

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

www.martialartsinharrow.com

email: instructor@raynerslanetkd.com

October 2009

tel: 07759438779

Student of the Month:

Sushil Punj

Sushil wins this months award for the great example he sets for all students and the way he acquitted himself at his first Official black belt outing. Sushil (or Mr Punj to most) helps at most of the childrens classes on Wednesdays, as well as covering Mr Gautams classes on more than one occasion. He always trains hard and this showed at the recent tournament where he ended up fighting Nick Gardener, a World class competitor where anyone watching would never have guessed this was his first time in the black belt divisions, as despite not winning, he acquitted himself admirably and gave a fantastic account of himself, for which I received many compliments from other instructors who watched him fight. Well done Sushil, your a credit to the Academy.



White Tigers Competition

The next tournament we are scheduled to attend is on 15th November and is a smallish competition in Northampton. Though small, its still going to be bigger than last time and is an ideal tournaments for beginners and old hands alike. Entry is £15 and includes patterns, sparring and flying high kick divisions, with a Sumo division for the real youngsters and breaking divisions for those 18 years & older. Its always worth attending, so I hope you support this event.

Compulsory Competitions

Time and time again I try to emphasis what an important aspect tournaments are to a students development. Its not the winning that's important, but what is gained by simply being at the event. They build courage and fortitude, encourage students to train harder, help control adrenaline and nerves, helps youngster to deal with disappointment as well as success, plus the sparring is hopefully the closest any adult or child will have to get to an opponent they don't know (better there than on the street right!) - still, it seems my encouragement still falls on deaf ears to many, as is proof by the lack of attendance and support at the last few events, which seems to be getting lower year by year. Where other clubs are fielding 30 to 40 competitors each, we are struggling to make double digits!



We are not a club that is motivated by competition success (though we usually fare well) and as we only attend 3 to 4 regular tournaments per year (as well as offer some others) a day or two out of your 52 weekends per year isn't much to ask I don't think - by the way, I'm not just speaking to the students here, but also the **PARENTS** as the younger students rely on you to fill out their forms, ensure their entry is paid and to get them there

and support them!

So, as **I KNOW** the benefits and wish my students to also gain those benefits, from now on competitions will be compulsory for all students of 6th kup and higher. This is how it works: **ALL** students of 6th kup and above, will be required to enter and compete at, at least one of every 2 tournaments the Academy enters, failure to do so without a very good reason (namely holiday or ill-health) will mean you may lose your eligibility to grade at the next grading. There is a big problem when students end up at higher ranks without hardly ever having competed, as they lack the same level of experience of their peers that do, which shows in their all round confidence. Its an even bigger issue as they approach red and then black belt levels with only 1 or two tournaments under their belts, when they should have at least 10 by then!

Parents you need to do your bit as well, if you cannot make it please allow your child to go with another's parent (as the black belts cannot keep an eye on them due to officiating all day). I am happy to liaise between parents and I'm sure you can do the same for another on the next occasion.

Parents that are going, please offer to be a guardian of one or two other young competitors, to allow them to compete as you will be there anyway, that way we may actually be able to get reasonable numbers along.

This rule applies to all students, 6th kup and higher and under 30 years old - many clubs already have such a rule but aren't so lenient and simply say all events! **SO**, I will be expecting entries from anyone who wishes to grade in December who didn't attend the last event or expect to be knocked back come grading time! **WE EXPECT ALL** students and parents to support the Academy's endeavours - without exception!

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 haven't 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.

Camping

For those going camping on the 23rd October, please can you hand in your full payment immediately. Strangely enough, considering its October, this is the biggest camping trip to date, with no less than 17 coming along. we also have a Chief for the day, in the form of Mr Boston who will be cooking up Korean ribs for everyone - yummy! As a reminder, costs are £30 for adults, £20 for children and under 5's free.



Totally TKD Issue 8

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



License Due:
Please hand in immediately - Saphaa Simab, Saphwat Simab, Shamim Ibrahimi, Zaheen Ibrahimi, Ayomikun Odunaiya, Ariwajoye Agbede & Miss Reynolds.

Please hand in by the end of the month - Umar Marikar, Souad Elghawi, Elnor Ilkamovq, Kate Barry, Avinash Bakshi, Vikram Bakshi, Anjali Bakshi, Luke Fox, Lauren Fox, Liviu Nafonita & Richard Baker

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

"We survive on adversity and perish in ease and comfort."
- Titus Livy

"The only thing that requires no effort is failure!"