

Rayners Lane Taekwon-do Academy

News Letter

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November 2007

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Student of the Month: Jonathan Choi

This months award goes to Jonathan, not least for his excellent performance at the recent LTSI Invitational's where he picked up 2 gold's and a silver or his excellent write up of the event (that was very English lit.), no, not just those, but also for the way that he's thrown himself back into training since his return from China. Now he's back he rarely misses a class, gives 100% when training and is destined (hopefully not famous last words) to steadily work his way up the ranks to the coveted black belt and then beyond! Congratulations Jonathan.



Updated Syllabus Sheets

There have been some amendments to some of the syllabus sheets. Some are minor, though the higher grade ones have important additions and all of those grades or higher will need them. The following amendments have been made to the syllabus sheets:



- 6th Kup Sheet amended to show #2 of Ibo Matsogi (2 Step Sparring) as 'Fixed' not 'L' Stance (though many wrongly have been performing walking stance for some reason). Applicable to all students.
- Minor updates to 4th & 3rd kup syllabus sheets - over 15's only need apply for them
- Theory updates for 2nd kup, 1st kup, 1st degree & 2nd degree syllabus sheets. Required by all 2nd kups & above.
- Updated physical & theory for 1st & 2nd Degrees syllabuses. Required by all 1st & 2nd Degrees.

-- Please note, all the above are in word format

Also, as its difficult to keep track of what students have, the following are also available both now or in the future (some of these are quite a few pages so will cost £2 - these are marked with a *):

- *Rayners Lane Self Protection Syllabus Booklet (PDF) - available to 14's & over only
- *Rayners Lane Pressure Point Manual (PDF) - Available to over 16's of 4th kup & above
- Vital Points Manual - Available to all, but not required for under 12's
- Theory of Power Sheet (Word format) - available to all
- Instructor Articles eBook (PDF) - articles from the web site in eBook format - available to all via email only
- *Rayners Lane Christmas Magazines (PDF): 1996 & 2000 to 2006 (Please state which one you want) - available to all
- *RLTKD_Folder_Info - All the sheets that a new students receives when they join - available to all
- Instructors Syllabus - Available only to those who are 1st Kup & above AND have completed their "Tour of Duty"

ALL the above items will only be printed by those without email (please list what you require on a slip of paper).

I was surprised... nay shocked, that despite emailing all 'emailable' students about this.. not 1 (zero, nada etc.) asked for the updated sheet!

LTSI Invitational

Congratulations to all those that attended this recent event. Not only did every student that entered bring home at least 1 trophy, but many brought home 2 or 3. This great result meant that despite an undermanned squad, Rayners Lane Academy won the Area title. A full report is on the Web site, along with the individual results and photo's, so all that's left is to say congratulations to everyone for all your efforts in securing both your own trophies and the area title.. well done.



Christmas Magazine

Its 1 day before the deadline.. Thank you to all those that have submitted things so far.. But there's not enough to make a magazine. Will a final push happen on the last day of the deadline or will the end of an era be upon us... We shall see!

Licenses Due Immediately:

Parvez Sultan, Qadir Marikar, Avinash, Vikram & Anjali Bakshi, Kate Barry & Elliot Swift.

Licenses Due (Please hand in by mid

November - Latest): David Lane, Charlotte Fox, Hiral Chohan, Mr Gautam, Mr Avis,

Lyndsey Reynolds, Adeoluwa Tokuta, Aaron Cook, Richard Baker & Ayomide Oduniya

CHRISTMAS GIFTS 4 TAEKWON DO STUDENTS

With Christmas fast approaching here are some gift ideas that any dedicated Taekwon-do student would be more than happy to find underneath the Christmas tree!



• Ch'ang Hon Taekwon-do Hae Sul Book - £24.99

This ground breaking book (written by the Academy's Chief Instructor Mr Anslow) studies the history and development of the Ch'ang Hon (ITF) Taekwon-do patterns as devised, taught and developed by the founder of Taekwon-do General Choi, Hong Hi. Ch'ang Hon Taekwon-do Hae Sul is an in-depth study of the Ch'ang Hon Taekwon-do patterns, their history, their roots, Taekwon-do's evolution, its genetic make up, its differences with other martial arts and the techniques and movements which define the system. A historical study of Taekwon-do and its patterns, a training manual and an encyclopedia of realistic applications make this book a must read for all those that study and practice Taekwon-do.



• New 2008 Design Academy Tracksuit—£45

New style & design for 2008. All sizes available. Ideal for wearing over your doboks to and from training and to keep You warm at tournaments etc. Useful for kids for minimum changing before and after class. Makes everyone feel part of the 'team'

• Syllabus DVD - £9.99

The first DVD features everything the junior level student requires to progress through each level up to 7th kup, including basics, patterns, sparring and destruction elements and even includes the theory. Everything is demonstrated by the academy's Chief Instructor, Stuart Anslow, along with his black belt students from both front and side views, as well as in slow motion and includes information and tips in text form along side the videos to aid the student further. The DVD also features a reference section for higher grades, as well as funky motion menus and some bonus stuff! Run Time: 1hr 31mins



• Hand & Foot Pads - £40

Quality PU pads, similar to Hayashi brand but with fingers covered - black only - small, medium, large or XL



• The "Comps" DVD - £10

Video footage of all the competitions the Academy has attended over the years and captured on video. Featuring Kick It events going way back to 1999, UKTA London Open 2003, South East Opens 2004, BUTF British Championships 2004, The World Championships 2004 plus never release before footage of Mr Anslow competing in the USA, Taekwon-do Explosion 2005 & rare footage of Mr

Anslow representing Taekwon-do in the Kick Boxing ring. Run Time: 1hr 34mins



• Breaking Boards from £25

Various grades from white to black available. Available padded for younger students



• The "Reels" DVD - £10

A home DVD playable edition featuring the best of the 'reels' clips. Including the following: Angelz, Flying Kicks, Youth Achievement Awards Demo, Self Protection Reel, Past Masters Tribute, Mr Anslow's Archive, 2nd Kup Gradings, both IAOMAS Seminar Reels, plus never seen before footage of an old demo in 1995 with Mr Anslow's instructor, Dev Patel (now 1st dan) as a young 6th kup and the Charity Demo 2005. Run Time: 1hr 24 mins

• North Korea ITF Demonstration '02, '03 & '06 DVD - £25

Footage of the famous North Korean National ITF Squad Demonstrations held in 2002 (Seoul, South Korea), 2003 (Greece) & two demos from 2006 (Bulgaria). All the demo's on one DVD. Now with a bonus demonstration that took place in Russia in 1998. Run time: 1 hr 39 mins

• Head Guard - £25

Double Layer padding, dipped foam. Available in metallic blue or black.



"Talent wins games, but teamwork and intelligence win championships."

- Michael Jordan

"If our happiness is bound up entirely in our personal circumstances it is difficult not to demand of life more than it has to give." - Bertrand Russell