

# Rayners Lane Taekwon-do Academy

## News Letter

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### Student of the Month: Mustafa Maxamad

All too often less than desirable traits overshadow the good ones and sadly this is the case with Mustafa. Yes, he can be a cheeky chap, he likes to occasionally wind people up when he knows he shouldn't and has been known to get X amount of press ups when hes on a lazy roll and its these that mask the good qualities he has, some may say outstanding qualities. Bearing in mind hes only 10, he has had his set backs of failed grading but always bounced back! His sparring skills are excellent, and when he sets his mind to it, so is the rest of his stuff. Take away the naughty side and we have an 'A' skilled quality student which could be a shining example to many other juniors to follow. I can do no more but leave it to Mustafa to take the road he chooses, but whilst he does, for this month he wins this award to celebrate his hard work, dedication and effort... his good qualities! Well done Mustafa.



of October to allow laying out and printing time. And please, no pretty please.... no pretty please with a cherry on top... please make the effort yourself!

### November Comp

News has reached me of a competition in mid-Novemeber (Sunday, 18<sup>th</sup>). It is running in Northampton but at a different venue than last time. Again, its hosted by White Tiger Taekwon-do and starts at 10am. It features sparring, patterns & Flying high kick sections and costs only £10 for all three events. The deadline for this one is pretty tight, so no late entries will be accepted. To enter just write your name, grade, age, weight (KG) & Height (CM) on a piece of paper and hand it into Mr Anslow, with the entry fee before Saturday, 27th October.



### Recent Grading

Congratulations to all those that passed the recent grading and commiserations to those that didn't. As you were made aware of, we are now cracking down a little on standards simply as a quality control measure to ensure in future years we maintain the high standards the Academy has always enjoyed. Remember, *we do not rise to the level of our expectations, but rather fall to the level of our training.* so failing to prepare, really is preparing to fail! However, the only real failing is not dusting yourself off and trying again next time round. Full results can be found on the web site.

### Camping

Last weekend (29th September), 7 Academy members embarked on a short notice camping trip to Henley. Despite the lateness of the year, we only encountered 1 wet night (the first one) and the rest of the days were sunny.



It was an enjoyable break with everyone having a good laugh and much fun. It was fantastic to see a new face on the trip, along side the usual suspects. We hope to see you on the next one... Marek has already promised me he will be attending and hopefully you will to!

### LSI Invitational

A lower than average entry for this event means we only have 12 going, but they are going to do battle none the less. This event takes place on 14th October. The venue address is: Greenwood Park Leisure Centre, Timpdell Lane, Chiswell Green, St. Albans, AL2 3HW.



Juniors and black belts need to be there for a 9am start, changed and ready (get there ASAP as seating is limited). Teenagers & Adults need to arrive by about 12pm, though it would be nice to see you there earlier to support and advise our junior members. Dont forget to bring all your pads (hand, foot & headguard + groin for males), some drink and some food. The area has a great play space to visit when your finished competing btw!

### Christmas Magazine - AGAIN

As I said in last months news letter, time is getting short for production of the Christmas magazine. ALL students of the Academy are required to submit something - please see last months news letter for full details of what you can do.



Please ensure whatever you do is submitted to me by the end

"Insanity is repeating the same mistakes and expecting different results."

Frank Herbert

### Syllabus DVD

As many of you know, over the last month or so we have been filming a syllabus DVD. This project started at the request of a few parents who felt they needed something that they could check against their child's performance when practicing at home, to ensure correctness.

However, we have spent considerable time & effort making the DVD into a complete learning aid and reference tool for all students. Eventually it will turn into a set of DVD's, as there's too much to fit on 1 DVD. Filming of the more senior grades is still going on, but the first DVD in the series is ready for those that want a copy.

The 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!

This DVD contains the requirements for each grading, from 10th Kup to 7th Kup.

Lovingly edited, this 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.

Filmed on location at Rayners Lane Taekwon-do Academy, everything required for each grade is demonstrated by the academy's Chief Instructor, Stuart Anslow, along with his black belt students.

Everything is demonstrated 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.

Run time: 1 hr 31 mins

**RAYNER LANE TAEKWON-DO ACADEMY SYLLABUS DVD**

**10TH KUP TO 7TH KUP**

RAYNERS LANE TAEKWON-DO ACADEMY - 10TH TO 7TH KUP SYLLABUS

### Christmas Party

Full details next month, but all students and parents are asked to keep Saturday, 22nd December free for the Rayners Lane Christmas bash! We are still finalising details but I can tell you it wont be at a restaurant this year and will be more child friendly which we hope will in turn encourage more of our younger students and parents to join in. Full details next month.

### Video/DVD Library

For those on email, you will have receive the Video/DVD library catalogue. This features over 100 films collected over around 20 years, many of which are no longer available. The library has everything from Taekwon-do to the Shaolin Monks, from training films, to the wicked tournament scene of



the 80's/90's, to the masters of yesteryear!



The library catalogue is conveniently split into sections, but is 22 pages long. For those without a computer you can request a printed version of the catalogue for £2. The library works the same as a video shop except films are cheaper and you get to keep them for a week. This month, all those on email receive a special offer.. I suggest you take advantage on it as these films contain much you can learn from, or simply enjoy in awe! In fact, some of the videos are so good and unique, it worth buying a video player for just to watch them!

**Licenses Due:** Parvez Sultan (Overdue), Umar & Qadir Marikar, Avinash, Vikram & Anjali Bakshi, Kate Barry, Dan Luo, Nikita Chavda & Elliot Swift. Please hand them in by mid October.

"Some are so busy with life, life actually passes them by"

Stuart Anslow