pace so a small attendance is usual and will be for a while.

The most disappointing aspect was that only 1 bronze level student has taken advantage of the new class so far! It is an ideal opportunity to take your (or your childs) training up to the

recommended amount of at least twice a week, this in turns allows you to grade sooner and absorb a lot more information, as well as increasing your fitness and skill levels considerably, as well as doubling your weekly credits! The class runs at Cedars, from 7 til 9pm every Tuesday.

Personal Training

As a reminder, Personal Training is now available to all students that wish to utilize this benefit. The costs are very cheap compared to other schools and will benefit anyone who wants some personal instruction in any area relating to Taekwon-do. Parents should seriously consider using this facility for their children, especially coming up to gradings! Personal Training is presently available on Monday evenings (6pm) and Saturday mornings (10am). See the October letter for further details & costs.

Missed News Letters

If you miss a News Letter one month for whatever reason, please contact Mr Anslow and he can send you one. it is important that all students and parents are kept informed of everything that is happening in the Academy and the News letters are the way we do this. Of course, if we have your email address, it is emailed through as well and is also downloadable from the web site.

Email Addys

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!

License Renewals

From last months News Letter:

Ayomide Oduniya, Ladi Oshunniyi, James Barker, Dev Patel, Omid Sekanderzada – please get them sorted ASAP

New: Ben Clarke, Toby Calnan, Marek Handzel, Masoud Hamed, Milad Hamed & Joshua McCormack. Please hand in by the end of Feb!

Reciprocal Returns

By Geoff Thompson

The lad that was visiting my master class was young, maybe twenty two, and very fit and he knew his way around the mat as far as the ground work was concerned, but, he was getting tapped out again and again by a succession of my instructors. Not only was he getting tapped out, he was completely out of his depth. I could tell by his face (dispirited) his gait (shoulders hunched, defeated walk) and his eyes (they hit the ground like dropped marbles) that he'd expected a little more of himself.

He knew (he later confided) that my class was tough and that the fighters were top drawer, but he thought he might at least be able

to hold his own. After the session he asked me where he had gone wrong. To be frank I wasn't sure. I watched him fight three or four times and all I could see was that he was out gunned by better players than himself. But I couldn't quite put my finger on why there was such a disparity between his ability to scrimmage and that of my people.

I was confused so I decided to do a bit of probing: 'How often do you train?' I asked, hoping that his training routine my shed some light on the issue. 'Oh,' he replied (a little too keenly) 'I train twice a week. Without fail.'

I remember thinking twice a week! Without fail!

I smiled. 'Well that's your problem.' I told him, 'You are training twice a week, these guys are training twice a day. By Monday night they've already done your week's quota of training.'

My visiting martial artist was making the same mistake as many. He was training recreationally and expecting professional results. This is a bit like planting cabbage in your garden and expecting Roses in the summer. And this problem does not just confine its self in the martial arts, I see the same attitude in all walks of life. Fair weather golfers who get their clubs out every summer and then wonder why their handicap remains a handicap. Footballers who train on a Wednesday and play on a Sunday but dream of kicking a premiership ball in front of 50,000 screaming fans on a Saturday afternoon. Painters who imagine that three hours at the easel is going to turn them into the next David Hockney. The writing world (similarly) is full of part time hacks that throw out a weekend script and then bitch because Hollywood does not recognise their genius.

This (I have found) is a universe that gives out what it gets in. The returns are entirely reciprocal. This is good news and bad. Good because it means that anyone who invests their time diligently can expect great returns, bad news because those that want to change what they are getting without changing what they are giving have a lot of stepping up to do. I am amazed actually by the amount of people I see who are treading water, banging in the minimal investment and then sitting on a laurel waiting for the flood gates of great returns to open up for them. People want gain without pain, profit without investment and reward without risk. And when it doesn't materialise they look outside of themselves for the blame.

The law of reciprocal returns is very exciting, it means that you can have anything if you are prepared to do the work and handle the pressure. But it's press statement is also very blunt: 'step up, or shut up!'



**"Live daringly, boldly, fearlessly.
Taste the relish to be found in competition -- in having put forth the best within you" - Henry J. Kaiser**

**"The difference between a successful person and others is not a lack of strength,
not a lack of knowledge, but rather a lack of will" - Jason Kidd**