

Rayners Lane Taekwon-do Academy News Letter

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Student 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 youngster 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 give him the hardest spar (as most usually do), but he was selecting some of the youngest members in class 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 eventually!



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!

March Grading

The 18th March 2009 sees our first grading of the year. Those who have entered should arrive and be ready to go by 6.15pm - unless told different by Mr A. Ensure all your terminology is learnt and you syllabus stuff is of a good standard, including items from previous gradings that can also fail you if not up to scratch.



As usual on grading nights, there is no actual class that day, but students/family are welcome to come down and watch.

MAA Instructors Course

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



Self Protection Course

The recent course was well received by those that attended. Well done to Mr Avis for successfully teaching his first course. If you didn't attend this one, ensure you don't miss the next one.

Cadet Leader Courses

The Cadet Leader courses have begun 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.

Totally Tae Kwon Do Magazine

In case you haven't heard Mr 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 yet, visit www.totallytkd.com and download it now. It is getting rave reviews across the internet.



Leicester Tournament

There is still time to enter this tournament as the deadline is later than the other one. We have a small amount of members attending, but a few more would be nice. Its on the 29th March and doesn't start until 12.30pm as its only a small competition, so no early rising required. Plus, its only £10 for kids (£15 for adults).

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

IAOMAS 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.



No 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,



this was a fluke injury that happened during a warm up when Abigail landed badly are running up and down the hall and bouncing off the end wall. Unfortunately it put her out of classes for a couple of months, as well as both tournaments, which is a loss for the Academy unfortunately. We wish her a speedy recovery and hope to see her back in class soon.

10th Anniversary Celebration

As you may know, April 2009 marks the 10th Anniversary of Rayners lane Taekwon-do Academy. We were hoping to hold a dinner event on the 11th April (to tie in with the founding date of Taekwon-do) but following enquiries, finding a 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.



Back 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.



Licenses 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!

"Nothing so conclusively proves a man's ability to lead others as what he does from day to day to lead himself"
- Thomas J. Watson

"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