

# Rayners Lane Taekwon-do Academy

## News Letter

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### Student of the Month: Milad Hamed

Milad impressed me recently when I asked him to show a newly graded student their new pattern for a few minutes. Not only did he do a great job, but he did all the formalities correctly (even though this wasn't asked of him), which shows he pays attention to what goes on with instructorship ways of doing things in normal classes. For this, and the way he taught that day he is to be commended and earns this Student of the Month award... well done Milad.



### Under One Sky

Many thanks to all those that participated & helped out at the Under One Sky event. Not sure what the feedback will be but it was an enjoyable day for everyone that came along. Keep an eye on the local papers for reports and if you didn't make it.. You missed a fun day and the bouncy beach volley ball games we had! :-)

### National Training Day

Unfortunately this event clashed with the U1Sky event so I wasn't able to attend, nor could Mr Gautum (Mr Avis was on Holiday and Ms Reynolds had her mums birthday to deal with), so

### Saturday 9th August

We are unable to use our usual location in Pinner on the above date due to some decorating going on that week. Instead, the class will be run at Mr Gautams Academy in Northwood at the usual time of 11 til 1pm. The address is: **LA Fitness Northwood (Dragons), Chestnut Avenue, Northwood, Middlesex, HA6 1HR.** Not too sure about buses but its about a 10 minute walk from North-

### Master Willy Lim Seminar

Despite this being advertised for a number of months we have had very few entries from our own students. To be able to train under a Pioneer of Taekwon-do is a rare thing in itself, but to be able to do it at your own school is rarer still and I would be very disappointed if eligible students (those over 10) miss this opportunity. The early bird entry fees of £20 are valid until the end of July, after which they go up, so ensure you observe the deadline!



it was left to Marek, Richard and Andrew to fly the flag! By all accounts it was long, hard, but great day training, featuring Taekwon-do & Jiu-jitsu. Hopefully next year will see a few others attend, though I am running out of breath repeating that!

### Camping

A reminder for all those going camping to please see Kate with regards to getting a list of stuff to bring, travel and tent arrangements. The actual dates are Friday 25th July until Sunday 27th July. Please be at class on Wednesday the 23rd July for a final meeting regarding this event. **Note: Saturdays class will still be running and Mr Ahmad will be instructing.**



### Summer Slam

Well done to everyone who entered the Summer Slam Tournament. It was a well run event and very enjoyable to watch. Most students came away with a trophy and we will shortly have a DVD available of the event, including some rather groovy photos. The demo squad won 1st place out of about 6 teams with the excellent "Self Defence Skit" (viewable via the web site) and many others did well in their respective categories. The DVD will take some time to do, but I think everyone is on there so if you want one, please order in advance @ £10 each.

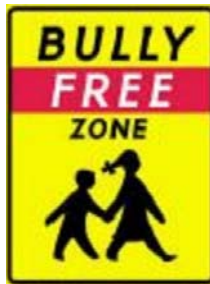


### June Grading

Well done to everyone who graded in June. The full results are on the web site. It was a tough night, especially for the two senior grades who were put through their paces pretty thoroughly. I was surprised hardly any stayed to watch the senior grades, though it was on late for youngsters... But still! Please note the changes to future gradings over the page.

### Kids Behaviour

I am becoming increasing concerned with the behaviour of some of our younger students. There seems to be a increase in pettiness, name calling and other silly activities, which



are perhaps brought into the dojang via the school play ground. However, we are not a school playground but a martial arts Academy and students, no matter what age, are expected to act as young martial artists!

From now on, for what may seem minor matters (name calling, fun taking etc.) we will be following a Zero-Tolerance policy, where by each situation will result in a strike against the students name and 3 strikes will mean they will not be allowed to train for 2 weeks. The 2nd time a student gets 3 strikes they wont be allowed to train for another period of time & demoted of rank, possibly permanently (meaning they may have to retest at a later stage).. this is to drum the message home. If a student is silly enough after this to get another 3 strikes, they will be banned from the club and asked to leave forever! For more serious matters we may just skip to the last part! These apply to before class, during class and after class.. as all students represent the Academy at all times!

Also, I have requested at the last few childrens classes that when our young students arrive in the dojang, following getting changed, if we are yet to start up the class then they practice their Taekwon-do (patterns, basics, step-sparring etc. but no free-sparring) in stead of running around having races up and down the hall, shouting, playing football or playing "it" (had!). Of late is has got louder and louder, with students running around like headless chickens, oblivious to other students, often running into other students and parents as they are so absorbed in the games, some even forget to take their own socks off to play and thus are not even ready when we come to line up. So please.. this all stops now and failure to adhere to this will earn them a strike - so please explain that to them!

As you can see, I am very serious about this, as a few silly people sets a precedent for others and then it has a knock on effect thats hard to control and get back out of, further more, it takes the fun out of training for others. With any or all the above concerning strikes and enforced time out of training, no refunds will be issued and I strongly advise all parents to talk to their children about this and tell them to behave correctly! Everyone will however start with a clean slate!

### Professional Photographer In Class

On Wednesday, the 23rd of July we will be having a professional photographer come to the class to capture images of the students in a photo session. This will take place whilst classes are on and if you like the shots you will be able to purchase them on the night. The photographers name is Dan Ferrari and his website is [www.gr8pix.com](http://www.gr8pix.com). The photos will be professionally shot and a 5"x7" photo, in a mount can be printed and purchased on the night for £5, with an offer of buy 2 get 1 free. Larger prints and further orders will be available via his website (in a password controlled section for security) but will entail postage and packing costs also.

We hope to get all the junior students and many of the adult students photographed and you are welcome to stay why its done. Furthermore, there is no commitment to buy any of the photos and as we feel it will be fun for our younger students we hope you allow them to have their shots done as we dont want any feeling they have missed out,



so if you do not want you son or daughter photographed, please let me know before this date (in writing or via email).

This is a common practice in the USA, so parents and student have momento's to keep for the future, of their martial arts early years.. we hope you enjoy the experience and get some great photos out of it. Everyone should think of a few of their favourite poses!

### Grading detail changes

As mentioned in class, the following rules come into effect for all gradings from now on:

#### 1. All students will be required to break within 3 attempts

no matter what grade. If a student does not break with the required technique within 3 attempts they will fail the whole grading and have to resist it next time. Previously this applied to 6th kups and above, with 8th & 7th Kup carrying breaks through to the next grading.. but now they are included in the "3 attempts rule" as well. To clarify: all grades from 8th kup onwards are required to break with their required technique within 3 attempts and failure to do so will mean a failed grading.

**Note: This is the same as forgetting your patterns 3 times etc. Adults over 16 will break on the black board, juniors on appropriate boards for their age/size. Over 12s must wear martial art shoes or very thinly soled trainers (approved by Mr Anslow prior to any grading). Any breaks made on the 3rd attempt will be asked to be done again, but not necessarily at the next grading (though that is likely).**

2. In order to ensure fairness, there will be **no more "executive decisions"** to give a final 4th attempt to break at any kup gradings. These were occasionally given when a student had performed very well in the rest of their grading.. however, we have considered the implementation of the above (No.1) and the effect this may have on such decisions, so have technically banned them altogether. So break in 3 or a failure will ensue.

3. **4th kups and above will be required to spar with pads on** at all gradings from this level upwards. Please ensure you bring you pads to all gradings and put on your groin boxes (males) prior to starting the grading.

4. **Yellow and Green belt grades may be required to do padded sparring on occasion;** 1 Vs 1 and 2 Vs 1 (as part of the two), so should also bring their pads to all gradings from now on.

### Parents - please explain the above to our younger members

### September Grading Date

To help everyone in arranging their schedules, barring any unforeseen circumstances, the September grading will most likely be held on Wednesday, 17th of September. If we have large numbers, lower grades will grade at Mr Gautums Northwood dojang on the Tuesday (16th). More details in the August News Letter.

### Licenses Due soon:

Haajira Mohamed & Krishan Tank

"Act the way you'd like to be and soon you'll be the way you act."  
- George W. Crane

"No scoundrel is so stupid as to not find a reason for his vile conduct."  
- Korner