

Rayners Lane Taekwon-do Academy

News Letter

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Student of the Month: Dave Harris



Dave wins this month's award because, ever since he first joined us, he has worked consistently hard, never tiring of practicing the basics in preparation to grade, where as others, in the past, have got bored with such repetition. However, as they say, 'repetition is the mother of technique' which is why Dave's techniques are coming along so well. Dave's a nice guy, liked by all and is starting to get involved in Academy activities such as the recent IAOMAS seminar and as long as he stays the course (which I hope he will), he will prove himself an asset to the Academy. Well done Dave.

LSI Training Day

Sunday, 7th June sees the LSI's National Training Day taking place. Previous years events have been excellent and this year's event looks to be no exception. The day is open to all students, of all ages and grades and runs for around 6 hours. The first part split into small groups of equal grade, who train with expert level instructors in 20 minute slots, before rotating round (there are six slots). Each instructor covers various facets of Taekwon-do such as step-sparring, pad work, sparring drills, breaking etc. After this section, there is a 2 hour session with ITF's Master Harry VII and the day will end with another 2 hour session with Mr Nick Gardener, an ITF -C World Champion, covering competition sparring. All this for £15 means if you can make it, then you should!

Cadet Leaders

I am pleased to report that the following students have completed and passed the Cadet Leader course: Abhijay Sood, Abigail Maunders, Luke Fox & Lauren Fox - congratulations to you all. Your certificates and badges will be presented as soon as possible.

Totally TKD Issue 4

Another fantastic issue of the free online Tae Kwon Do magazine is out. Visit www.totallytkd.com to download your free issue now!



Friday, 12th June - No Class

All parents and students of the Friday classes please note, that on the above date there will be no class at Roxeth Manor school. It's a one off and classes return as normal the following Friday.

Licenses Due:

Oliver Roberts*, Mustafa Maxamad*, Abdigani Diriye*, Mohammed Ibrahim* & Ryan Berry.
*=Urgent!

June Grading

Wednesday, 17th of June is the date of the June grading. Please hand licenses & grading fees in by 10th June, after which the deadline fee will apply. As usual, ensure you are well versed on your terminology and competent on the practical areas of your current level and below. Grading credits will be checked once licenses have been handed in, as well as your actual practical levels, and anyone under par will have their licenses & fees returned and have to wait until September I'm afraid.

Anniversary Party

The day is getting closer and closer and though we have a lot of people confirm they are coming along, many have not paid their money yet, so I am forced to put a deadline of the 10th June on them, after which they will double, as we need to know how many to cater for.



Please could those helping with the catering (Umars mum, Devs mum, Nikita's mum and Abhijays mum) please come to the Academy on Wednesday, 10th June at the start of the kids class, so we can discuss whose doing what etc.

For those coming on the 20th, please get there around 6pm, so we can kick off the night promptly. If you haven't voted on the awards yet (see your emails) please do so as we will close them shortly and compile the results.

IAOMAS Seminar

Sunday 24th of May saw the 2009 IAOMAS seminar take place down a local park in Pinner. Free for participants, it ran from 11am

until just before 5am and featured instruction in Hapkido, Sombu, Pressure Points, Okinawan Karate and of course Taekwon-do, with instructors from the USA, Denmark and the UK. Despite the blazing hot weather we trained around a beautiful weeping willow utilizing and enjoying its shade when needed. At the end, many of the instructor and participants ended up down a local pub for dinner and a well deserved beer. Well done for to those that attended from the Academy (Mr Avis, Ms Reynolds, Mr Punj, Kate Barry, Jonathan Choi, David Harris, Andrew Elliott and of course our youngsters; Elias, Matthieu and Christophe. If you didn't attend, you truly missed a great event! Here's a few photo's from the day.



"Celebrate your success and stand strong when adversity hits,
for when the storm clouds come in, the eagles soar while the small birds take cover."

"Don't be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again,
after moments or lifetimes, is certain for those who are friends." - Richard Bach