

Rayners Lane Taekwon-do Academy

News Letter

September 2008

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Student of the Month: Katie McLeod.

Katie wins this months award for showing true indomitable spirit. Having caught a blow to the back of the head (accidentally) at the end of the month (the perpetrator shall remain nameless for fear of reprisals from the black belts), the Academy's principle 1st Aider (Kate) decided a trip to the hospital was in order just to be on the safe side, so off she went via the hospital taxi (Ambulance) accompanied by Miss Reynolds for security :-). All checked out fine and Katie was back in training at her next usual class.. nice one Katie and congratulations for winning this months award.



event, just hand seminar fee in before the date of event (£15). AA route finder says it takes approx. 1.5 hours to get there, so we will be leaving @ 11am. Please speak to Mr Anslow regarding meeting place & travel arrangements. The seminar takes place at Dovedale Sports Centre, Vicarage Road, Chelmsford, Essex CM2 9PG



September Fee Changes

By now everyone should have received the letter and/or email regarding the price changes we have had to make for training fees. Don't forget the new training fee layout allows all students to train on all available days (applicable to age), so ensure you get down to some other classes you may not usually attend, even if on the odd occasion. Please see the "Classes" link on the web site for class details. If you didn't receive a letter, please ask Mr Anslow for one.

If you haven't managed to adjust your standing orders yet, please simply pay the difference and adjust them for 1st, October. Any questions/issues then please speak to Mr Anslow ASAP.

Student Handbook

This is currently being updated to reflect recent policy changes (fee structure, gradings etc). I will email it around as soon as the update is completed or you can request a printed copy at a cost of £5.



August Classes

Due to low turnouts throughout August, next year on Wednesdays we will probably run a single class only (7 til 9pm). This is so we can ensure we can run the class throughout August without the financial loss we had this year.

Summer Slam DVD - £10

Last chance to own this DVD. See July's news letter for full details. Available until the end of the month only.

TSI Invitational's

Sunday, 28th September - Entry forms have been emailed round, please hand them fully completed to Mr Anslow straight away, with the £15 entry fee. All students can compete in sparring & patterns (full pads required for sparring), those over 8 can also compete in the Flying Side kick section. Adults (16+) can also do destruction. There is also a 'Team Pattern' section and once entry forms are received we will try to sort out a team for that too. If you don't have email, please ask Mr Anslow for an entry form.



Mr Avis Grading for 2nd degree

Please wish Mr Avis good luck (though I'm sure he wont need luck) as he will be attempting his 2nd Degree at the end of the month. All black belts please ensure you are available to attend the grading to give Mr Avis a hard time, er, I mean plenty of opponents. Consequently, he will be the first Dan grade to officially grade under the newly form 'Pioneer TKD Association' (see www.pioneerTKD.com). As well as CMAA. Good luck Mr Avis



Anniversary Party

We are hoping to host a celebration of our first decade on 11th April 2009. Please keep this evening free as we hope to have a dinner/party type event. We are hoping all students, their parents & family, some ex-students and friends of the Academy will all attend. I have compiled a 10 Year Celebration Video, (that is still a WIP) but can be viewed via the Academy facebook page & YouTube.

Syllabus DVDs

All parents & students are advised to supplement their training with the syllabus DVDs. At only £15 each (meaning £3.75 per grade, as the first 2 DVDs have four grades worth of training on them each) its a must have for all students and should encourage correct technique, easy revision and training at home!



Explanation of the Tenet: Indomitable Spirit

백절불굴

(Baekjool Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be

modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals. - Gen Choi's encyclopaedia

Jonathan Choi looked up the Hanja symbols that make up these words in Korean, as hanja comes from Chinese roots. The central characters break down as 'not relenting to 100 setbacks and not allowing them to make you negative towards your goal'.

Various dictionary definitions define "Indomitable" as: Too strong to be defeated or discouraged, impossible to subdue - And "Spirit" (as appropriate in this context) as: Too strong to be defeated or discouraged, impossible to subdue, the vital principle or animating force within living beings, the part of a human associated with the mind, will, and feelings, the essential nature of a person or group

It seems only one student read this in last months news letter so I'll repeat it again, unless of course its just that no ones interested! Anyway, clearing out my garage I came across some old martial arts magazine that have an old interview with Mr Anslow in. There are about 10 copies available free of charge to any student that asks for one. Strictly on a first come, first served basis.

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

- Haajira Mohamed
- Tom Fiander
- Saphaa Simab
- Saphwat Simab
- Jonathon Choi
- Wesley Maunder
- Xiong Chan

More Licenses Due:

The following students should request a license renewal form (via email is good) and return to Mr Anslow (with current license book) by the start of October:

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

Photographs

For all those that have ordered photographs, please collect them off Mr Anslow next time your in class as I now have all the orders in.



Master Willy Lim TKD Pioneer Seminar

Just a reminder. The seminar starts at 3pm @ Rayners Lane dojang. Please arrive a few minutes earlier to get changed, ready for a 3pm start (finishes at 6pm). Students are advised to bring a notepad & make notes. (20th Sept)

Kup Grading

The September grading is taking place on Wednesday, 17th September. Please ensure you understand that all students from 8th Kup upwards need to break within 3 attempts to pass that section. No extra attempts will be given and failure to comply will mean a failed grading. Ensure terminology is learnt to a good standard - the pass level in this section of the grading is 65%. All students should be changed and ready for a 6.15pm start unless otherwise advised by Mr Anslow.

Warren Vice Seminar

Sunday 14 September, 1 til 4pm. Please see lat months news letter for full details. No deadline on entry to this

"There are only two forces in the world, the sword and the spirit. In the long run the sword will always be conquered by the spirit." - Napoleon Bonaparte

"We all may have come on different ships, but we're in the same boat now." - Martin Luther King, Jr