

Rayners Lane Taekwon-do Academy

News Letter

www.raynerslanetkd.com

www.martialartsinharrow.com

hp d b : t w x f w n C u d | g h u v o l a h n e r f r p

September 2007

who3::8<76;::<

Student of the Month:

Richard Baker

Richard earns this month's award for the effort he puts in to his training. Despite having to do the dreaded 'shift' work which has a negative effect on attendance (I know, I've been there), he still manages to get down as often as he can (more so than some others with less commitments) and trains with much enthusiasm. His skills are gaining momentum and I think he'll make an excellent black belt one day - so let's hope he continues with that enthusiasm and stays the often rocky course!



L TSI Invitational

The next tournament is the L TSI Invitational, taking place on Sunday, 14th October 2007. The venue is Greenwood Park Leisure Centre, Tippendell Lane, St. Albans, Herts. AL2 3HW (Please note it down - its the usual place and only 30 minutes away), with children up to 12 years old from 8.30am - 12 noon and 13's +/Adults and Black Belt events from 12 noon - 7pm (black belts all day I'm afraid). The event features sparring, patterns and destruction for 8 year olds and older. Its a good event, so please try and enter! Entry forms will have been emailed round by the time you read this or you can get one off Mr Anslow.



Deadline for entries to be handed in to Mr Anslow by is: Saturday, 22nd September. Entry costs £15 & Spectators are £5 on the door.

Saturday, 15th September Class

Please note, there is no class at the Pinner location on this day due to a church function. However, weather permitting we are going to hold an outdoor session down Montesole Park (11am). The park is located off the Uxbridge Road or go up the main street in Pinner (don't turn off at Love Lane) and at the traffic lights at the top, go straight across and the car park for the park is on the right down a road by some flats (Montesole Court). Please wear a tracksuit to avoid grass stains on your doboks, bring your pads and some water - times as per usual - **Parents, please ensure you collect your children by 1pm sharp.**



Grading: Wednesday, 19th September

If you are ready to grade and have obtained enough credits, please hand in your licenses and grading fees ASAP. The deadline for entries is: Saturday, 8th September. Please see previous news letters about missing deadlines and about the *new Grading Regulations* that are now in effect. This is not a grading to take likely - ensure you know your theory inside and out or you will fail! Juniors: 6pm start / Adults 7.30pm start (TBC). There is no class on this day, but all students are invited to come and watch the



grading.

Camping

Kate is organising a last minute camping trip by popular demand of the usual suspects as we havnt gone this year (we went on the boat trip instead). We are looking to go on the following dates: **Friday 28th September To Sunday 30th September**, so no-one has to take time off work (unless you work weekends). We are going to a new site in Hastings that allows fires (in case its cold). **Everyone is invited** and all you need is a duvet or sleeping bag + clothes. Costs will be £30 per adult & £20 per child, which is for both nights and include food and non-alcoholic drinks (+ some beer & wine maybe). Please confirm your place with Mr Anslow straight away. Deadline: Saturday, 22nd September.

Christmas Dinner

Despite it only being September, Christmas bookings get filled up fast, which is why we are thinking about this now. Last year's dinner at the Clove was a big hit and if no-one offers a better alternative we are going to try and repeat it in the same venue this year. Numbers are limited as its only a small place, so it works on a first come first served basis. I will be working out details with the restaurant once we confirm the booking, but for now a £10 deposit confirms your place.



Last year we had a three course meal with wine and soft drinks for only £20 a head, so it's great value + the fact we had the whole restaurant and

they played music we supplied until the early hours! I hope to see some that perhaps didn't attend last year coming to join in the fun this time around. Looking at the calendar the most likely date seems to be Saturday, 15th December if we can get it - TBC

Christmas Magazine

As many of you know, each year we do a Christmas magazine. This year it is going to be collaboration via the whole Academy. All students should endeavour to submit an article on any subject relating to the Academy, Taekwon-do or martial arts in general (including pictures). Drawings by our younger students + funnies, games and puzzles are also welcome, as are articles by parents etc. This can be an original work (preferably) or if you lack imagination, something interesting sourced off the internet!



All students are expected to submit something by the end of October and the best will make the Christmas magazine - so get to work!

Older copies of the Christmas mags, dating back to 1996 can be downloaded on the Academy web site.

Licenses Due: Parvez Sultan (Overdue), Umar & Qadir Marikar, Sharad Nakarja & Abhijay Sood. please get them in by Mid September.

Did you know...

...2008 is the year of the World Championships!

...Details as & when I receive them!

"The test isn't the test -- that's just showing what you already know. The test is preparing to take the test. All that hard work you've done training -- that is the true test in Taekwon-Do."

"The will to win is important, but the will to prepare is vital"