

# Rayners Lane Taekwon-do Academy News Letter

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## Student of the Month: Jonathan Choi

This months award goes to Jonathan simply because he is enthusiastic, trains hard, trains consistently and rarely misses a class. What more can I say except well done Dunny!



## South East Opens

The address for this competition is: Marlborough School Sports Complex, Watling Street, St. Albans, Herts. AL1 2QA.



Its on Sunday 9th of March and students 12 and under start at 9am, with 13's and over starting at 12pm - if you are late you risk missing some of your divisions.

Please ensure you bring all your pads (hand/foot/head guard & groin guard for males), dobok, belt, some food/drink.

Young students must have a parent of guardian as we are not responsible for any students during the day.

Get into your doboks as soon as you arrive so you are ready to start. If you have any questions, please ask whomever is in charge of the ring you are on. Finally, ensure you know what divisions you have entered and listen out for them - there will be a lot going on that day.

## March Grading

The March grading will take place on Wednesday, 26th March. Deadline for licenses etc. is 16th March. Ineligible students who either aren't ready or do not have enough credits will have their licenses returned. Please ensure you know all your theory and your grade and previous related physical components to a good standard or risk failure.

## Black Belt Grading

March will see a black belt grading taking place. After many years of hard work Lyndsey has committed to taking this grading, so Im sure everyone will join with me in wishing her the best of luck. Dan gradings are closed (ie. no viewing) so I'm afraid you cannot watch.



## Boon Hae Seminar

Well done to Mr Avis, Lyndsey & Phil for attending the recent Boon Hae (applications) and Traditional Sparring seminar hosted in Northampton recently.

The seminar was attended by all the White Tiger Taekwon-do clubs, as well as 3 or 4 others schools. It featured various applications from Saju-Jirugi, Chon-ji, Dan-Gun, Do-San, Won-Hyo, Yul-Gok, Joong-Gun and Toi-Gye. Everyone trained hard, only stopping for a half hour break for lunch. Before long it was 4pm and the seminar concluded with Mr Anslow giving an introduction to Traditional Sparring, then everyone getting involved in a few rounds.



"I had a great time at the seminar (learnt a lot) and hope u can do another 1 in the near future" - Andrew Boddington, White Tigers TKD 1st degree.

A full report, photos and video of the event can be found on the web site. A DVD is available of the event for those that missed it and is £15 if ordered by the end of March.



## Refereeing Course

Both Mr Avis and Lyndsey both recently attended a refereeing course hosted by Mr Snow, 5th dan, in order to brush up or learn the art of judging and refereeing. Both felt it was a worth while course and we advise senior grades to attend future ones. Many thanks to Mr. Snow for hosting and conducting the course.



## Taekwon-do Explosion 2008

Due to the many things we have going on, we are now considering hosting this later in the year, either in August, September or October.

## Reminder 1

As a reminder, 4th Kups & above, in the adults class require both grappling gloves and mouth guards - please get them sorted immediately.

## Reminder 2

Regarding student insurance, all students should ensure they have handed their insurance in for renewal at least 2 weeks before it expires, so as not to have a gap. Those that do not hand them in, in good time, will not be allowed to do sparring, destruction or any other elements that carry a higher risk of injury.

## Reminder 3

The Monday night class is an Adults & teens class that allows younger students aged 10 and above to train along side and those that muck about in this class will be excluded. I have put this in the news letter as I have had to warn a couple of our younger students that they risk exclusion from this class and though I wont mention any names, as they know who they are, they should consider this very carefully as I'm sure your parents will not be to happy to hear you are no longer allowed to train on Mondays! You have been warned!

## Reminder 4

Bills have been issued to a few students, though a little later than stated in last months news letter. Please ensure you read up about them in the Feb '08 news letter so that you can avoid them.

**Licenses Overdue:** Omid Sekanderzada, Mohamed Asaria & Sung Wook Hong

**Licenses Due soon:** Josh McCormack, Zuhayr Chaggar, Mustafa Maxxamad, Amrit Lohia, Ji Oh Hong & Katie Mcleod. - Please hand them in by the end of March

**Note:** Due to insurance considerations, students who allow their licenses to lapse will no longer be able to train fully until they are renewed and will forfeit any training fees paid for that particular month

## Dates to Remember

- SE Opens - 9th March
- Grading - 26th March
- Grading deadline - 16th March
- Taekwon-do Explosion - TBC
- Black Belt Opens - 8th June
- National training Day - 29th June (TBC)
- Invitationals - 28th September
- Last Class of 2008 - Monday 22nd December

## Email Addresses

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!



Boon Hae Seminar Participants

"Warriors take chances. Like everyone else, they fear failing, but they refuse to let fear control them."

- Ancient Samurai Saying

"Knowledge is, indeed, that which, next to virtue, truly and essentially raises one man above another."

- Joseph Addison