

Rayners Lane Taekwon-do Academy

News Letter

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February 2008

Student of the Month: Charlotte Fox

Charlotte has won this months award for displaying one of the most important tenets of Taekwon-do, that of perseverance. Despite some extra effort preparing for the December grading, unfortunately she was unlucky and did not pass, but rather than use that as a reason to "not try" any more or worse, to quit, she doubled her efforts in preparation for a retake in January. Any failure can be disheartening, but the true failure is not trying again. Charlotte again put in even more extra effort, by attending extra classes outside her usual schedule and studying at home and in the end, with perseverance, she turned a failure into a triumph. Well done Charlotte.



and bring some food/drink for the day. Kids should be finished by noon and adults do not start until noon, so you are there for half a day only.. so please get involved! If you do not wish to compete, please come along and support, entry for spectators is £5 on the door. Competitors entry is £15 in advance.

Hae Sul and Traditional Sparring Seminar

Mr Anslow will be hosting a seminar for the White Tigers Taekwon-do Schools, in Northampton, on the 17th February. The seminar is £25 per person and is set by the White Tigers and not Mr Anslow. The seminar runs from 11 until 2.30pm and will feature mainly Boon Hae (applications from patterns) and finish off with choke sparring and traditional sparring. Due to the nature of the material, the seminar is open to teens & adults only Im afraid. Please see Mr Anslow if you are interested in going as a number of the discounted spaces are already gone.



January Grading Results

Well done to all those that took the grading in January. This was a small grading for those that couldnt make the Christmas one due to illness, commitments plus enable a few students the opportunity to regrade. Mr Guatam was in charge, with the Academy black belts the examiners, so a through grading ensued. Congratulations to all that passed. please be aware, this was a one off! The next official grading is March for those that know their stuff AND have amassed enough credits.

South East Opens

This takes place on the 9th March. Entry forms have been sent out by email and should be handed into Mr Anslow no later than 16th February (unless you don't mind paying the £10 deadline fee!). Please ensure all sections of the form are filled out correctly and double checked and TAKE NOTE of the divisions you have entered. Please ask Mr Anslow for an entry form if you do not have email! Expect around 300 to 400 competitors, so get practicing! Entry includes Patterns, Sparring, Breaking & king of the Ring events for those eligible. Ensure you have full safety equipment

LIONS TAE KWON DO SCHOOLS
V SOUTH ERST OPENS 2008

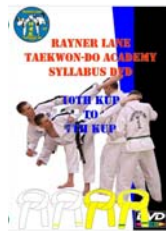
9TH MARCH 2008
MARLBOROUGH SCHOOL SPORTS COMPLEX,
WATLING STREET, ST. ALBANS, AL1 2QA
ENTRY £5 ALL COMP. TEENS - £8 (LATE 10.00) 15 OX FHL 2008 ALL DAY

FURTHER DETAILS:
E-MAIL: ts1@tdinternet.com
MOBILE: 07819 47424
TEL: 01727 822612
FOR RULES OF SPORT AND APPLICATION FORMS
WWW.UK-L.TS1.COM

DO YOU WANT TO ENTER THE LIONS DEN?
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Syllabus DVD

Well done to all those with the good sense to get a syllabus DVD. As mentioned last month, syllabus DVD now cost £15.



Taekwon-do Explosion 2008

We are looking to host this event in late May so as not to clash with other events that are happening. Dates TBC

Traditional Sparring

All seniors (4th kup and above) will require a mouth guard and grappling pads to be able to partake in Traditional Sparring (Chan T'ong Matsogi). The mouth guards are simply a safety precaution due to the nature of the sparring. Please ensure you have the right equipment ASAP



Bills

From February, students (or parents of) who have not paid their training fees or have outstanding monies owing but haven't made prior arrangements with Mr Anslow will receive a written bill as a reminder. It is the students (or parent of) responsibility to ensure everything is up to date and covered and we are having to constantly remind students/parents that things have yet to be sorted. Apart from covering training fees, monies owed for equipment etc., a bill will also be issued for standing orders that stop running. Obviously keeping track of these things is very time consuming and creating a bill creates additional work, so if you receive a bill it will have an additional £5 administration fee as part of it. To avoid getting a bill, simply ensure training fees are paid in the first week of each month (or make arrangements with Mr A if you have difficulties). Bills will be issued at approximately the second week of each month. Failure to cover your bill will mean having to lose and reset your deposit.



Licenses Due: Krishan Singhal, Vijay Sood, Omid Sekanderzada, Marek Handzel, Mohamed Asaria, Sung Wook Hong & Mr Patel

Note: Due to insurance considerations, students who allow their licenses to lapse will no longer be able to train until they are renewed and will forfeit any training fees paid for that particular month

Dates to Remember

- SE Opens - 9th March
- Grading in March TBC
- Taekwon-do Explosion - May
- Black Belt Opens - 8th June
- National training Day - 29th June (TBC)
- Invitational's - 28th September
- Last Class of 2008 - Monday 22nd December

Email Addresses

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!

Training deals not with an object,
but with the human spirit & human emotions

RAYNERS LANE

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The 5 P's: "Perfect Preparation Prevents Poor Performance"

Adversity is the first path to truth
- Lord Byron