Rayners Lane Tackwon-do Academy News Letter

March 2009

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tudent of the Month: Mustafa Maxamad

Despite not always being the best behaved junior in class, there is no doubting Mustafa's skills in Taekwon -do. For a voungster he trains hard and that shows in his techniques and skills. However what has impressed me enough recently to enable me to give this award to Mustafa is the way that he has



been helping other, younger students, at classes recently. I noticed the other class, that during rounds of sparring, Mustafa was not doing the usual and picking opponents that would be the best test of his skills or As usual on grading nights, there is no actual class was selecting some of the youngest members in class down and watch. and helping them improve their own sparring. To me, that's an admirable trait and one that he found himself, so congratulations to Mustafa and perhaps he may even be able to become a Cadet leader eventuallv!

C outh East Opens 2009

Just a reminder that the South East Opens is on CMAA. the 15th March and starts at 9.30am (13+ at midday). The address is: Marlborough School Sports Complex, Watling Street, St. Albans, AL1 2QA

groin boxes, license and some food/drink for the day. Though teens and adults start at midday it would be nice to see you there early in support of our younger members.

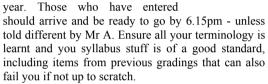
If you need a lift or if you can give a lift to someone, please let Mr Anslow know straight away so we can make arrangements before the event.

elcome To Ms Ogden

I would like to welcome Ms Elaine Ogden to the class. Ms Ogden is a black belt under Rhee Tae kwon Do in Australia and will be training with us at the Academy whilst she stays in England

for a few months. Be warned that there are more strings to her bow than just TKD.. As you will all find out in time!

arch Grading The 18th March 2009 sees our first grading of the vear. Those who have entered



give him the hardest spar (as most usually do), but he that day, but students/family are welcome to come

¬ MAA Instructors Course

Congratulations to MARTIAL ARTS Kate Barry who has just completed her Level 2 instructors course under the Academy and the



C elf Protection Course

The recent course was well received by those that attended. Well done to Mr Avis for success-Don't forget to bring your doboks, pads, head guards, fully teaching his first course. If you didn't attend this one, ensure you don't miss the next one.

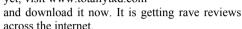
adet Leader Courses

The Cadet Leader courses have begin with the first group of 4. Students will be issued a pass when ready and receive their certification in due course. Once the first group has completed, then we will start the next group. Please note the courses are not a fixed length, as different students need different amounts of time to gain the required confidence or skills associated with becoming a Cadet Leader. Once the majority have taken and passed the course, these will be the only junior students allowed to assist and

teach others in class.

otally Tae Kwon Do Magazine

In case you haven't heard Mr LARWONDO A has a new job. He is the editor of 'Totally Tae Kwon Do' magazine, an online Taekwon-do magazine that was released on the 1st March. 2009. Its totally free. so if you haven't got a copy vet, visit www.totallytkd.com



eicester Tournament

✓ There is still time to enter this tournament Academy. We as the deadline is later than the other one. We have a small amount of members attending, hold a dinner but a few more would be nice. Its on the 29th event on the March and doesnt start until 12.30pm as its only 11th April (to tie in with the founding date of a small competition, so no early rising required. Taekwon-do) but following enquiries, finding a Plus, its onv £10 for kids (£15 for adults).

The address is: Lutterworth Sports Centre, Coventry Road, Lutterworth, Leics, LE17 4RB.

AOMAS 2009 Seminar

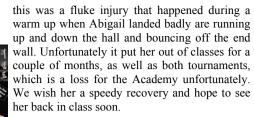
We are looking to organise an IAOMAS seminar on the 24th May 2009.. so pencil it into your diary, as these are 'not to be missed' events! details next month.



o Break Dancing

When I say to our senior students that other students follow their example. I didn't expect Abigail to follow Mr Avis and go and break a bone in her foot!! In all seriousness.





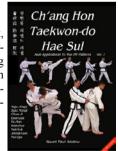
0th Anniversary Celebration

may know, 2009 marks the 10th Anniversary of Ravners lane Taekwon-do were hoping to



suitable location is proving difficult. However, once a venue and date is confirmed we will issue invitations and ask that you act on those invitations immediately so we know how many are attending. The event will hopefully be dinner, with music, plus a video presentation specially made for the event. It will be open to all present and former students and their families, plus others associated with the Academy, past and present. As its a once in a decade event, I hope all students will attend.

ack Hard Mr Anslows book. Ch'ang Hon Taekwon-Do Hae Sul is being released as a 2nd Edition in hardback format. Expect it to appear on Amazon etc, shortly.



icenses Due:

Dev Patel, Oliver

Roberts, Omid Sekanderzada, Ayuran Selvathasan, Zuphayr Chager, Mustafa Maxamad, Amrit Lohia, Katrina McLeod, Waphaa Simab and Dawud Marikar

Please hand them in by the end of the month (March) but preferably sooner!

"The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on" - Walter Lippmann