

Rayners Lane Taekwon-do Academy

News Letter

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Student of the Month: Mr Avis

Mr Avis has won this months award for a fair few good reasons. First of all he is the first student to travel the complete path to (just before) 2nd degree, from white belt, at the Academy. This is being printed prior to his 2nd Dan grading so we don't know how it will all go yet, but after passing his 1st degree black belt he didn't rest on his laurels or think "this is it", but rather understood the saying that 'its not the end, its just the end of the beginning' and has applied himself consistently without a break since that last grading, allowing him to take the next one as soon as the rules allowed. Furthermore his consistent support of all Academy endeavours has been outstanding, from tournaments, to seminars, to the camping trips, you will usually find Mr Avis there, often accompanied by Kayleigh his (soon to be) wife! Even this weekend, at the LTSI Invitational's, though he wasn't competing due to his forthcoming grading, he still turned up, helped out as an official, a coach and a cameraman - something other students should perhaps do on occasion. If any other students are in need of inspiration they don't have too look far, as Mr Avis is there at all classes and is proof of what can be achieved with consistent training, a supportive attitude and a little sweat and hard work. Well done Colin.



the pinnacle of his area and success and it was nice to see that he remained humble, despite his many high profile victories. Apart from the training, all the black belts got to spar with Mr Vice a number of times, including a solo session at the end of the seminar and many other rounds against the other dan and kup grades in attendance. This was all after a good two and a half hours of training! I feel that those that didn't attend have missed out on a rare opportunity, which is a shame.

September Grading

Despite a couple of disappointments, overall the grading produced some good results (though there is always room for improvements). The feedback received was exceptional as all felt it was well organised, all liked the split grading set up and most preferred the written tests. We will use this model in the future depending on the number of gradees. Written papers may or may not be used and it will always be a surprise if they are or not. We are always re-viewing gradings, requirements etc. and prior to this grading it was decided that with the enforcement of the '3 break rule' for all levels that it was appropriate to define a base level for this area. As such, we utilized 3 different boards with 10's and under on the blue board, 11 to 15 on the cream boards and 16+ on the black boards. Though in class students may practice on tougher boards than are required at a grading, that is because that is training and the selection of boards for gradings represents an equal playing field for all. All the boards were selected as appropriate for the various ages defined above and students are reminded that these are the minimum levels required and thus should ensure they are confident with them.

All those that graded have received in-depth feedback with their licenses. This is something I have often done but I noticed many didn't read the notes I put in their licenses after the last grading. Everyone should not only ensure they read these notes, but also work to iron out the issues mentioned, including the errors listed as failing do so will have repercussions on subsequent gradings. Finally, all students should be pleased to hear that from now on, breaks made on the 3rd attempt will not continuously carry through to the following grading, however, they are noted and will be re-examined at later levels to ensure improvement and the 3 break rule will apply here also. Students should strive to continuously improve on all areas and destruction is no exception. No warning that any break will be given as all students should expect that they can be re-examined on any areas relating to a previous grading anyway.

Class on Wednesday 8th October

Training sessions on this day are still to be held, but due to a cultural event (the Navaratri Festival) classes will take place upstairs. The upstairs is slightly smaller but hopefully we will do things a little different than normal for younger members and we will be having a 'Virtual Master Lim' seminar for older students (if it all pans out that is).

Warren Vice Seminar

Mr Avis, Ms Reynolds, Andrew Elliot and myself attended this seminar hosted by Mr Slater of EssexTKD. It was with the TAGB's top fighter Mr Warren Vice. Although we didn't know what to expect, it was a great day of training and everyone got a different perspective on sparring elements for tournaments. It is rare to get the opportunity to train with someone at



"Human history is the sad result of each one looking out for himself"

- Julio Cortazar

Master Willy Lim Seminar

For those that missed this seminar, you missed something exceptional. The techniques taught were great to learn and practice, but to get inside not only the mind of a Master, but the art itself is a rare thing indeed. Thank you for all those that supported this seminar, it is something we hope to repeat next year as the feedback from it has been phenomenal.



Andrew has written a nice report for the web site and I have posted the photos Jonathan took on the day (many thanks to both of you).. go check them out and see what you missed so you don't make the same mistake next time and miss another opportunity to train with a genuine legend!

LTSI Invitational's

A disappointing turnout for this event meant we only had 7 students entering. It was a tough tournament with some good competitors and those that entered did the Academy proud. At the time of writing I don't have a complete list of the medals, but know Abigail won a gold and Nikita won a silver and a few others won some trophies but I'm unsure of the positions they obtained at present. Phil narrowly missed out on the destruction section, losing only a few rounds to another, heavier looking, opponent. Full results will be listed online as soon as I have a complete list.

Last Tournament of 2008

The last official tournament for the Academy is on 16th November in Northampton. Held by the White Tigers TKD group its a nice little tournament to round off the year. Its ideal for youngsters to try and their first tournament experience and of course it has divisions for older and more experienced students as well. Amongst the divisions are: Sparring, Patterns & Flying High Kick for all grades/abilities, there's hand & foot breaks for over 18's as well as a special event for white and yellow belts who are under 12 called 'Sumo', where they use kick shields to know each other off balance and is a lot of fun. The sparring divisions are also separate for 13s which is nice as most tournaments mix them up still.

Entry is £15, there are no entry forms to fill in, simply write the following on a piece of paper and hand into Mr Anslow ASAP: Name, Grade, Age, Height (in CM), Weight (in KG) and you will be entered into all events available for your age/grade. Deadline for this event is Saturday 25th October - entries after that, if accepted at all, will be charged a late fee.

Late Fee

Talking of late fees.. the Academy relaxed its rules during September as many were away, however, September is over and late fees are back in full force again, so please take notice of any deadlines mentioned in the news letters.

September Fee Changes Outstanding

A few students/parents still haven't updated their standing orders to reflect the changes, if you haven't, please sort it out and get up to date ASAP as soon we will have no choice but to issue bills to cover the difference and as a reminder.

Class Fees

With the new system there is no need for separate class fees, as all classes are available for all students (age appropriate). We have never had a 'per lesson' fee structure as training fees have always been done on a monthly basis (meaning first day of the month until last day of the month) so please make a note that unless a prior arrangement is made, all students will be charged for any month they train, whether it be 15 classes or only one. If you cancel your standing order for a given month, then train a couple of lessons before the month is over you will be billed for that month at the full amount + admin fees for issuing a bill. Sorry, but we cant afford to be so nice anymore.

Christmas Dinner

Though we havnt set a date or venue yet for this, we need to get organised. It will be booked somewhere local, possibly on either the 6th or 20th of December. I will email around details ASAP but in the meantime, to secure a place please hand in a deposit of £10. it would be nice to see EVERYBODY attend this once a year meal and fun evening.

Licenses Due:

Please fill out the license Renewal form and return to Mr Anslow, with license book immediately:

- Tom Fiander
- Savinay Sood
- Abhijay Sood
- Ayomikun Odunaiya
- Reece Somaiya
- Ariwajoye Agbede
- Philip Skidmore
- Shamim Ibrahim
- Aaron Bennett
- Zaheen Ibrahim

"You can stand tall without standing on someone. You can be a victor without having victims"

- Harriet Woods