

Rayners Lane Taekwon-do Academy

News Letter

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March 2007

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Student of the Month: Marek Handzel

We have a pretty high standard in the Academy, so it is rare to see someone do something that stands out clearly from the crowd (a crowd full of high standards I may add) and it is for this reason that Marek has won this months award. Marek always trains hard and of late his hard training is clear to see, I have noticed excellent techniques, with precision timing coming out over and over again consistently, a clear indication of dedication equaling progress. That coupled with his super funny role playing the "bad" competitor whilst doing some refereeing training means this month... Marek's the man! Congratulations.



Please note:

- Monday 26th March will be open to all students
- Wednesday 28th March is open to all students, but remember to come to the right classes ie. Children or adults class
- Saturday 31st March is again open to all students. The time of this class will be confirmed ASAP as this is likely to be a shorter class than usual.

Please try and attend an extra class on this week in case of any disruptions. Ms Huth, did you read this? If so, let me know!

South East Opens

I am pleased to say we have had our biggest turnout for a tournament ever! We have 28 entries into this event, with a number of students coming along to support as well. Lots of students are entering a tournament for the first time, as well as many of our younger students having a go.

Please make your own way up there (or arrange travel plans with others in small groups) and try to be on time. The event starts at 9am for those under 13 and you should ensure you are there on time so as not to miss any divisions. Black belts need to be there at 9am as well. Older students should ensure they arrive by midday or earlier (advisable for seating) to support our juniors and get into the whole event.

The event is on Sunday, 11th March and takes place at Marlborough School Sports Complex, Watling Street, St. Albans, AL1 2QP. Did you read this Mr Chagpar? If so, let me know!

Boat Trip Meeting

A mistake in last months news letter (that very few noticed btw) said this meeting was on on Monday 12th Feb, when it should have been Monday, 12th March. This meeting is to decide on the finer details of the trip and it is important (If you are going on the trip) that you attend. If you do not, please do not complain about any decisions made in your absence! There are two booklets going around (and emailed around as well) - please ensure you have viewed them by the meeting date! Did you read this David (Lane)? If so, let me know!

March Grading

The next grading date has been confirmed for Saturday 17th March. It will start at 10.30am, with all grades needing to be there, changed and ready. As usual, ensure you know both your practical and theory in-depth. The grading fee is £25 and should be handed in with your licence by Wednesday, 17th March. You will of course require the correct amount of credits in order to grade, as well as being verified by either myself or one of the senior grades. Expect small tests to start taking place within classes to assess your readiness! Did you read this Mr & Mrs Tank? If so, let me know!

"Credits" where its due!

As you know we have been running the credit system for a while now. It replaced the old 'minimum training days' system and was put into place to be more flexible than the other system. As you know as well (if you have been reading the news letters), a student requires 50 credits to grade at junior levels (100 at senior coloured belt levels) and that credits are earned 2 at a time for simply attending class. Late students lose a credit, so continuous late attendance will of course affect your eligibility to grade. However, what you may not know is that there are ways to earn extra credits as well. For example, every student that attended their very first scheduled lesson of the year earned double credits. Students can also earn extra credits for effort in class (ie. putting in 110%) as well as supporting Academy events. Younger students are also able to earn extra credits for training really hard throughout the whole lesson. Of course, if you can gain extra credits, it is fair for you to lose credits, so students may lose credits for being lazy in class or mucking around. Students will also lose credits for long absence periods. I think that's fair, don't you! In summary.. be on time, train hard and do not fool about to get where you want to go faster OR be late, be lazy and play the funny guy to get there much slower if at all! Did you read that Lyndsey? If so, let me know!

Equipment

Its good see so many students getting up to date with the mandatory equipment requirements. Following the March grading, all mandatory requirements will become erm, mandatory and students will not be able to grade unless they have adhered to them.

With regards to the requirement of Martial Arts shoes for 12 to 15 year olds, this does not mean trainers cannot be used, but they must have very thin soles (which many modern trainers do not have) and be verified by Mr Anslow first. Another option is plimsolls which many own already, but again these need to be verified first as again, they must have thin soles. However, martial arts shoes are always a good idea for students, I always have a pair in my bag as they are useful to have, this is even more so for younger students.

The grappling gloves that seniors can be seen wearing can also be brought by everyone. They are mandatory for 4th kup and above and optional for all other grades in the adult classes, so if you want a pair please feel free to order them. Did you read this Mr Ahmad? If so, let me know!

Free Class Cards

Last year I gave out almost 800+ business size cards for students to pass around friends, family or anyone else to help encourage new members and help you get your fee's capped. So far I have only ever seen 2 returned! I suspect many parents have them in a little pile in their house or wallet and strongly urge either handing these out or handing them back to Mr Anslow so we can utilize them properly. For anyone that hasn't got any, please ask Mr



Anslow for some, as these are to assist in helping you bring in a new student and thus also capping your fees.

National Training Day

This day has been changed to Sunday, 22nd April. As a reminder its a training day that runs for 6 hours (10am until 4pm). All students of the Academy are invited to attend by Mr Snow (LTSI Chief Instructor) and I urge all students to attend as I think it will be a very interesting and beneficial day. The format has also changed slightly, with the first 2 hours being taken in small groups, training for short periods with different instructors, then I will be running a 2 hour patterns application seminar (by request of the LTSI).. all this will be followed by a patterns seminar with Master Sahota, 8th degree of the ITF. This once a year event is expected to be attended by over 100 students - please try to be one of them!

Ideally I'd like as many to attend as possible, and hope especially that all senior grades will attend (including the Academy youngsters) as well as many of our junior grades as I think everyone that attends will gain a lot from it. Did you read this Mr Sultan? If so, let me know!

Lateness

We have been running in this hall a while now, so the late cards will come into effect again. All late students should check the door or the equipment room to see what late exercises they have to do and how many (juniors can do half), before bowing into the instructor and forming up at the back. Parents remember, your children will be getting the punishments when it is probably your fault they are late! Did you read this Mr Maxamad? If so, let me know!

Tuesday Class

This class is now on hold! I have been trying to ascertain whether this was wanted or not by current students of the Academy, but despite issuing 60+ letters asking for your opinion, only 9 were sent back, which is hardly an overall representation of the Academies students!

Taekwon-do Explosion 2007

Coming on the 10th June! Be there!

Overpaid Money

As you know we do not have a till at the Academy so its always a good idea to bring the correct money in. In future, unless we have change available, any overpayments will go on the "in lieu" list, meaning we will not bring the difference into following classes, but rather take it off next time you need to pay for something, as this stops a lot of mucking around. Did you read that Taz? If so, let me know!

Email Addys

If you do not receive emails from the Academy, but have an email address, please pass it on, as you are missing out on being contactable with up to the minute information! Did you read this Priya? If so, let me know!

"Not in rewards, but in the strength to strive, the blessing lies." - J. T. Towbridge

"No person was ever honoured for what he received. Honour has been the reward for what he gave." - Calvin Coolidge