Rayners Lane Taekwon-do Academy News Letter

November 2007

www.ravnerslanetkd.com

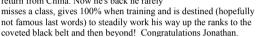
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T tudent of the Month: Jonathan Choi

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



ov Comp - Sunday, 18th Nov All entries are in and we have a decent turn-out for this tournament. Slightly under represented by our vounger students (which is a shame as its a good tournament for them to get their feet wet), but well represented by the adults and black belts.



All students should arrange travel between them to the venue. The tournament starts at 10am and the address is: Moulton Primary School, Church Hill, Moulton. Northamptonshire, NN3 7SW. Don't forget all your pads (including groins and head guards), some food for the day and your licenses (in case they are requested).

hristmas Party The date has been confirmed for this years Christmas party for Saturday 22nd December. This year the party is at one of our long serving members houses in Wembley, just past Northwick Park Hospital (which they have graciously allowed to be home to this years event so as to encourage parents & younger members to attend). The event will start at 7pm



til late (for those that can last) and costs £15 for adults and £10 for children with the money going towards a full Indian Buffet (prepared by caterers) + some non-Indian food to suit everyone's tastes, some drinks for the evening (wine, beer, soft drinks), and snacks and a few extras (a marquee, crackers, peanuts etc.).

Numbers are limited, so full payment before the end of this month (Nov) will secure your place. Students are welcome to bring partners etc., junior students must be accompanied by their parent/s but are welcome to bring fellow siblings along. I hope to see you all there... remember, we have a maximum we can allow to attend, so first come, first served!

pdated 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
- 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
- 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!

TSI Invita-

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 congratula-

tions to everyone for all your efforts in securing both your own trophies and the area title.. well done.



magazine. Will a final push happen on the last day of the deadline or will the end of an era be

you to all those that have submitted things so far.. But there's not enough to make a upon us... We shall see!

hristmas Magazine Its 1 day before the deadline. Thank

icenses Due Immediately:

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

icenses 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 & Avomide Oduniva

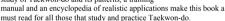


CHRISTMAS GIFTS 4 TAEKWON DO STUDENTS

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 Taekwondo patterns, their history, their roots, Taekwondo'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



• 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



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



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



• 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 Achievment Awards Demo, Self Protection Reel, Past Masters Tribute, Mr Anslows Archive, 2nd Kup Gradings, both IAOMAS Seminar Reels, plus never seen before footage of an old demo in 1995 with Mr Anslows 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

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



"If all 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