

Rayners Lane Taekwon-do Academy News Letter

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Student of the Month: Kate Barry

This month's award goes to Kate for her determination and indomitable spirit she has displayed in order to take and pass her red belt (2nd kup) grading. As many of you know, Kate has had a knee problem for quite a while now, often making it difficult to even complete a full class, let alone a high level kup grading, but despite this and the obvious pain and discomfort it causes, she has soldiered on. It wasn't feasible to do the grading in one hit as is normal, so, following discussions it was decided to cover all the grading requirements over a number of months, so harder items of the syllabus could be attempted when her knee was on the top end of 'okay'. All the areas were judged and handled as per a normal grading and everything was covered with the only difference being it was spaced out. So well done to Kate, for persevering and finally achieving her 2nd kup.



May Day

Just a reminder that 4th May is a Bank Holiday Monday and as such the hall is shut and there is no class that day. Back to normal on the Wednesday.



Anniversary Party

Finally.. we have found a suitable venue. The date is 100% Saturday, 20th June. I hope all students and families of the Academy will attend and celebrate this historic event, as I will be disappointed not to see you there without good reason (And yes.. I'm talking to you Mr & Mrs Parent as well)! In order to make the event 'attendable' by everyone we have started it early and kept it low cost at only £10 for adults & teens, £5 for 12's and under and youngsters (5's and under) free, the rest I will cover myself - so there is no excuses to miss it! On the night there will be a DJ, food, speeches, some special guests, a fun awards ceremony and possibly a Hollywood star! So please confirm your attendance and numbers straight away so we know how much food to arrange! Please bring in payment for the event ASAP and ensure you vote on the 'Boskers' whether attending or not! Invitations have been sent via email, face book etc. and official invites should be received shortly and require an RSVP.



New Black Belt

As you are all aware, Sushil graded for his 1st Dan at the beginning of April. 3 hours and 1 ambulance later it was all over and the following week, Sushil was informed he had passed and presented with his black belt certificate.

Many congratulations for Sushil, whom started at the Academy as a youngster and has literally grown to become a black belt of the art. Welcome to the start of the next part of your martial arts journey. A video reel of the grading can be found on the web site - just to scare you a little!

Anniversary Party Awards

If you haven't done so yet, please go and vote on the online awards (Boskers). Although they are a bit of fun, I would still like everyone to vote. The link has been sent round by email a couple of times now, but only quarter of students have bothered - please do! Email me if you need the link resent!

IAOMAS Seminar

On Sunday, 24th May IAOMAS will be holding a seminar. It is set to run from 11am until 4pm, with many different instructors teaching from arts such as Wing Chun, TKD, Pressure Points, Hapkido etc. It costs £15 a person and is the one seminar you don't want to miss!



Curse of the Broken Foot

Unfortunately the curse of the broken foot has struck again. Mr G injured his foot at the end of the month, culminating in a very loud 'popping' noise! Like many of the previous injuries, it was a freak solo accident during the warm. However, it should serve as a lesson to all to be mindful all the time, as these things can happen!



We wish him a speedy recovery. Check out the 'Rogues Gallery of Injuries' page on the web site.

Goodbye to Ms Ogden

Sadly, May sees us all saying 'bye bye Sheila' to Ms Ogden mid way through the month, as she travels back to Oz. It has been a pleasure having her training with us and I hope she has enjoyed her time with us as well. During her visit, she has set a great example that other students would do well to emulate, by throwing herself in, head first, to everything the Academy did whilst she was here, from tournaments, to seminars to a dan grading. Best of luck for the future and hopefully we will see you again.



Goodbye to Xiong Chan

As well as Ms Ogden, we also see the departure of Xiong Chan as he moves to Japan to further his career. Though he will be gone 2 years or more, I hope to see him return when he's back in the UK as well as continue onwards to black belt once he is back here for good, as I'm sure you'll agree, he is a fine student and would make an excellent black belt one day. Again, best of luck to Xiong.



Totally TKD Issue 3

Issue 3 of Totally Tae kwon Do magazine is out as of the 1st May. Download it at www.totallytkd.com

Bill Wallace Seminar

For those that were considering going to this (on the 17th May), you'll be pleased to hear the costs have been reduced to almost half. See Mays Totally TKD for full details.

Licenses Due:

- Waphaa Simab
- Oliver Roberts
- Mustafa Maxamad
- Milad Hamed
- Masoud Hamed
- Abdigani Diriyee
- Dave Fox
- Abigail Maunders
- Liam Berry

- Please obtain a renewal form from Mr Anslow and hand them in ASAP as some are overdue and need to be renewed urgently before we are forced to stop your training due to insurance purposes.

"Celebrate your success and stand strong when adversity hits, for when the storm clouds come in, the eagles soar while the small birds take cover."

"Don't be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends." - Richard Bach