

Rayners Lane Taekwon-do Academy

News Letter

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Student of the Month:

Adeoluwa Tokuta

Adeoluwa is very good at Taekwon-do, that's a fact. However his talents often fall underneath the radar due to previously only being able to train once a week and not demonstrating them enough at tournaments. However, recently his little brother started training as well, which means his training days have doubled (mostly) and it is enough for everyone to start noticing his skills properly. This award is probably long over due, but better late than never. Many congratulations to Adeoluwa for winning this months award, hopefully he'll put his talents to use at some tournaments soon!



and some food/drink for the day. Its expected to finish around 6pm.

December Grading

I have scheduled the December grading for the 16th. If you have enough credits, have observed the new rules regarding competitions (see last months news letter), know your stuff and want to grade, please hand in your license and grading fee by the 7th of December, after which a £10 late fee will apply to everyone. Leeway on the compulsory competition rule will only be given to those who have regularly supported Academy events over the last year, but will become standard for everyone from 2010.

Licenses Due:

Please hand in immediately

Saphaa Simab
Saphwat Simab
Ayomikun Odunaiya
Souad Elghawi
Elnor Ilkamovq
Kate Barry
Avinash Bakshi
Vikram Bakshi
Anjali Bakshi
Luke Fox
Lauren Fox
Liviu Nafonita
Adeoluwa Tokuta
Ayomide Odunaiya
Sayeed Baangi
David Harris
Adam Koteles
Alex Sunderland

Mr Avis and Miss Reynolds please speak to Mr Anslow

Please collect the license Renewal form and return to Mr Anslow.

Tony Sewell Seminar

World class kicker Mr Tony Sewell is teaching a seminar

on the 13th December, hosted by Mr Gordon Slater in Essex. At only £15 per person, the seminar is an absolute steal as Mr Sewell is a living legend when it comes to kicking and retired as a 3 times, undefeated World Heavyweight Champion. If you havnt heard of him, I suggest you google his name! I hope to see more support to this seminar than previous ones, as you WILL learn something from it, believe me. Please hand your money into me by the end of November.



Christmas Magazine

Richard Baker is taking over this years Christmas

Magazine. Please can all senior students (4th Kup upwards) ensure they hand in at least one article to either Richard or myself ASAP. All other students are invited to contribute as well. No articles means no magazine, so please get writing.

Student Of The Year Vote

This year will be working on a nominations process. If there is a student you feel should be up for the award, please email or let Mr Anslow know who it is and what your reasons are - ASAP.

Christmas Dinner

Marek has booked the Christmas party venue for this year. Based at the Comfort Hotel, Northwick Park Road, Harrow, Middlesex, HA1 2NT. www.comfortharrow.com. Starting at 8pm, it offers a 3 course meal (including vegetarian options) & a disco until 1am. Costs are £24.95 per person and it takes place on Saturday 19th December. Due to the venue we have booked a limited number of places, so it really is first come first served and when we hit the limit its unclear whether we will be able to squeeze more people in as that depends on the hotel itself.

This year we will not be taking deposits, just the exact money because as Christmas draws nearer, paying the rest following a deposit just becomes a pain all round.

I hope you will come along, please confirm your place immediately by handing £24.95 to Marek as soon as you can - remember 1st come, 1st served. Please note there is no service charge included this year, but if the night is good, we hope all the adults put a couple of quid each into the pot for the staff.

Menu as follows:

- Cream of leek and potato soup topped with herb croutons and snipped chives (v)
- Duck and orange pâté with an autumn fruit chutney and mixed leaf salad
- Chilled melon nest filled with a medley of dark fruit and passion fruit coulis (v)
- Tournedos of turkey topped with apricot stuffing wrapped in maple cured bacon and served with

chipolata, gravy and cranberry sauce

- Baked fillet of salmon with a pesto and Parmesan crumb set on a light champagne cream
- Roasted vegetable, wild mushroom and chestnut strudel with a light tomato jus (v)
- Chef's selection of seasonal vegetables and crisp roast potatoes served with all main courses
- Traditional Christmas pudding with warm brandy sauce
- Glazed white chocolate and raspberry cheesecake with a red berry sauce
- Warm apricot crumble flan drizzled with crème anglais
- Freshly brewed coffee and tea with chocolate mints

- drinks at additional cost

Camping

Despite it being October, the camping went down extremely well with only the odd patch of rain and mostly good weather. Everyone enjoyed it (especially the kids) and it was the biggest one we have done so far. Hopefully next time, even more will consider going. Photos are on the web site.



Totally TKD Issue 9

A new edition of Totally Tae Kwon Do magazine is out now. Download your free copy at www.totallytkd.com



"Surely the best way to meet the enemy is head on in the field and not wait till they plunder our very homes."
- Oliver Goldsmith

"Live daringly, boldly, fearlessly. Taste the relish to be found in competition -- in having put forth the best within you." - Henry J. Kaiser