

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

www.martialartsinharrow.com

hp d b : t w x f v n C u d | q h u v o l c h n s f f r p

July 2007

who 3 : : 8 < 7 6 ; : <

Student of the Month: Dan Luo

It is rare that a white belt receives this award and equally as rare that such a young member of the Academy is awarded it, but I feel young Dan truly deserves it this month. For those that don't know, Dan is one of our youngest students at 6 years old. Just getting ready for the grading was touch and go for Dan as it's hard for such a young fella to remember all those complicated moves and Korean words. But Dan did extra sessions to accomplish this and obviously much hard work out of class as he earned the only O+ pass mark at the grading. He physical exam was excellent for a student of his age and he put many to shame with his theory by not getting one out of the eight questions asked! Many congratulations to Dan for achieving this month's award.



Grading

Congratulations to all those that passed the grading on 20th June. Full results are on the web site. Commiserations to those that didn't pass, but remember failing is not the falling down, but the not getting back up again afterwards! Following this grading there are some changes regarding regulations about grading's, so please ensure you read about them further on in this news letter. The next grading is scheduled for September; date TBC.

If you received a 'blue slip' in your license and want to discuss it, please see Mr Anslow (with the slip and your parent if you are a junior member) - this is optional, but either way, take heed of the warnings on them or ignore at your peril. I apologise for the largely illegible writing but it was late at night following the grading and I was still doing the paper work and pouring over the notes form nearly 60 marking sheets, plus my writings rubbish anyway (kids, here is a lesson for you as to what computers can do to your hand writing skills!)

Grading Regulation Changes

We have noticed over the last few grading's that many are happy to scrape by with consistent 'L' level passes. The old rule use to be that if you received two 'L' level passes at two consecutive grading's then you would have to miss the next grading in order to polish up your stuff. This rule however no longer seems to be doing what it's suppose to do (making students examine themselves and strive to improve their techniques and performance) so a change has now been instituted. From the next grading onwards any student who has received an 'L' level pass at the last grading must attain an 'O' level pass or higher at the next grading or will automatically fail. To be fair to all, their last grading pass mark will not be checked until the end of the grading after all examiners have marked them (as you are marked on your performance on the day), so if you passed on an 'L', then your license is checked and you received an 'L' last grading you will not be passed, so if you previously passed at 'L' level, please ensure you do not enter into a grading unless you are confident of doing better than previously.

Juniors Theory

As examiners, it is very hard to fail a student on poor theory alone. However, the examiners soft spots may have contributed to a number of 'L' passes, where despite poor theory, students have received a lower mark instead of actually failing due to poor theory. However, at the recent grading, 6 year old Dan Luo showed us all we were being way to soft when he passed with an 'O+'. Not only was his technical stuff good for a child of his age, he also answered virtually all his theory questions! And this is not the first time this has happened with some very young students, so leaves the question; if he and they can at aged 6, why cant a 9, 10 or even 12 year old? Theory is part & parcel of Taekwon-do, so its time to re-enforce the ruling we've always had. All students are asked 8 theory questions (as well as your full pattern meaning which YOU MUST know), which includes some questions from previous levels, as a minimum, students must get at least 50% correct, the old standard was that if you didn't you would fail and so we will start enforcing this rule once more. So all students and parents are warned... *learn your theory well or risk failing!*

Its All About Standards

Rayners Lane has always maintained a high standard due to the training we do and the rules, like those above, that we enforce. I do not want standards to slip and do not want students to start feeling that they maybe passed when they shouldn't have. These rules will be enforced at every grading from now on, so please take note. Do not enter into grading's in the hope of passing, be sure you know your stuff to a good standard and do not let yourself slip because you haven't practiced your theory (current & previous levels) - parents, this is your job - ensure they know their theory 100% as failing a grading leaves a young student often unable to comprehend that they failed on theory alone when their physical stuff was okay! This in turn makes them want to quit! We don't want students to quit and I'm sure you don't want your son or daughter to quit, so get to work and don't leave this part of the grading to chance! This is an effort to ensure we keep the high standards of the Academy not to penalize students, as when is all said and done we *do not rise to the level of our expectations but fall to the level of our training*; these rules ensures you train and study hard and are rewarded when you step up to the next level as you know it is hard earned!

Adults Class: A reminder

From July all students aged 13 and over should now be training in the Adult classes (Available both Mondays & Wednesdays). A couple have already changed over during the June change over month and the rest now must now do so as well.

Pinner Saturday Class: A reminder

As (another) reminder - following this news letter (ie. from July) Saturday classes are now run from St. Lukes hall in Love Lane, Pinner. Please refer to last months news letter for full address details.

Taekwon-do Explosion

The event was a great success. Congratulations to everyone

that won medals and commiserations to those that didn't! Sometimes that's just the way it goes, other times it can be a wake up call - you decide! Either way a full report, video and hundreds of photographs are available on the web site. A full DVD (2.5 hours) of the event is also available via Mr Anslow @ only £5 and its a cracker for those that weren't there!

Many thanks to all those that supported the event: Charlottes mum and dad; Ryan & Liams mum; Anjeli, Avinash & Vikrams dad, Devs Mum, Dad, Auntie and cousin; Kate; Lyndsey; Marek; Vijay; Jose; Mr Sultan; Mr Avis; Mr Patel and anyone I may have accidentally missed - **many many thanks** to you all for your help and support.

Exams Are Over

The exams are over and I am expecting all those with recent infrequent attendance to

make an *enormous* effort to get back on track by attending as many lessons as possible.



Boon Hae

Over the course of the next few months I aim to cover Boon Hae (Applications to pattern techniques) at almost every (adults) class, with a few for our younger members and the mixed classes on Saturdays. The study of Boon Hae will greatly improve your understanding and practicality of Taekwon-do, so miss these classes at your peril. Most applications will be taken directly from the book, written by Mr Anslow. There are only a few 'in stock' copies left, so if you want one you need to get one now or order off of Amazon.



London Open

The competition will be held on Sunday 15th July 2007 at Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP. If you wish to enter, please visit www.londonopen.com and enter online (if you cant enter online please see Mr Anslow) - put your club down as "Rayners Lane TKD". Mr Avis will be taking charge of the Rayners Lane crew for this event, assisted by Lyndsey. Please let Mr Anslow know if you have entered. They have taken our lead and are offering a free T-Shirt to everyone that enters!

The Canadian Skins Experience

Both Mr Gautam and Mr Sultan are off to Canada (different parts), so you will not see them for a while. And Mr Patel will regularly be filming "Skins" series 2 so will be in and out of lessons whilst filming takes place, so myself and Mr Avis are left to be your task masters and the seniors grades to kick your butt when required :@



Deadline Fee

As you know, when we list things like competitions, grading's, courses, license renewals etc in the news letters, we also list a deadline date. This 'deadline' is ignored pretty often and being the softy that I am, I almost always allow students to still enter into these things, despite being past the deadline and often involving

extra work for me. For example, following the expiry of the deadline for Taekwon-do Explosion we had 14 entries, after the deadline came a further 16 entries! There are often quite a few late entries for grading's etc. Occasionally I've had parents dropping their child's license off at my house a few days before the grading (this has happened a number of times and I'm not referring to a single parent here btw). This is all due to change with the implementation of a deadline fee. This simply means that if you miss the deadline, providing I can still get the work done (i.e. its not the day right before a grading or the night before a tournament) then you can still enter, but will be charged an extra £10 on top of what the standard fee is! An instructor at the tournament said that since he introduced this system, everyone adheres to the deadlines he sets, so lets see if the same happens at the Academy!

Self Protection Course

We have not done one for a while at the Academy although both myself and Mr Gautam have been running them for local groups recently, so I feel that students of the Academy are in need of one (or a refresher for those that have done them already). So we will be running a Self Protection course on the last 2 Mondays in July (23rd & 30th). This course is free to all students that train Mondays nights and the standard £5 session fee for those that dont. The course is also open to direct family members (mum, dad, brother, sister) aged 13 and over for £10 for both sessions and wider family members, friends and non-Academy members for £20 for both sessions (Payable at the first session). Each session will be 2 hours and cover the basic Self Protection Course (Adrenaline control, line-ups, pre-emptive strikes, fence work etc etc - see www.harrowsmartialarts.com for more details about the courses).



All attendees should wear normal (but sensible) street clothes (ie. no doboks) and trainers. If you do not train on Mondays (or have family coming down for the course), please let Mr Anslow know ASAP that you/others are attending. This is an important course, that could save your life one day and all students aged 13 & above should make every effort to attend, even if its not their regular training day! Though this course isnt open to junior students, it is open to their older siblings and parents who are welcome and encouraged to attend.

UK-TKE Eye

Following IAOMAS (see www.iaomas.com) and publishing his Taekwon-do Applications Manual has made Mr Anslow become known as one of the UKs most innovative and pioneering instructors pushing Taekwon-do ever forward. This has not gone unnoticed as he has now been asked to help with a new UK Taekwon-do innovation known as UK-TKD Eye, which aims to break down the barriers that many organisations and Taekwon-do schools have and create a unified UK Taekwon-do scene within the UK, efforts which he fully supports. More information can be found at www.uk-tkdeye.com



Licenses Due: Eduardo de Figueiredo (by 14th July)

Next month we look for to a visit from an IAOMAS instructor from across the Atlantic! And "Kick It" returns

"Commit yourself to quality from day one ... it's better to do nothing at all than to do something badly."

Mark H. McCormack

"Unfaithfulness in the keeping of an appointment is an act of clear dishonesty. You may as well borrow a person's money as his time."

Horace Mann