

Rayners Lane Taekwon-do Academy

News Letter

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Welcome Back

A warm welcome back to training for all students. I hope you had a great Christmas or enjoyable holiday and may 2008 be your year!

Students of the Year

Congratulations to Sapha Simab and Mr Avis who both earned the prestigious title of "Student of the Year 2008". Full details of why they earned these awards can be found in the Christmas magazine.



print, Ben 10 & TMNT figures, Focus Pads, Best of the Best DVDs and Chocolate Boxes!



However, Mr Anslow is still in the festive spirit so please ask Mr Anslow for a Christmas magazine and a VCD, which was given out to all students as a small Christmas pressie at the last class. *While stocks last only!* Coincidentally, the full colour version of the Christmas magazine is downloadable from the website.



Student of the Month: Aaron Bennett

Aaron trained at the Academy as a youngster, but stopped like many youngsters do! However, Aaron, in his older and wiser guise made the decision to return to Taekwon-do and promptly turned up at the Academy door a good few years later. This in itself is quite hard to do! Since he resumed training he has worked hard and committed himself fully, gaining an 'A' level pass at his recent grading. However impressive all that may be, the icing on the cake was when he injured his foot recently, but still came training, despite the fact that he couldn't participate at all! He happily sat at the side, watching and hopefully picking up some training tips along the way. So for all that, Aaron wins the final award for 2007 (remember, all awards are a month behind) - well done Aaron.



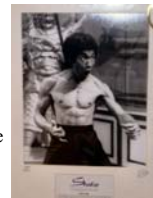
Christmas Party

Though still blurry my, the Christmas party went with a bang! Good food, good drink, good music (when Mr Sultan wasn't forwarding it to the next song) and great company made the night. Many thanks to Mr & Mrs Sood for allowing the Rayners Lane rabble to invade their home for the evening, as well as Lyndsey and Kate for helping with organisation. The only question that remains was what happened to all the 'after party tidy up'ers!!!! :-)



December Grading Results

Well done to all those that took the grading in December. It was very in-depth and all passes were well earned. For those that didn't pass, my commiserations, be sure to examine the reason why this happened so its not repeated. Unfortunately a bug going around knocked out a number of students on the day, so a small grading for those will be held within the Academy on Monday, 21st January, starting at 7pm. All those that are invited to participate have been contacted. This is a one off to cover a small gap in the December grading, thus only those involved with the previous grading will be able to take it.



Christmas Magazine and VCD

For those that missed the last class (shame on you), you also missed the Christmas Raffle where you could have won a set of samurai swords*, a cool samurai statue, a limited edition Bruce Lee

Syllabus DVD's

You may have noticed that the syllabus DVD on sale via the web site has had a price increase. This was because I had them independently reviewed and they were deemed much too cheap for what they offered. When you bear in mind that larger Taekwon-do organisations offer similar (though not as in-depth) DVDs, you can see why. For example: the BUTF offer a DVD for each kup grade (ie. You would need 10 DVDs up to black belt) and these cost £24.99 each! They only run for approx. 15 to 20 minutes and offer no hints or tips what so ever. The ILT offer similar, but theirs only feature the patterns and some basic instruction with each DVD costing £19.99! Where as the Academy ones cover everything in-depth for four levels/grades, as well as advice, hints and tips for half that price! I guess students don't



realise how good they have it as we've sold more online than to actual students - the ones the DVD's were originally made for!

However, though the web site ones have gone up, those available to students will keep their price at £10 per DVD until the end of January, then will go up to £15 (for students only) - so order now to save some money!

New Year Resolutions

I had a couple of interesting conversations with some instructors over Christmas. In one, the instructor said that he no longer allows students to train once a week! When I asked why, he said that students and parents expectations are that they will become really good at Taekwon-do, but David Beckham never became the top England player by training only once a week, nor Amir Khan a brilliant boxer training once a week, so students and/or parents expectations and wants outweigh what they are willing to give to get there! In his opinion, the students that quit more than others are those that train once a week, as they want and expect to maintain a level with other students, but simply cannot because others are training 2 or 3 times per week more than them, so they become disillusioned and quit, where as really, they simply needed to train more often. His final point with regards to children was imagine sending your son/daughter to school once a week, what would happen compared to those that go 5 times a week and how disenchanting would it be for the student. A parent would be disgusted at this concept.. so why are they so happy to accept it with anything else they would like their child to excel in! Now I'm not saying I agree with him on all points, but it does give some food for thought and perhaps is the making of a new years resolution for some students and parents!

A conversation I had with an entirely different instructor was to do with more senior grades training. He said he has instituted a minimum training level per year (or 6 months for coloured belts) and if the student fell below this level they would have to regrade their current level, before allowing to start the count towards the next level. To explain further, if a red belt took 6 months out of training, they would maintain their belt, but after gaining enough points (credits in our case) they would regrade their red belt before starting to gain points towards their next level! His comparison was that if someone had earned a degree, it is never taken away, but if you tried to get a job with it a few years later, you would be expected to update yourself and bring your skill levels back to that of when you first past the degree. No one would let a surgeon who hadn't operated for a long period perform surgery on them without getting their skills back to scratch would they!! Again, food for thought and perhaps another resolution to be made for some students!

On the Web Site

Keeping busy over the holiday period I have added a number of things to the Academy website. Student Awards pages have been updated to reflect this years winners, the PDF Hae Sul preview has been updated (for those that haven't got the book yet), we have 2 new articles in the martial arts press section already, the photos of the final class of 2007 and the Christmas party are online and recently surfaced photos from the last class of 2006 are on there, plus as mentioned already, the 2007 Christmas mag is available for download plus a few other bits & bobs - go check it out.



Deadline Fee Enforcement

This has been running for 6 months now and still parents claim they did not know about it when they are late with something, but for 2008 the deadline fee will be enforced for everyone without exception, no 'ifs' or 'buts', please get your stuff in on time or suffer the deadline fee.

License Replacements

Please note, from 2008 a lost licence book will cost £10 to replace

Hoodies

Waiting on news, but hopefully these should be in soon.



Dates to Remember

South East Opens - 9th March
Next full Grading - 19th March TBC
Black Belt Opens - 8th June TBC
Invitational's - 30th September TBC
Last Class of 2008 - Monday 22nd December (so now you can plan ahead and ensure you don't miss it)



Real excellence and humility are not incompatible one with the other, on the contrary they are twin sisters.
- Jean Baptiste Lacordaire

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.
- William Ellery Channing