

Rayners Lane Taekwon-do Academy

News Letter

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Student of the Month: Colin Avis

Colin (or Mr Avis to most) has won this months award for simply setting a shining example to all students. Of course no one can fail to recognise that he trains hard and gives 100% every class. But what you may not have noticed is that he is there each and every class (including helping out at the junior class), without fail.. so much so we have affectionately nicknamed him "equipment" - as he is like a piece of the furniture or in our case equipment (as he is always there) - may this long continue! Furthermore he had partaken in everything the Academy has done since as far as I can remember and continues to do so.. again leading by example to others to not only train hard, but train regularly, train consistently and become more involved in the Academies events such as the 'National Training Day', competitions and trips like the boat trip and camping! Well done Mr Avis.



sections, so see Mr Anslow if you need to order some by the event date! We are still looking for a few parents who can help out on the day.. a few have already offered and the Academy is grateful for your assistance. Its going to be an excellent day!

June Grading

The June grading will take place on a Wednesday evening on the 20th June. Students who wish to grade should hand in their licenses and grading fees no later than Wednesday, 6th of June, and ensure they know all their theory by this date. Younger students theory will be tested prior to, as well as at the grading and those who are not up to scratch will not be able to grade - I have been testing theory in class recently and many students need to knuckle down and get it in their heads. Also, please ensure if you are a yellow belt or above and under 16 you have the correct equipment for the breaking sections of the grading! Younger students will grade early on, whilst older students will grade later in the evening. There is no actual session this night, so anyone who usually trains Wednesdays are welcome to an open class on the Monday before (at Cedars).

Monday Night Classes

From 14th May Monday night classes will no longer take place at Rayners Lane, but instead will continue at Cedars in Harrow Weald. The class times will remain the same (7 until 9pm) and the session will remain predominantly an adult only class with a small addition. We are not sure whether the move to Cedars will be a permanent thing, but for the time being it will allow us to run a 2 hour Monday night class whilst we review the Academies options with regards to sessions. The full address is: **Cedars Youth & Community Centre, Chicheley Gardens, Harrow Weald, HA3 6QH.**

Junior Blue Belts & Above

With the move of the Monday night class to Cedars, some of our younger students will be allowed to train that night as well. This is by invitation only and at present offered to junior members of 4th kup and above. They will be invited to train alongside the adults if they train seriously enough in their own classes on Wednesdays and Saturdays. As



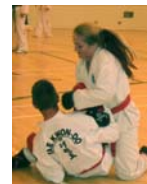
Mondays is always a smaller class this will allow more senior grade specific training as they approach red and black belt levels and all present junior blue belts that have been invited are advised to include this day in their training schedule. Future blue belts will be invited once they have graded up.

Free Sunday Sessions

Starting from Sunday 13th May Youth Games squad training will take place at the Beacon centre. This training is from 10am til 12 and is free for all students of all ages and grades to train at. These are predominantly sparring based sessions so ensure you bring your pads along if you have some. Those under 17 (and blue belt & above) who wish to compete at the Youth Games can do so if they fit the criteria, but everyone will benefit from the sessions which will run for the next few months only. Sessions will be taken by Sensei Francis and Sabumnim Anslow (one or both will be there), both 4th degrees.

National Training Day

Everyone (from all the schools) that attended this event agreed it was excellent. A report, video reel and photos of the event (all done by the event hosts) can be found linked via the Academy web site. This is going to be a yearly event and will undoubtedly grow each year, so hopefully next year we will see more attending than this time as we only had 4 from Rayners Lane representing. Well done to Mr Sultan, Mr Avis, Lyndsey & Marek who all stepped up and represented the Academy and had a great 6 to 7 hours of hardcore Taekwon-do training with some



world renowned instructors :- featuring Pattern applications, Traditional Sparring, Pad Work, Breaking, Set-Sparring and an ITF Master Class. Certificates have been handed out to all attendees and there is a full DVD of the day (featuring all sections) available - if you would like to see it ask Mr Anslow

London Open Championships

Following on from our annual tournament in June, there is a tournament taking place in Guildford, Surrey on Sunday 15th July 2007. It features patterns, sparring and destruction (though it doesn't say exactly what destruction it is, but I will try to find out). Entry costs £20 and it is only open to yellow belts and above. If you are interested in going, please put your name down with Mr Anslow ASAP, so we can get the entry forms sorted. More details can be found at www.londonopen.co.uk

Exam Time

Its that time of year that students drop off from training due to exams! Now I realise exam results shape your future, but when using the excuse that you cant train due to exams or studying for them, consider the following:

- The saying 'all work and no play makes Jack a dull boy' is said for a reason!
- It is a proven fact that those that study martial arts excel or do better academically
- Training is a great stress reliever - exams create stress!
- A week has 168 hours in it, a training session takes only 2 of those, leaving you with 166/164 to study!
- Add up your TV between study time over a week.. does it equal more than 2 hours.. which is healthier for you!
- If you have to cram loads of study in the day before an exam, perhaps you should have studied harder throughout the year!
- We have students who have passed both business and law degrees, whilst working as well & still trained 2/3 times per week



Licenses Due: Paaras Tank, Haajira Maxamad, Connor Goodchild, Ryan Berry, Taz Sekanderzada & Liam Berry - Please ensure you hand them in by mid June

Taekwon-do Explosion 2007

The Academies own tournament is set to run from the Beacon Centre on 10th June. Entry forms have been sent around via email or you may collect one off Mr Anslow. The event features Sparring, Patterns, Flying Side Kick and a black belt destruction section. All sections are divided fairly into heights, ages, weights and/or grades so everyone has a chance of winning something! Entry is £15 and the trophies are going to be nice so ensure you are training hard for it! All students are eligible for all events but you will need the correct safety equipment for the sparring



"To be a great champion you must believe you are the best. If you're not, pretend you are"
Muhammad Ali

"The fight is won or lost far away from witnesses - behind the lines, in the gym and out there on the road, long before I dance under those lights." - Muhammad Ali