

# Rayners Lane Taekwon-do Academy

## News Letter

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### Student of the Month: Sayeed Baangi

This months award goes to Sayeed. Since he started he has been consistent in his training, rarely missing any of his regular classes. In training he tries hard, sweats and tries harder even though I know (and I hope he doesn't mind me saying this) he finds some things difficult, he never gives up and simply tries again. Perhaps its the encouragement from brother Phil (inside joke) or more than likely its just an understanding that anything worth attaining takes sweat and hard work. It is all these assets, coupled with hopeful longevity, that will carry Sayeed to black belt and beyond should he stay the course. Hopefully, winning this award will also encourage him to participate in some of the Academies other endeavours (hint hint). Congratulations Sayeed.



bone in his foot at the start of the grading, he managed almost 3 hours to see it through to its completion. Passing with a merit pass and 77% this was an outstanding achievement and proof of not only what one can achieve



with hard work and dedication, but also the type of indomitable spirit that Taekwon-do fosters and as his instructor I am very proud of both Mr Avis and his accomplishments. A short video reel is available via the Academy web site for all to see.



### Christmas Mag Articles

Time is getting on, please submit your Christmas magazine articles straight away. Remember, the magazine is reliant on student submissions and will only be done if you submit stuff. Anything is allowed - serious, funny, text, pictures etc. as long as it has a martial arts theme or is related to the Academy or students within it. All blue belts and above should submit at least 2 items, with all other students trying to submit at least something!



New Pads from: £20  
Hoodies: £30

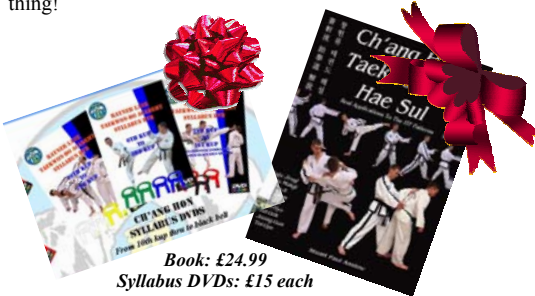


### December grading - 17th December

The date for the final grading of the year has been scheduled for Wednesday, 17th December. All licenses should be handed in by 6th December or a late fee will be incurred. A written exam is not guaranteed so please do not rely on that fact as however you are tested on theory, will still need to pass the minimum 60% requirements.

### White Tiger Tournament

For those going to this event, the address is Moulton Primary School, Church Hill, Moulton, Northampton, NN3 7SW. Don't forget its on Sunday, 16th November and starts at 10am (see last months news letter for division details). Students should ensure they have all their equipment etc. Based on last years event, hot food and drinks are available though students are still advised to take a snack and some water. Unfortunately Mr Anslow cannot go this year, but do not fear as Mr Gautum will be leading the charge. Good luck to everyone, Ill be watching it on video after the event!



Book: £24.99  
Syllabus DVDs: £15 each

### Mr Avis II

Many congratulations to Mr Avis who was promoted to 2nd degree following an in-depth grading at the end of September. Despite actually breaking a

### Last Class 2008

- Monday, 22nd December

The last class of 2008 will be a mixed class for all students on Monday, 22nd of December. Though it is doubtful that we will be doing a Christmas raffle this year (due to the deficit we incurred from the June price increases of the hall which we haven't recovered from) we will of course be issuing the Christmas magazine (if completed) and announcing the "Student of the Year" results and of course, having a little fun. So please try and attend the class, even if its not your usual.

### Patterns Applications Seminar

- 23rd November, £20

- See Mr Anslow for full details



Various TKD DVDS from £10

### Christmas Pressies

Need some ideas for Christmas! Taekwon-do related items make a great Christmas gift for all students. They can be something useful, something educational, something cool to wear, something inspirational or something fun - scattered throughout this news letter are Christmas gift ideas - be sure to order early to avoid disappointment!



Breaking Boards from £19.99  
Head Guards: £20



### First class 2009

- Monday, 5th January

We will be resuming training in 2009 on the 5th of January. Its very easy to get a 'laxed' attitude over Christmas, so all students are advised to make this class to kick start their training back into gear ASAP.

classes available each, eventually it will return to age 13 in the next couple of years (unless theres a drop off again). However, during the Christmas period and until school resumes in 2009, Monday classes will be open to all students of all ages.



Nice new dobok: £30

### December News Letter

As its a quiet time of year, the details from this news letter will appear in the Christmas magazine, so ensure you read it!

### Academy Christmas Dinner

Just a reminder that the final part of the Christmas dinner money needs to be paid this month - so please hand in your £13.50 ASAP. We have a few places remaining if there's anyone else that would like to attend this 'once a year' celebration! The actual dinner date is the 20th December - see invites for full details.



### Licenses Due:

The following students should request a license renewal form (via email is good) and return to Mr Anslow (with current license book) during the first week of November:

- Avinash Bakshi
- Vikram Bakshi
- Anjali Bakshi
- Kate Barry
- Luke Fox
- Lauren Fox
- Liviu Nafonita
- Aaron Bennett
- Umar Marikar
- Andrew Elliott
- Adeoluwa Tokuta
- Shreya Shah
- Richard Baker
- Mr Gautam
- Mr Avis
- Mr Sultan
- Miss Reynolds

### Monday Classes

Please note that from January 2009 the age limit for Monday class will go up to 11. This is to help align the classes so all students have 3,

"There are many trails up the mountain, but in time they all reach the top."  
- Anya Seton

"I fell among the stars... but all I heard was silence!"  
- Stuart Anslow