

# Rayners Lane Taekwon-do Academy

## News Letter

[www.raynerslanetkd.com](http://www.raynerslanetkd.com)

[www.martialartsinharrow.com](http://www.martialartsinharrow.com)

email: [instructor@raynerslanetkd.com](mailto:instructor@raynerslanetkd.com)

May 2008

tel: 07759438779

### Student of the Month: Lyndsey Reynolds

As you should know by now, Ms Reynolds (formerly known as Lyndsey) attained her black belt at the end of March. You often hear the saying that 'so and so got their black belt', however as you may have seen in the video clip, Lyndsey didn't just 'get' her black belt, she earned it via a hard grading, via nearly 8 years of training, 8 years of hurdles and pitfalls, 8 years of sweat and hard work.. and this was just to get to the beginning. You see, black belt isn't the end; its just the end of the beginning.. so for all them years to fruition, I think its only fitting she deserves this months award. Well done Lyndsey.. the new dobok suits you.



June from 6pm onwards. All licenses to be handed in by the end of May or late fees/disappointment apply.

### 2nd to 1st Kup Syllabus DVD

This DVD is almost completed and finishes the 'Kup Series' of DVDs. Those who pre-ordered should receive it over the next few weeks.



### Summer Slam Tournament

The LTSI is hosting a small competition on **Sunday, 8th June** It features patterns and sparring sections and is in St. Albans in Greenwood Park Leisure Centre (which is a fantastic place for younger students as well due to its great outdoor play area and plenty of grass). Though a small competition it features a unique section, which is a "Schools Demo Section" where various schools put on demonstrations and compete for those was considered the best, so I feel for this section alone it will be a great day out for everyone, plus the added bonus of possibly earning yourselves a few trophies/medals. Entry is £15 and forms will be sent out via email shortly, and be available in class off Mr Anslow. This replaces the previously advertised Team championships.

### LTSI National Training Day

**Sunday, 29th June** sees the 2008 National Training Day, hosted by Mr Snow and the LTSI. This is £15 and consists of 7 hours of training, starting with small 20 minute sessions with the various instructors present, then a 'Gound & Pound' Jiu Jitsu session with an 8th degree Master of the art and finishing with a patterns section with Master Harry, 7th degree ITF. For a full day of action packed training for only £15.. this is surely not a day that anyone should miss! The last one was excellent btw.



### Taekwon-do Pioneer Seminar

On **Saturday, 20th September** Rayners Lane will be hosting a seminar with Taekwon-do Pioneer, Master Willy Lim, 8th degree. Master Lim pioneered Taekwon-do in New Zealand and has 47 years martial arts experience. As well as his Taekwon-do 8th degree he also holds a 7th degree in Ryukyuu Kempo (the art of

George Dillman for those who know who he is). However, what you may not know is that Master Lim was instrumental to myself in my leanings into the patterns applications, culminating almost 15 years later in my book as many many years ago I read an article of his that featured photos of pattern movements with different applications to what was taught as the 'standard' or 'norm'. There were only a few photos but it sowed a seed that has continued to this day.

Anyway, enough nostalgia.. the seminar will feature; *Under-standing the patterns. Are the techniques real or another interpretation to replace blocks, kick and punches. Is it compliance or is it reality? How do patterns really work? Drills to intercept the oncoming attack and to apply the patterns from there.*

This is a big financial gamble for the Academy but one I am willing to take for the benefit of our students and as such I would like to see everyone supporting the seminar. The seminar is open to all ages and grades, though I feel the technical nature of the seminar will not be as much benefit to those 9 & under, so have put an age limit of 10 years and above only. Please also note, junior members who muck about at the seminar will be immediately sent home with no refund, as this is not the way we want the Academy or our students portrayed in front of others and a such a legendary master - so considered this a warning please. You can save money as well as ensure your space by booking early, registration fees are as follows:  
**Early Registration** (On or before July): £20  
**Pre-Registration** (Before September): £25  
**September Registration**: £30  
**On the day**: £35

### Pressure Point Seminar

Well done to Marek, Kate & Lyndsey for attending the Sensei Clark Pressure Point seminar with me. 3 hours of pain was more than enough for us all and as usual, Sensei Clark demonstrated why hes one of the leading instructors in this field, whilst we all got the chance to apply some pain on many different people. Sensei Clark was pleased that we went and gave me a copy of one of his DVDs (I now have 2 different lots btw), so if you wish to borrow them let me know.. seminar attendee's only.

### More Dan Grading Clips

We have finally been able to put a clip of Mr Avis's Dan grading online. Unfortunately, at the time, following the grading the format of the video we took wasn't too good as we were learning how to use the new digital video camera we now use. But, I recently dug it out and converted the whole DVD to a better format, then did the editing to what you see now. Its a wicked clip and like Ms Reynolds clips shows just how tough the Dan gradings are. Go check it out.

### Video Club to be discontinued

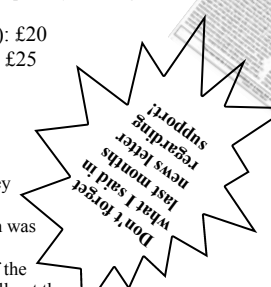
As no-one seems to use this it is going to be discontinued.

### Hoodies

Word on the grapevine is they should be in very soon.. Hooray!

### Fate of the News Letters

On the April news letter, I did a little test to see just how thoroughly students and parents read the news letter or even if they did at all. At the end of the news letter it said to let me know if you read this months edition. Sadly, only two students actually contacted me without prompting. After a *telling off* in class a couple of weeks later, 5 or 6 more students emailed me to let me know they had read it, but some how missed that part.. but even so, this still leaves 90% of the Academy sadly unaccounted for!! So I am left to decide if spending hours upon hours making the news letter is really worth the effort, when I could simply make a list and put it on the door (as you may have seen from the demo sample recently)! I think for now, I'll leave its fate in the hands of the parents!



**Licenses Due soon:** Josh McCormack (Over Due), Mustafa Maxamad (Over Due), Paaras Tank, Liam Berry, Ryan Berry, Masoud Hamed, Milad Hamed and Abigail Maunders.

*Except for those overdue which should be brought in immediately, please bring them in by the end of May*

### 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!

"Adversity is the first path to truth."  
- Lord Byron

Remember, your belt only covers two inches of your butt... the rest is up to you