

Rayners Lane Taekwon-do Academy

News Letter

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I'd like to welcome everyone back to training and of course a Happy New Year. I hope you all had a good Christmas as well. Now, back to the grind stone...



Students of the Year

Many congratulations to Jonathan and Abigail for winning the 2008 Student of the Year awards. Read all about why in the Christmas magazine. Also, the Christmas magazine is available for download should you want to pass it on to friends or family.

Student of the Month (Dec 08): Kate Barry

Kate has won this month's award due to a number of reasons. Firstly, because even with her bad knee, she regularly turns up to training and perseveres until she can't hardly stand any longer, but the willingness is still there, which is a hard pill to swallow, knowing you want to train but cannot due to bodily limitations. Secondly, for all her help with this year's Christmas magazine (Kate did all the printing), which was a huge task considering the magazine is 42 pages long and we printed just over 90 of them, which equals 3780 prints.. which I had the joy of putting together! Many congratulations to Kate for winning the final Student of the Month award for 2008.



December, whether you passed or failed (this time). Please ensure you read the detailed notes that were handed back with your licenses as failure to make the required corrections will not bode well at future gradings. Full results can be found at the web site. Due to the speed in which we got everything sorted to allow the results to be issued before the Christmas breaks some of you may have received a belt too long or too short for you, if so, please see Mr Anslow about it at your next class so he can get you one in the correct size (By 14th January please). Please get your new theory sheets from Mr Anslow ASAP.

Student of the Month (Nov 08): 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 month's award. Congratulation Xiong. *(Just in case you didn't see the Online December News Letter)*



Christmas Magazine

I trust everyone enjoyed the Christmas magazine and took any 'fun' article in the spirit they were meant.. As Christmas jests! Many thanks to all those who submitted articles for it. If you haven't had your copy yet, please ask Mr Anslow for one.

Christmas Dinner

The Christmas meal was a great success. All in all we

had 33 people turn up and feast, including Mr McCarthy and some of his black belts, which I hope showed everyone that despite his high grade, he is human as well. I hope you enjoyed it as much as I did and many thanks to everyone that supported it! Just a quick note: a couple of items on the menu were extra, above and beyond the initial standard costs. A number of people ordered these dishes but have yet to cover the extra costs which came out of my pocket at the end of the night. I know people were mostly a little tipsy during the night and either forgot or didn't realise the extra cost (though it was on the menu), but please have a think and try to remember if you had any of the following so that you can cover the extra. One person had the Duck in Black cherry sauce @ an extra £2, three people had Fillet Steak Diane @ an extra £6 each and one had T-Bone steak @ £6 extra. I will leave it up to you to sort it out as I don't know who had what.

Buddy System

As mentioned in the Christmas magazine we will be introducing the buddy system this year. Only very regular students can participate and we will slowly match a few students up to help others out in certain areas (this may simply be a bit of extra patterns work, theory or just general syllabus help). If you DO NOT wish to participate, either as a 'buddy' or by being 'buddied up' please let Mr Anslow know by the end of January.

No SOM Trophy

Until we got hit with the higher hall costs in the middle of last year we were all set to give a small trophy for each student of the month award but unfortunately that is now on the back burner until things get a little better. For now, we will only be issuing a certificate for this award, rather than handing the trophy around (which will go to a good home permanently). Hopefully this will change when viable in the future.

GTI Events

We are hoping to try some different tournaments next year (as well as our usual ones). The new ones we will be entering are hosted by the GTI (Mr Slaters organisation) and are mostly based in Worcester & Cheltenham. I hope all students will support our forays into the GTI events and we can go as a team, rather than a few individual students making the effort to attend. Some clash with our regular events but we hope to get a long to at least 1 or 2 of them by the end of the year. Please note that the GTI rules are that all gloves must have closed fingers, so all students with the older Hayashi type (or any others which expose the fingers) will need to get a



new/spare pair, which can be brought through the club for £20, with a choice of 2 types, either the black ones most students have or ones more similar to the old Hayashi type.

First Competition of the Year

The first tournament this year will be the South East Opens on 15th March in St. Albans. I hope everyone makes the effort to attend (though I don't expect this of our very young students ie. under 8's). More details to follow, but please keep this day free.

CMAA Training Holiday: Portugal

As we are members of the CMAA, all students can go to their events. A good one this year is a Training holiday in Portugal in October. For further information and costs please go to <http://www.cmauk.com:80/holiday.html>



Monday Classes

Please note that from January 2009 the age limit for Monday class will go up to 11. This is to help align the classes so all students have 3, classes available each, eventually it will return to age 13 in the next couple of years (unless there's a drop off again). However, during the Christmas period and until school resumes in 2009, Monday classes will be open to all students of all ages.

Licenses Due:

The following students should request a license renewal form (via email is good) and return to Mr Anslow (with current license book) ASAP:

Adeoluwa Tokuta
Charlotte Fox
Kai Sappleton
Mr Ahmad
Mohammad Sekanderzada
Sayed Baangi

"Somewhere, right now, your enemy is training, so when he meets you, he defeats you! What are you doing?."

"I wondered why somebody didn't do something. Then I realized, I am somebody!"