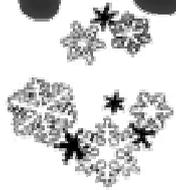
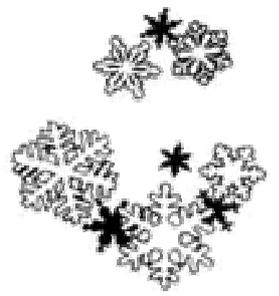




Rayners Lane

Taekwon-do Academy



CHRISTMAS MAGAZINE



2006



WIPY XMAS

THE TWELVE DAYS OF RAYNERS LANE CHRISTMAS

BY MAREK HANDZEL, 5TH KUP

-
ON THE FIRST DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
A DOBOK WITH A BONSAI TREE.

-
ON THE SECOND DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE THIRD DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE FOURTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE FIFTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE SIXTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE SEVENTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE EIGHTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
EIGHT BIG KICK SHIELDS,
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,

FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE NINTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
NINE ANGELZ DANCING,
EIGHT BIG KICK SHIELDS,
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE TENTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
TEN 1ST DANS A-LEAPING,
NINE ANGELZ DANCING,
EIGHT BIG KICK SHIELDS,
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE ELEVENTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
ELEVEN TERMINOLOGY SHEETS,
TEN 1ST DANS A-LEAPING,
NINE ANGELZ DANCING,
EIGHT BIG KICK SHIELDS,
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE.

-
ON THE TWELFTH DAY OF CHRISTMAS,
MR. ANSLOW SENT TO ME
TWELVE MONTHLY NEWSLETTERS,
ELEVEN TERMINOLOGY SHEETS,
TEN 1ST DANS A-LEAPING,
NINE ANGELZ DANCING,
EIGHT BIG KICK SHIELDS,
SEVEN LITTLE DRAGONS A-RUNNING,
SIX BOARDS FOR BREAKING,
FIVE GOLDEN BROIN BOXES,
FOUR SKIPPING ROPES,
THREE KOREAN HENS,
TWO BOXING GLOVES,
AND A DOBOK WITH A BONSAI TREE!

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Contributors

Marek Handzel, Kate Barry, Saphaa Simab, Abhijay Sood, Ben Clarke, Priya Shah, Mr Avis, Mr Sultan, Mr Gautam & Mr Anslow

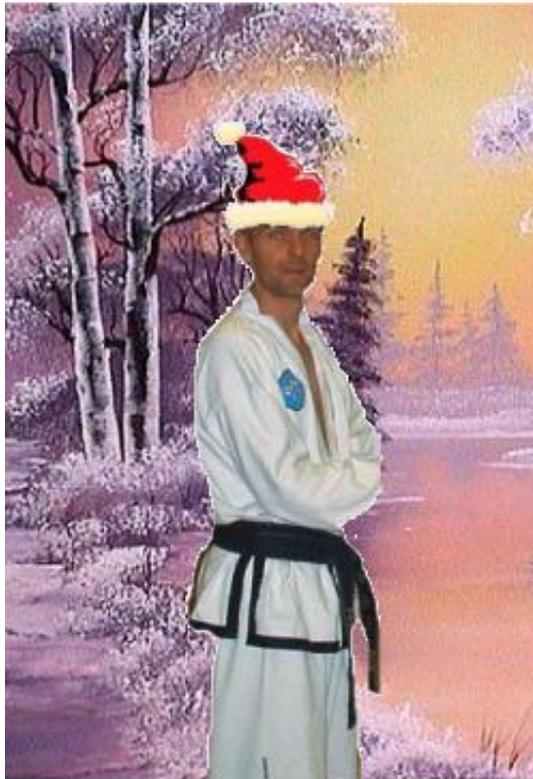
- Many Thanks -

CHRISTMAS MESSAGE

2006 started off well and died off a little from August onwards, especially from the adults (at one class their were only 4 students in attendance!), we have had new students start and the inevitable students quit, which is always a shame but part & parcel of martial arts I'm afraid. My only real thoughts on the matter is that if a student would quit because a) training was too arduous, b) they failed a grading, c) insert your own excuse, then how well will they fare in life. Will they quit should their job or study if it becomes too hard! Or if they do not get the work promotion they have set their hopes upon! Or if work that week was harder than usual!

The dojang has been referred to in the past as a 'microism' of the world, many things that happens in the big bad world also happen in the dojang on a smaller scales – friendships are made, obstacles are overcome (or not in some cases), students triumph through adversity etc, just think of the situations life can put you in and most you can find in a smaller scale within the dojang – which leads me back to the original point – if one of these minor things causes a student to quit in the dojang, what happens in the real world when it's a thousand times bigger!

In the news letters this year I have emphasised a few times about how important parents intervention is for the kids. Not only from a recognition point of view, but also to enable them to take part in something bigger than the whole. The academy has a decent social scene and we try to provide things away from the dojang where everyone can get together on social level. However, many parents are not recognising this and because of it the children miss out. There's the competitions for a start and these are especially relevant for the younger students as they gain so much from them (even if its learning that you cant win at everything), but also by not attending they miss the team spirit and the fun side of mixing with other Taekwon-do kids as well as seeing their peers compete (giving them inspiration) – which they enjoy a lot. Is it really too much to take a day out so the kids can have a go? There are also things like the camping etc. which are organised as much for the kids as the adult students. Kids love camping but need you, the parent to take them there!



HAPPY XMAS

Going back to the competitions in 2006, we did a lower number than usual this year, only three in fact. The adult students were fairly well represented though I'd like to see some of the newer students participate in next years events. A couple of those that enter regularly have had what I would call a bad run in so much as they have been unlucky rather than any lack of skills and it's a tribute to them that they keep bashing away at them – their time will come I'm sure and they have gained my respect not least for their determination' and even without winning a medal they always give a fine account of themselves and represent the Academy extremely well.

Once again however, on the junior side Rayners Lane was poorly represented. On average only 3 out of all the children's class competed at any one event and these were the same students mostly (though it was good to see a couple of competition *newbies* dip their toes in the water at the odd event), whereas other schools with less than us in junior students quadrupled our junior entries. I understand the youngest of the students not competing for the sheer fact of them not being ready, but anyone over 8 years old and of 9th kup and above should really be entering these events, as much for themselves as for the Academy. Of the juniors that have competed this year they have done the Academy proud, but more so done themselves and their families proud and have started reaping their rewards by bringing back quite a few trophies between them. So lets see a change of attitude from our younger members parents in 2007 eh!

The big news for the Academy this year was undoubtedly the black belt gradings. Rayners Lane Academy has been running since April 1999 and it has finally seem a few long term students make the break through to black belt. The dan gradings are respected far and wide as tough gradings (as is the Academy itself) and it is a tribute to their hard work and dedication to even get there; to pass them takes that extra something and those that did should feel extremely proud of their achievements. I am certainly proud of you all. Grading to black belt is almost like when you start at white belt, everything is new and different, more is expected, more needs to be achieved and maintained to keep at that level. It is early days yet for

most of them with less than a year under their (*black*) belt, but I hope they now understand why black belt is known as the '*beginning*' rather than the end! Coupled with this, many of the senior students completed their '*Tours of Duty*' and received their 'IDP' (Instructor Development Program) certificates, enabling them to teach both within and outside of the Academy, as well as 'officially' being recognised by the Academy as instructor level.

Apart from regular training and the competitions, 2006 saw the IAOMAS seminar which was an excellent day, a visit from my IAOMAS brother across the pond, in the form of Tim Posynick (4th dan) from Canada, a Pressure Point seminar with PP guru Rick Clark (8th dan) and myself teaching at a charity seminar for the British Heart Foundation which was also attended by a number of students (Parvez, Lyndsey and Colin). There was no 'Taekwon-do Explosion' this year unfortunately. Behind the scenes, many of the senior students, as well as myself have been teaching Taekwon-do; namely Mr Gautum, Mr Sultan and Lyndsey who have all done fantastic jobs which are a credit to their skills and knowledge as well as to myself and the Academy. Also, in 2006 I released a book on Taekwon-do that was warmly received by many people. It was a project that involved many of the students and I hope they are pleased with the final project and are (even secretly) proud to have been part of it.

2007 should hopefully be bigger and better. We aim to run 'Taekwon-do Explosion' again, I am hoping we can again train under Rick Clark to all increase our capabilities in this area. We will be entering some quality tournaments as usual, plus we have the new Thursday night class opening in Harrow Weald, as well as the Saturday classes being extended by half an hour. For senior grades (4th kup and above) we hope to organise quarterly squad training sessions with other Taekwon-do schools. I hope all these things will be well attended and supported as they are very much on a trial basis, so please ensure your continued support as we do them to enhance your skills and your levels of Taekwon-do as well as enhancing standard training as much as we can.

To finish off I would personally like to thank everyone who has helped maintain a great academy this year. All the students (and outside instructors) that help out in various roles teaching, organising or helping at the gradings – in particular – Mr Gautum, Mr Sultan, Mr Patel, Mr Avis, Mr Ahmad, Fayaz & Kate, as well as Mr McCarthy, Mr Clark & Mr Walker who sit in on our gradings. Thank you as well to all the students that participate in the events the academy attends, your support is appreciated. Not forgetting all those that train at the Academy and of course the parents that bring the youngsters along (I know I get on your case sometimes, but it is really with the best interests of our young students). And last, but by no means least, everyone involved with the book project, especially David who did all the photography and Dennis who did a fair bit

of graphics work – thank you to you all.

Rayners Lane Taekwon-do Academy has achieved much this year, from medals, to gradings to simply acquiring knowledge and I sincerely hope that you, as a student feel as proud as me to be part of an Academy whose quality, standards and achievements are recognised the world over!

On that note I'd like to wish everyone a very Merry Christmas and a prosperous New Year and look forward to seeing you all again in 2007. Enjoy this year's Christmas magazine.

Mr & S Anslow, IV
INSTRUCTOR
RAYNERS LANE
TAEKWON-DO ACADEMY



Dates for 2006/7

Christmas Dinner:
 Saturday, 23rd December (7.30pm)

Resume Training:
 Saturday, 6th January, 2007

Thursday Class:
 11th January, 2007—7 til 9pm

Boat Trip:
 Friday, 23rd March 2007 til Monday 26th
 March 2007.

Times in New Hall

Mondays
 Adults—7 til 9pm

Wednesdays
 kids—6 til 7.30pm

Thursdays
 All—7 til 9pm (*In Cedars Hall*)

Saturdays
 All 11 til 1pm

No other sessions will be run for the time being

STUDENT OF THE YEAR AWARD 2006

This year to get a fully rounded view of everyone we opened up the “Student of the Year” vote to all grades over 8th kup. The reason for this is that everyone affects everyone else in different ways. My perspective from my position is different from yours and also from his or hers and this was widely reflected in the voting this year as many names came up, but the ones below came up most of all!

The “Student of the Year” awards are very hard to win and with new students they become even harder to obtain, even for the Academy ‘old guard’, as what it takes to get a vote is a very individual thing and to be honest, no one can exactly define what it is! However, with that said it is true to say that who ever carries the most votes has certainly affected lots of other students in one way or another but they will certainly be a student who trains consistently, they will also be a student who puts in a lot of effort when they train as well as possibly going that extra mile outside of the dojang as most votes (from those that actually voted) worked on an overall opinion rather than a single thing, though I believe some are more personal than others—hence it being an individual thing!

Like last year, the award has been split in order to make it achievable for both a Junior and a Senior Student. As I said, the nominations were varied to say the least, which means that even if you didn't win this year, the possibility is there! Saphaa, Kate, Lucy, Paaras, Saphwat, Omid, Zuhayr, Charlotte and Lyndsey (in no particular order) all received nominations this year but were pipped at the post by this years winners!

That said, if your name isn't in the list above perhaps its time to make yourself known, just read this section again for the clues to enable you to win this award—its defiantly not beyond your grasp but as I said last year, you cannot fake it, you cannot pretend, your good qualities will shine through in the end, just as you bad qualities will as well. To win it, simply do your best, do what is right, avoid what is wrong, be consistent, put in real effort, follow the tenets and you may well be up for nomination or even a winner of next years award.

This year’s awards go to the following students:

SENIOR STUDENT OF THE YEAR **Marek Handzel**

Marek joined the Academy a while ago now, having made the hard transition from one school to another, a transition which firstly many wouldn't even do, due to the intensity of training and the differences between schools, and secondly, of those that do ‘do it’ usually quit because of the feeling of ‘its all to much’, but Marek is defiantly made of sterner stuff than that. Since he started with us he has come on exceedingly well both technically and physically and is a staunch supporter of Academy events, from competitions to seminars (and other things) and is always eager to learn something new. Marek is much liked by all students and is always willing to lend a hand if needed. In class he always puts in 110% effort and even though he rarely misses a class, if he does he always informs Mr Anslow to let him know he wont be able to make it, a sign of respect that is appreciated and reciprocated in return

He has done well at gradings so far, never being in too much of a rush to take them, preferring to master what is needed (as much as is possible) before moving



onwards and upwards. He puts up with the endless “*Captain Picard*” & “*X-Men*” jokes in good humour which is always a much required trait for the adults that train at the Academy :-) and his tournament career is coming on well.

Marek works hard, trains hard and plays hard (a tough opponent for all in the ball game) and has the mind set require to make it all the way to black belt and then beyond it! He is well liked, consistent, reliable, helpful, respectful and a valued member of the Academy. Congratulations to Marek for this years award.

JUNIOR STUDENT OF THE YEAR **Abhijay Sood**

Abhijay started training a good few years back now and has achieved much since the first day he stepped into the dojang. Not in a hurry to grade, preferring to try and ‘get it down’ before moving up, though this is not the best of his achievements even though it’s a great one. He is one of the few junior students to compete at nearly every competition the Academy enters, including a very tough World Championship in 2004 and despite some tough times he has now begun reaping the rewards, placing gold at the last tournament he entered, hopefully inspiring him on even further – though this is still not his biggest achievement!



Another feather in Abhijays cap is encouraging (along with myself) his Dad Vijay to train, who has also had his fair share of triumphs and tribulations (not to mention hard blows) when he supports very physically at tournaments and seminars – by entering himself. Though this is not about Vijay and again, even this isn’t his greatest achievement to date.

He is very regular in attendance and as one of the votes pointed out “never, ever, ever, ever mucks about”, and though it may be hard to believe he has had his moments, but they are few and far between (0.5 per year) and more importantly he has always recognized his misdemeanor (for want of a better word) and apologized straight afterwards. He is also, in my opinion a bit overly critical of himself, though better that than not to be critical of oneself at all and think every things perfect when usually they are far from it! Though it was this attitude that possibly helped him earn his gold medal at the last tournament. He trains hard and in an articulate way, but all of the above still isn’t his best achievement to date but obviously goes along way to earning him this years title of “Student of the Year 2006”!

So just what is his biggest and best achievement to date? Quite simply... its himself! The way he has developed throughout the period I’ve known him and if you must know exactly what changes have occurred, I suggest you ask mum and dad as I don’t want to embarrass him by pointing out the ‘then’ of the then and now! Well done Abhijay!

PREVIOUS AWARDEES - STILL IN TRAINING -

2005—Zuhayr Chagpar & David Lane
2004—Ben Clarke & Colin Avis
2002—Lyndsey Sainsbury
2001—Parvez Sultan
2000—Dev Patel

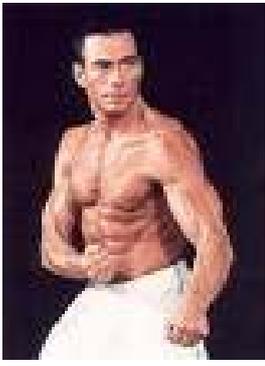
RAYNERS LANE POWER RANGERS TAEKWON DO



That's Funny!

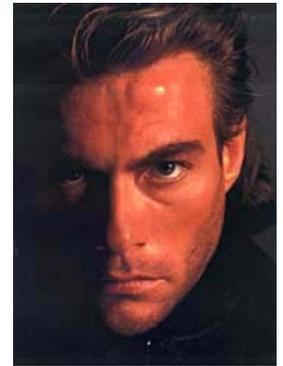
And that's the car I secretly dream of owning!





The Great Man

By Mr Sultan, 1st degree



Right, this is not about me, instead let me tell you a bit about one of my favourite actor and Martial Artist, Jean-Claude Van Damme, the man known as ‘The Muscles from Brussels’. I grew up watching this guy’s films which also funny enough played a part in my interest for martial arts. The ease at which he could perform the splits, his favourite 360 degree jumping reverse kick and flexible kicks where always influencing and appealing to me.

Born on Oct 18 1960, Jean-Claude Van Damme is the son of Eugene Van Varenberg and Eliana Van Varenberg. “The muscles from Brussels” originally known as Jean-Claude Van Varenberg and later adopted ‘Van Damme’ to his name from one of his friend's father name considering it's punchy, short, and clear than his original name. He started martial arts at the age of 11. His father Eugene Van Varenberg introduced him to martial arts when he saw his son was physically weak. Jean-Claude started with Shotokan Karate and later studied Kickboxing, Taekwon-Do, and Muay Thai. He won the European professional karate association's middle-weight championship as a teenager, and also beat the 2nd best karate fighter in the world. His goal was to be number one but got sidetracked when he left his hometown of Brussels. He started lifting weights to improve his physique, which eventually led to a Mr. Belgium bodybuilding title.

He came to Hong Kong at the age of 19 for the first time and felt insured to do action movies in Hong Kong. So in 1981 Van Damme left Hong Kong and moved to Los Angeles, where he was trying for 5 years. He took English classes while working as carpet layer, pizza delivery man, limo driver, and thanks to Chuck Norris he got a job as a bouncer at a club. He gave Van Damme a small role in the movie 'Missing in Action', but it wasn't good enough to get anybody's attention. Then in 1984 he got a role as a villain named Ivan in the low-budget movie _No Retreat, No Surrender (1985)

Then one day, while walking on the streets, Jean-

Claude spotted a producer for Cannon Pictures, and showed some of his martial arts abilities which gave him the leading role in Bloodsport (1988). But the movie, filmed in Hong Kong was so bad; when it was completed they shelved it for almost two years. It might have never been released if Van Damme did not help them to recut the film and begged producers to release it. They finally released the film, first in Malaysia and France and then into the U.S. and at last the miracle happened. 'Bloodsport', became a U.S box-office hit in the spring of 1988. It made about 30 million world and audiences supported this film for its new sensational action star Jean-Claude Van Damme.



His martial arts assets, highlighted by his ability to deliver a kick to an opponent's head during a leaping 360-degree turn led to starring roles in higher budgeted movies like Cyborg (1989), Lionheart (1990), Double Impact (1991) and Universal Soldier (1992). It was 1994 when he scored his big breakthrough \$100 million worldwide hit Timecop (1994). But in the mean time his personal life was on the edge.

It began to show up in his career when all the anticipated projects from him began to fail in the box office like the Quest (1996) (which he directed) Probably my favourite Van Damme film of all-time, Maximum Risk (1996), Double Team (1997); and the three films made less than \$50 million combined.

In 1999 he remarried his ex-wife Gladys Portugues and restarted his lost career to attain new goals. With help from his family he faced his problems and made movies like Replicant (2001), Derailed (2002), and In Hell (2003) (Also another of my all-time favourite Van damme film) which did averagely in box office terms, but he tried to give his fans the best, his acting in those movies got better, more emotional and each movie was basically in different action tones.

Everyone has their opinion about this man as some look too much into reports of trouble with cocaine and

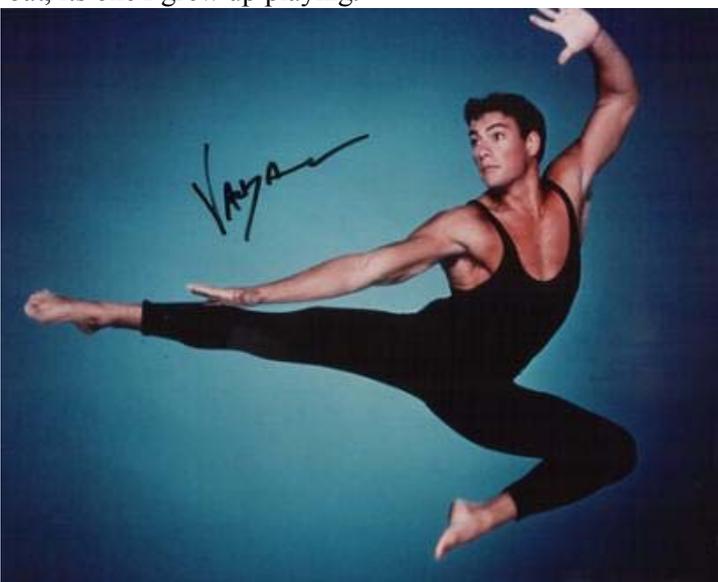


bipolar disorder (mood changes) during 1993. Van Damme's nude appearances in many of his films, though his nudity has only been shown from the rear. He first appeared nude in *Bloodsport*, with numerous such appearances in his subsequent films, including a lengthy one in *Universal Soldier*. This of course upset a few people. Van Damme has always expressed pride in his body and especially his posterior. He was recorded saying "If you have a decent body why not show it? I'm very proud of my butt." Which is fair enough but one for the ladies though. Van Damme's fight scenes are so intense that he won't film them in the U.S. for fear of being sued. They were never one for the faint hearted.

As most of you will agree, I always tend to focus on people's positives and appreciate what they do for others.

Van Damme's movies are cult classics and are seen as major contributors to the rise in the popularity of Martial Arts. Therefore, this man is one of those great characters that have brought martial arts to the mainstream.

Van Damme was even the inspiration for the character "Johnny Cage" from *Mortal Kombat*. One of "Johnny Cage's" special moves was where he did the splits and punched his opponent in the groin, as seen when Van Damme's character, Frank Dux, punches his large sumo opponent in *Bloodsport*. It takes a lot to be used as an inspiration in classic martial arts games such as *Mortal Kombat*, its one I grew up playing.



Van Damme once said he learned to speak English by watching the cartoon 'The Flintstones'. You either have to be great or crazy to say something like that. Now he speaks Flemish, English, French, Spanish and German.

For some men, for others to know they study ballet could mean the end of social life. Van Damme studied classical ballet for five years. He said "ballet is an art, but it's also one of the most difficult sports. If you can survive a ballet workout, you can survive a workout in any other sport."

My take, this doesn't mean you should join ballet and if



you do don't tell anybody.

Lastly, Van Damme was even a former sparring partner of Chuck Norris in the early 80s.

So it's only appropriate to say 'Some are born great, Some achieve greatness, and Some have greatness thrust upon them.'

Remember if you want to learn about martial arts looking into this man is a good start.

Beret, Beret Nice!

Who wears it the best?



Bonjour. I know who I'd pick!



Failure

By Kate Barry, 5th Kup

**Failure is not the lack of success.
Failure is staying down when you trip or stumble.
Its giving up, checking out, or shutting down.**

Does it surprise you that:-

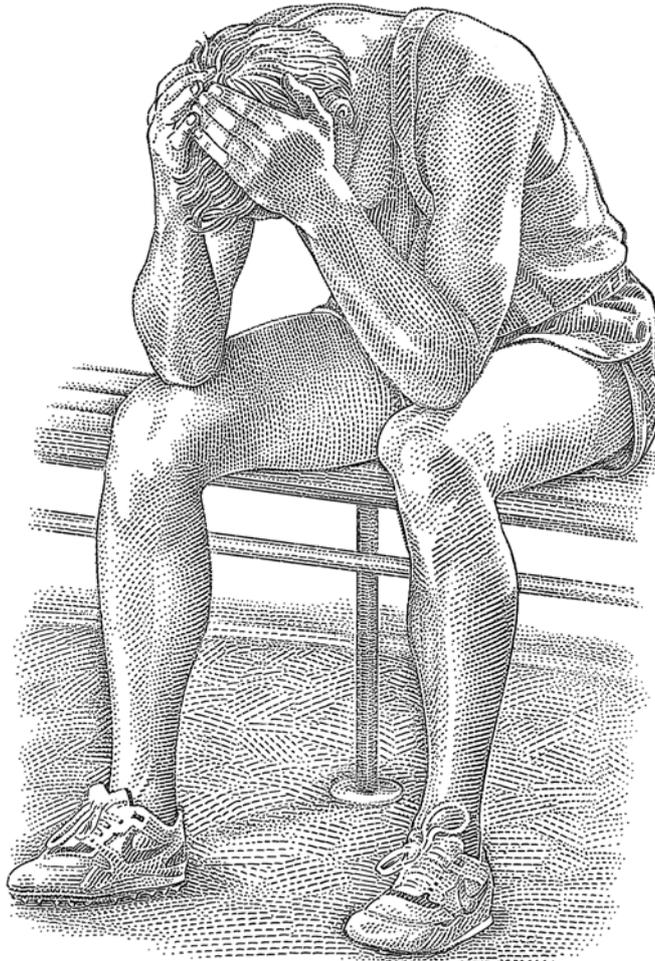
- Only 400 cokes were sold the first year
- Albert Einstein's Ph.D. dissertation was rejected
- Ulysses S. Grant was working as a handyman, written off as a failure, eight years before becoming President of the United States!
- Rodin couldn't get into art school on three occasions yet became a great sculptor
- Abraham Lincoln lost seven elections before winning the Presidency
- Oprah Winfrey publicly failed several diet attempts before becoming an inspiration for looking great after fifty.

Setbacks, disappoints, rejections and unsuccessful attempts were not failures to these people. They were steps to their success. That's the difference between people who are winning at working and people who aren't. How you deal with your setbacks (big or small) will determine your results. You see, *failure is not the lack of success. Failure is staying down when you trip or stumble. It's giving up, checking out, or shutting down.*

I wasn't a failure when I when I was disqualified form University, although for awhile I felt like one, and I could have been if I'd lost my confidence and given up on my career aspirations and I wasn't a failure when I did not pass my Blue belt Grading, but I could have been if I'd let that setback determine my future commitment.

For every success I've achieved, there's at least as many misses. Yet when we look at other people's successes, we miss the struggles, frustrations and disappointments that came before them, so we think their success was easy.

How you view your disappointments, falls, and setbacks



will impact your success. Do you see them as *stepping stones* or *brick walls*? People who are winning at life live Ralph Waldo Emerson's words, "Men succeed when they realise that their failures are the preparation for their victories."

People who are winning at life don't blame others for what's happened to them, and they don't use other people's definitions for success and failure. They use their own. They know it's not failing to miss their mark, change paths, reassess goals, try something new or adjust direction. **To me, failure happens when you stop trying to achieve your personal best.**

Terry Bragg has eight steps that can help overcome the fear of failing:

Step One: Take action. Bold, decisive action. Do something scary. Fear of failure immobilizes you. To overcome this fear, you must act. When you act, act boldly.

Step Two: Persist. Successful people just don't give up. They keep trying different approaches to achieving their outcomes until they finally get the results they want. Unsuccessful people try one thing that doesn't work and then give up. Often people give up when they are on the threshold of succeeding.

Step Three: Don't take failure personally. Failure is about behaviour, outcomes, and results. Failure is not a personality characteristic. Although what you do may not give you the result you wanted, it doesn't mean you are a failure. Because you made a mistake, doesn't mean that you are a failure.

Step Four: Do things differently. If what you are doing isn't working, do something else. There is an old saying, "if you always do what you've always done, you'll always get what you always got." If you're not getting the results you want, then you must do something different. Most people stop doing anything at all, and this guarantees they won't be successful.

Step Five: Don't be so hard on yourself. Hey, if nothing else, you know what doesn't work. Failure is a judgement or evaluation of behaviour. Look at failure as an event or a happening, not as a person.

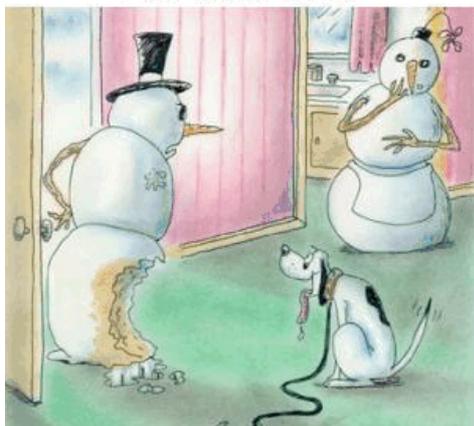
Step Six: Treat the experience as an opportunity to learn. Think of failure as a learning experience. What did you learn from the experience that will help you in the future? How can you use the experience to improve yourself or your situation? Ask yourself these questions:
 What was the mistake?
 Why did it happen?
 How could it have been prevented?
 How can I do better next time?
 Then use what you learned from the experience to do things differently so you get different results next time.
 Learn from the experience or ignore it.

Step Seven: Look for possible opportunities that result from the experience. Napoleon Hill, author of *Think and Grow Rich*, says "every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit." Look for the opportunity and the benefit.

Step Eight: Fail forward fast. Tom Peters, the management guru, says that in today's business world, companies must fail forward fast. What he means is that the way we learn is by making mistakes. So if we want to learn at a faster pace, we must make mistakes at a faster pace. The key is that you must learn from the mistakes so you make so you don't repeat them.

Although we all make mistakes, fear of failure doesn't have to cripple you. As self-help author Susan Jeffers says, "Feel the fear and do it anyway."

**YOU wanted a dog!!
 YOU walk him!!**



TKD WORDSEARCH

By Saphaa Simab, 3rd Kup

K	P	R	E	S	E	N	T	S	R	E	A	D
X	I	S	A	H	X	Q	T	S	A	D	E	E
K	X	C	H	R	I	S	T	M	A	S	Q	C
R	O	X	K	E	Q	R	A	S	T	T	E	E
A	X	B	Q	I	T	N	E	P	K	U	J	M
D	O	V	O	N	X	O	K	K	C	A	I	B
F	P	T	I	D	Q	R	W	J	H	R	H	E
Q	A	H	I	E	R	T	O	J	I	T	Q	R
A	T	N	A	E	T	H	N	V	L	G	S	V
T	T	X	G	R	A	P	D	O	J	A	N	G
N	E	Q	S	E	L	O	O	X	Q	J	C	Y
A	R	Q	T	A	L	L	T	P	U	N	C	H
S	N	O	W	D	Z	E	W	A	R	M	U	P
O	Y	G	R	A	D	I	N	G	S	T	X	X
E	S	T	R	E	T	C	H	S	T	L	E	B

**WARM-UP
 KICK
 CHRISTMAS
 PRESENTS
 BELT
 SNOW
 TAEKWONDO
 GRADING
 REINDEER**

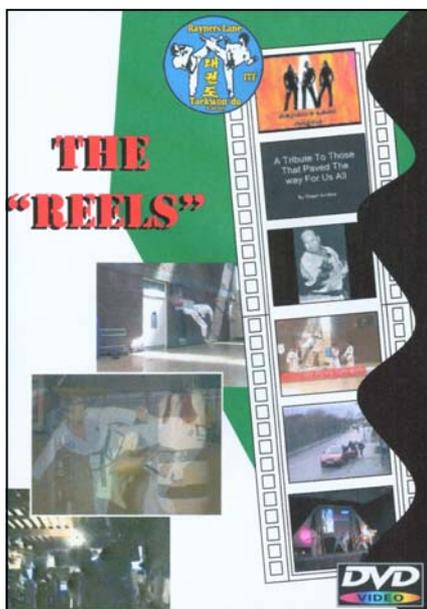
**DECEMBER
 STUART
 ANGEL
 SANTA
 NORTH-POLE
 DOBOK
 PUNCH
 DOJANG
 PATTERN**

Wife who put husband in
 doghouse
 soon find him in cat house

Academy DVD Range

Available via the Academy or from the web site

The following DVDs are a range of DVDs produced specifically for the students of Rayners Lane Academy. They have proved so popular since their release, that we have made them available to all. The quality of the clips isn't always brilliant as they have been converted from various file formats and old analogue footage, but they are extremely fun to watch as nearly all clips are well edited and set to funky music.



The "Reels" DVD

A home DVD playable edition featuring the best of the 'reels' clips. Including the following: Angelz, Flying Kicks, Youth Achievement Awards Demo, Self Protection Reel, Past Masters Tribute, Mr Anslows Archive, 2nd Kup Gradings, both IAOMAS Seminar Reels, plus never seen before footage of an old demo in 1995 with

Mr Anslows instructor, Dev Patel (now 1st dan) as a young 6th kup and the Charity Demo 2005.

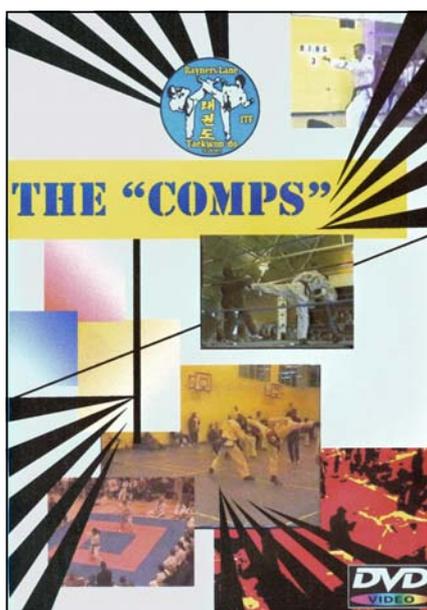
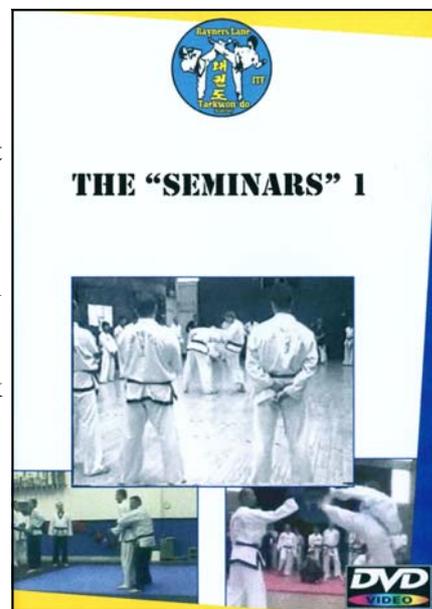
Run Time: 1hr 24 mins



The "Seminars" 1 DVD

The first in this short set of DVDs features Mr Anslows sections at various seminars teaching some of the material featured in his book. Including Low Block Applications, Mid block Applications, 9 Shape Block applications, Kicking Drills, Traditional Sparring Drills, Confined Sparring, plus some bonus stuff.

Run time: 1 hr 41 mins



The "Comps" DVD

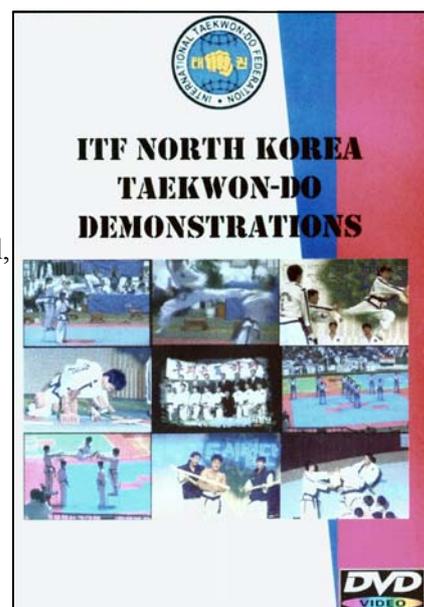
Video footage of all the competitions the Academy has attended over the years and captured on video. Featuring Kick It events going way back to 1999, UKTA London Open 2003, South East Opens 2004, BUTF British Championships 2004, The World Championships 2004 plus never release before footage of Mr Anslow

competing in the USA, Taekwon-do Explosion 2005 & rare footage of Mr Anslow representing Taekwon-do in the Kick Boxing ring. Run Time: 1hr 34mins

North Korea ITF Demonstration '02, '03 & '06 DVD

Footage of the famous North Korean National ITF Squad Demonstrations held in 2002 (Seoul, South Korea), 2003 (Greece) & two demos from 2006 (Bulgaria). All the demo's on one DVD. Now with a bonus demonstration that took place in Russia in 1998.

Run time: 1 hr 39 mins



Did You Miss...

- The South East Opens 2006
- North Harrow Scouts Demonstration
- Filming an anti-knife section for LWT (ITV)
- The first Black Belt Celebrations
- A visit from Sabumnim Posynick from Canada
- The 2006 IAOMAS Seminar
- Camping
- Rick Clark's Pressure Point Seminar
- The MAP (British Heart Foundation) Seminar
- LTSI Invitational Tournament
- The second lot of Black Belt Celebrations
- The Irish Opens
- White Tigers Tournament
- St. Cuthberts Christmas Demonstration



The Cracked Pot

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

"I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house..."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

"That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

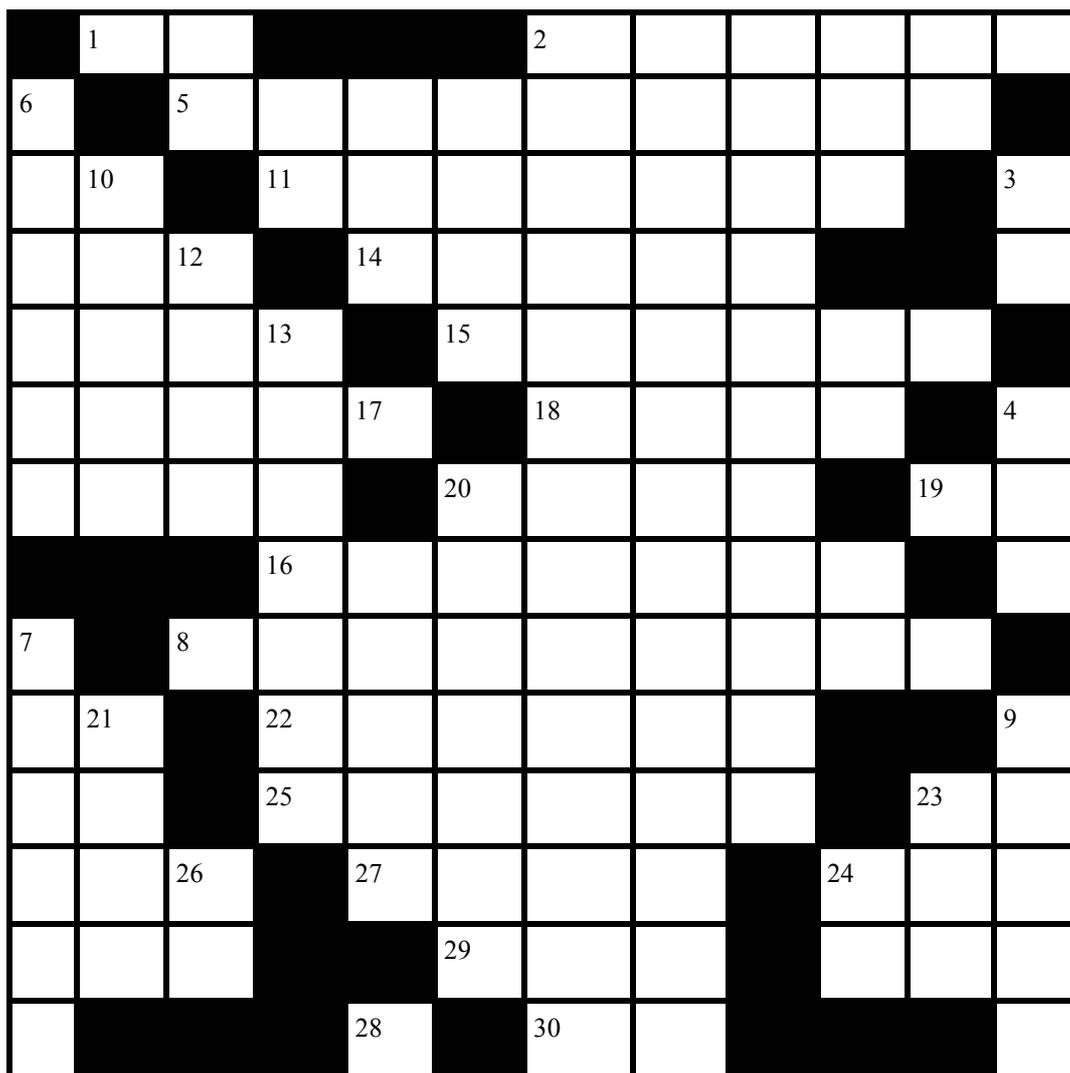
"For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.



TKD Crossword 1

By Saphaa Simab, 3rd kup



ACROSS

1. HOW MANY PATTERNS ARE THERE IN TAEKWON-DO? (2 NUMBERS)
2. WHAT IS MR ANSLOW'S FIRST NAME?
5. WHAT TYPE OF MARTAIL ARTS DO WE LEARN?
8. ONE OF THE TKD COMPETITIONS IS CALLED 'THE _____ OPENS'
11. ON X-MAS DAY SANTA EATS _____
14. WHO WAS THE VIRGIN MARY'S SON?
15. IN SEPTEMBER A COMPETITION WAS HELD IN ST. _____
16. WE TRAIN AT _____ LANE TKD ACADEMY
17. IS MR. ANSLOW A GOOD INSTRUCTOR? (Y/N).
18. ON X-MAS DAY SANTA DRINKS _____
19. DO YOU ENJOY TKD? (Y/N).
20. WHEN WE FORM UP, HOW MANY STUDENTS ARE THERE IN EACH ROW?
22. WHAT IS ONE OF MR. ANSLOW'S SON CALLED ? HINT: C_LL_M
25. IN WHAT SEASON DO WE STOP TRAINING FOR 2 WKS?
27. ZUHYAR IS A _____ BELT RED TAG.
28. IS BADGER-JIRUGI A PATTERN? (Y/N).
29. IS JOONG-GUN A PATTERN?

DOWN

3. IS KUNG-AROO A TYPE OF MARTIAL ART? (YES/NO).
4. WHAT IS PATTERN IN KOREAN?
6. THE 8TH KUP PATTERN IS _____ - _____ ?
7. WHAT IS MR SULTAN'S FIRST NAME?
9. WHAT IS DEV'S SURNAME? P____L
10. THE FIRST NAME OF THE INSTRUCTOR THAT COMES FROM AF-GHANISTAN IS MR FARHAD?
12. COLIN'S SURNAME IS?
13. IS TOI-GYE A PATTERN?(YES/NO)?
21. WHAT YEAR WAS THE PATRIOT AHN JOONG -GUN EXECUTED IN? (4 NO.S 19__).
23. IS CHOONG-MOO A PATTERN (YES/NO).
24. IS CHOONG-WHO? A PATTERN? (YES/NO).
26. IS WON-YO WHAT'S UP DUDE? A PATTERN? (YES/NO).

CHRISTMAS FUNNIES

Digital Camera—£89.99

Taking the shot at just the right moment—PRICELESS!



You just gotta laugh!



GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptise cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

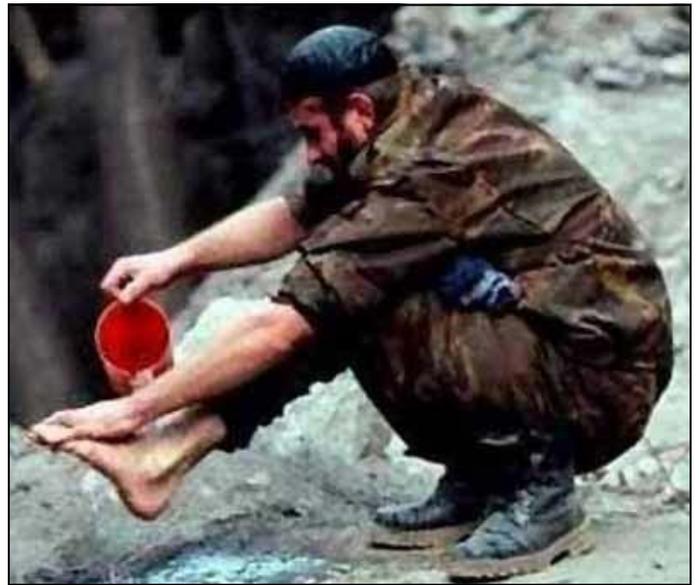
- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy.

O lny srmst poelpe can raed tihs.

cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy,

it deosn't mtttaer in waht ored! r the lt teers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt!



Bored This Christmas? Why not... Make Your own Zoo!



The Best Of... **Chuck Norris: Facts**

If you ask Chuck Norris what time it is, he always says, "Two seconds till."
After you ask, "Two seconds till what?" he roundhouse kicks you in the face.

If you can see Chuck Norris, he can see you. If you can't see Chuck Norris you may be only seconds away from death.

Since 1940, the year Chuck Norris was born, roundhouse kick related deaths have increased 13,000 percent.

Chuck Norris doesn't believe in God.
God believes in Chuck Norris.

When Chuck Norris's wife burned the turkey one Thanksgiving, Chuck said, "Don't worry about it honey," and went into his backyard. He came back five minutes later with a live turkey, ate it whole, and when he threw it up a few seconds later it was fully cooked and came with cranberry sauce. When his wife asked him how he had done it, he gave her a roundhouse kick to the face and said, "Never question Chuck Norris."

It takes 14 puppeteers to make Chuck Norris smile, but only 2 to make him destroy an orphanage.

There is no theory of evolution, just a list of creatures Chuck Norris allows to live.

Chuck Norris has two speeds: walk and kill.

Chuck Norris can win a game of Monopoly without owning any property.

In an average living room there are 1,242 objects Chuck Norris could use to kill you, including the room itself.

Chuck Norris is the only man to ever defeat a brick wall in a game of tennis.

Chuck Norris sold his soul to the devil for his rugged good looks and unparalleled martial arts ability. Shortly after the transaction was finalized, Chuck roundhouse kicked the devil in the face and took his soul back. The devil, who appreciates irony, couldn't stay mad and admitted he should have seen it coming. They now play poker every second Wednesday of the month.

Chuck Norris can divide by zero.

A man once asked Chuck Norris if his real name is "Charles".
Chuck Norris did not respond, he simply stared at him until he exploded.



Chuck Norris does not sleep. He waits.

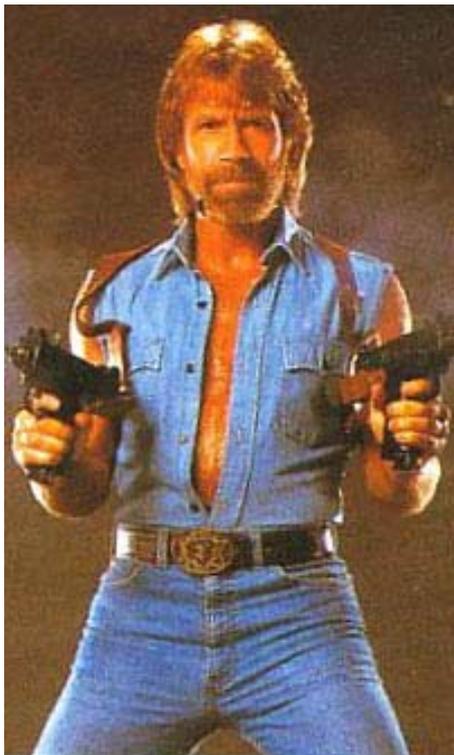
Chuck Norris once shot a German plane down with his finger, by yelling, "Bang!"

The chief export of Chuck Norris is pain.

Chuck Norris is currently suing NBC, claiming "Law" and "Order" are trademarked names for his left and right legs.

Chuck Norris once roundhouse kicked someone so hard that his foot broke the speed of light, went back in time, and killed Amelia Earhart while she was flying over the Pacific Ocean.

The Great Wall of China was originally created to keep Chuck Norris out.



Contrary to popular belief, Chuck Norris, not the box jellyfish of northern Australia, is the most venomous creature on earth. Within 3 minutes of being bitten, a human being experiences the following symptoms: fever, blurred vision, beard rash, tightness of the jeans, and the feeling of being repeatedly kicked through a car windshield.

When Chuck Norris sends in his taxes, he sends blank forms and includes only a picture of himself, crouched and ready to attack. Chuck Norris has not had to pay taxes, ever.
The quickest way to a man's heart is with Chuck Norris' fist.

Chuck Norris invented Kentucky Fried Chicken's famous secret recipe, with eleven herbs and spices. But nobody ever mentions the twelfth ingredient: Fear.

Chuck Norris can win a game of Connect Four in only three moves.

Police label anyone attacking Chuck Norris as a Code 45-11.... a suicide.

Chuck Norris doesn't churn butter. He roundhouse kicks the cows and the butter comes straight out.

Chuck Norris doesn't wash his clothes, he disembowels them.

If you spell Chuck Norris in Scrabble, you win. Forever.

The opening scene of the movie "Saving Private Ryan" is loosely based on games of dodgeball Chuck Norris played in second grade.

Teenage Mutant Ninja Turtles is based on a true story: Chuck Norris once swallowed a turtle whole, and when he crapped it out, the turtle was six feet tall and had learned karate.

Faster than a speeding bullet ... more powerful than a locomotive ... able to leap tall buildings in a single bound... yes, these are some of Chuck Norris's warm-up exercises.

Time waits for no man. Unless that man is Chuck Norris.

Chuck Norris doesn't shower, he only takes blood baths.

When Chuck Norris goes to donate blood, he declines the syringe, and instead requests a hand gun and a bucket.

Chuck Norris once ate a whole cake before his friends



could tell him there was a stripper in it.

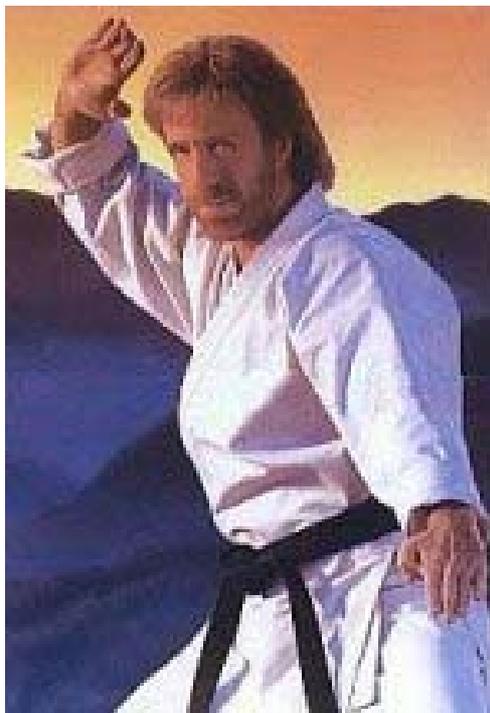
Some people like to eat frogs' legs. Chuck Norris likes to eat lizard legs. Hence, snakes.

Okay, I admit... Chuck is much harder than me.. But I'm sexier!

When Chuck Norris was denied an Egg McMuffin at McDonald's because it was 10:35, he roundhouse kicked the store so hard it became a Wendy's.

When Chuck Norris falls in water, Chuck Norris doesn't get wet. Water gets Chuck Norris.

Chuck Norris' house has no doors, only walls that he walks through.



How much wood would a woodchuck chuck if a woodchuck could Chuck Norris? ...All of it.

Chuck Norris CAN believe it's not butter.

When an episode of Walker Texas Ranger was aired in France, the French surrendered to Chuck Norris just to be on the safe side.

Chuck Norris doesn't shave; he kicks himself in the face. The only thing that can cut Chuck Norris is Chuck Norris.

Chuck Norris doesn't throw up if he drinks too much. Chuck Norris throws down!

Chuck Norris grinds his coffee with his teeth and boils the water with his own rage.

Chuck Norris ordered a Big Mac at Burger King, and got one.

Chuck Norris and Mr. T walked into a bar. The bar was instantly destroyed, as that level of awesome cannot be contained in one building.

Little known medical fact: Chuck Norris invented the Caesarean section when he roundhouse-kicked his way out of his mother's womb.

Chuck Norris doesn't bowl strikes, he just knocks down one pin and the other nine faint.

The Bermuda Triangle used to be the Bermuda Square, until Chuck Norris Roundhouse kicked one of the corners off.

There are no weapons of mass destruction in Iraq, Chuck Norris lives in Oklahoma.

Chuck Norris played Russian Roulette with a fully loaded gun and won.

The Strange Case of *The Burning Goat*

By Marek Handzel, 6th Kup

(apologies to anyone Swedish)

It's generally acknowledged by extremely clever people such as professors of philosophy, rocket scientists and all manner of boffins, that the Swedes are a pretty crazy race.

For example, in order to buy an alcoholic drink in Sweden you have to be quite rich. A pint of beer costs close to £450. As a result, many Swedish people, if they fancy a night out on the town, usually get horribly drunk at home (beer only costs 11p a can in Swedish supermarkets) and then go to a nightclub. Afterwards, it's perfectly acceptable to invite strangers around to your house in order to have an "afterparty" drink. It's also fine for all of them fall asleep everywhere on your kitchen floor.

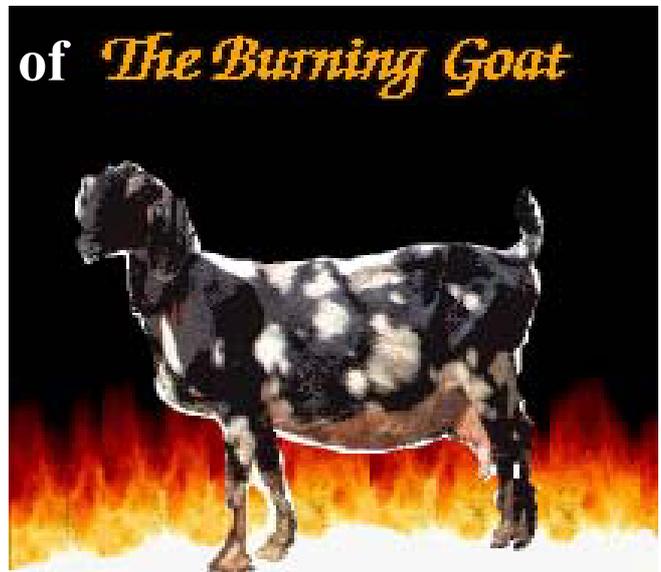
This happens regularly. So when Swedish students come over here to study they always have the greatest student parties. They also forget after a while where they live and with whom. After a few years of drunken debauchery, the students mature somewhat, leave college and get jobs, but the habit of sleeping wherever you wish never leaves them. That's why you can't buy locks or keys for houses and apartments in Sweden. Everybody just crashes out wherever they wish. It's an interesting society to live in.

This national weirdness is also expressed through the manner in which the Swedes celebrate Christmas. Gavle is a small city and seaport in the East of Sweden which is known for its export of timber, iron and steel. It has a population of about 90,000.

Ever since 1966, the locals in Gavle have tried to burn down a giant straw goat that is erected in order to celebrate the festive season. Nobody really has any idea as to why a giant straw goat is built every year, but that's Swedes for you.

Almost every year, somebody manages to set fire to the 43ft high billy goat and watch it burn down. Again, nobody knows why this happens either, but last year there were reports of two men fleeing the scene just after the goat had been lit. One of them was dressed as Father Christmas. As a result, children will no longer get Christmas presents in Sweden as the real Father Christmas has been banned from entering Swedish air space for the rest of time.

In 1971, the locals were so upset by the burning of their beloved goat that the project was in fact temporarily abandoned. Schoolchildren then built a miniature goat instead. But this was smashed to pieces. In 1976, before anyone could actually get near the goat with some matches and a petrol tank, a car crashed into it.



Despite pre-emptive measures taken by the authorities – such as trying to fire-proof the goat), it invariably becomes a pile of black ash before 25th December. Nobody has ever been caught apart from a 51 year old American tourist who was jailed for 18 days for burning down the goat in 2001. Why an American would get involved is anybody's guess.

Other nations have some unusual rituals too. In countries in the Balkans such as Serbia, on the second Sunday before Christmas, children creep in their parents' bedrooms and tie their mother's feet to a chair, shouting 'Mother's Day, Mother's Day, what will you pay to get away?'

The mother then gives them presents. Children play the same trick on their father the following week and the children get more presents. And people wonder why that area of the world is so corrupt and tainted with organised crime!!

And in Greenland, the natives eat something called "kiviak" at Christmas time. Apparently, it's a really tasty dish. It's made from the raw flesh of an auk (a small seabird) which is wrapped in sealskin and buried under a stone for several months until it's achieved an advanced stage of decomposition. It is said to smell like old blue cheese - in other words, sweaty wet socks worn for 5 weeks non-stop.

I wonder, why can't you find a decent "Greenland-ish" restaurant in London?



The most common form of penguin death!

My Black Belt Grading

By Colin Avis, 1st Degree



Earlier this year I embarked upon what is arguably the most important event in a martial artist's career – testing for black belt. As the name suggests it certainly was a test and it was as tough as I imagined and then some! The grading consists of five equally weighted areas of TaeKwon-Do including patterns, sparring, hosin sool (self-defence techniques), destruction and a written theory exam sat beforehand. Within each area there is a range of requirements and skill must be demonstrated in each in order to pass.

When the day finally came I was extremely nervous despite knowing I'd been training hard (three times a week since the previous grading nine months ago) and preparing outside of class as well. Once the grading commenced it was time to switch on and impress the panel as there was no taking it easy. Straight from the outset it was physically and mentally intensive. Though I knew anything could be asked of me by the examiners, the nature of previous gradings fooled me into thinking I would go through patterns first and in order, then do sparring, hosin sol and destruction last. This was naïve of me as we were instead constantly switching between areas and performing a variety of training methods one after another. I learnt an important lesson, expect nothing!

During the course of the grading we were instructed to perform all the patterns learnt to date from Chon-Ji to Choong-Moo. We only had one shot at each pattern so it was important to remember the patterns by instinct rather than memory. In addition to the patterns, basic exercises including Saju Makgi and Saju Jirugi were demonstrated.

Within the sparring section we were required to perform one, two and three step sparring as well as the more free elements of sparring. Free sparring and other areas which required a partner were performed with only peers and those of black belt rank. When it came to padded free sparring, the padding was certainly needed as the contact is increased and with one of my opponents a recently graded

Mr. Sultan, he was determined to test me just as he had been six months previous (as well as giving me a souvenir black eye). Sparring at black belt level, often termed 'traditional' sparring is far removed from the competition type sparring which is commonly practiced at lower grades. This involves low kicks, sweeps, grabs, locks, throws and takedowns as well as the more regular striking elements. Following the grueling rounds of free sparring we were required to perform two versus one sparring. I found this to be the most physically exhausting part, especially considering it is usually practiced with lower grades rather than those equal or higher. The sparring section also includes choke sparring. This form of ground based sparring requires the combatants to attempt to make their opponent submit by performing chokes and strangles. Although this is not as aerobically intensive as free sparring it is extremely tiring as all your body strength is needed.



Another section of the grading named Hosin Sool involves defending from an attacker by any means you have learned. The attacks can come from either the front or rear with the emphasis on immobilising the assailant quickly and effectively without putting yourself in danger. In doing so it is important to show a range of techniques including strikes, kicks, releases, locks, throws, sweeps and takedowns. This part of the grading also included one step sparring with a knife and free sparring with a knife

where you are expected to defend against knife attacks. Given that Mr. Sultan was once again one of the attackers, I was glad they were only rubber training knives and not the real thing!

Just when the end began to approach we performed the destruction elements of the grading. The major techniques were jumping side kick though two boards with both right and left legs as well as a punch with the strong hand through two boards. I found this to be one of the most difficult parts of the grading, not because of a lack of technique

or practice but due to the fact it was at the end when your whole body is tired. At first I could not seem to break even though I would repeatedly break first time when training and this made me extremely anxious. Once I really started concentrating I began to break with my techniques and managed to break with the punch on the first go and avoid the bruised and swollen knuckles. We also had to perform two standard breaks without measuring up and a technical break demonstration. For this I chose to do a turning kick, hooking kick combination from the chambered position followed by jumping downward kick through some wooden boards (which I spent the previous day sawing into shape)!



When the grading ended I was generally relieved it was over but I couldn't help thinking about my performance and how I was disappointed about destruction. The rest of the weekend I was pretty grouchy, just ask my girlfriend! However once I got my result and the other black belts had told me it was a tough grading I began to feel a great sense of achievement which I hope many of the red and blue belts will be able to feel in the near future!

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STUDENT FOCUS

Full Name: Ben Clarke
Grade: 4th Kup
Years Training: 2 years 10 months

Favourite Technique: Reverse Side Piercing Kick
Worst Technique: Reverse Turning Kick (Bad Leg)
Favourite Pattern: Joong-gun

Favourite Martial Art Film: Unleashed
Favourite Martial Art Actor: Jet Li



Favourite Food: Cheese & Tomato Pizza (with chips!)
Favourite Music: My Chemical Romance and Red Hot Chilli Peppers
Favourite Film: 2 Fast 2 Furious Tokyo Drift

What is your ambition as a Martial Artist:
 To become the best I can and to train hard.
What has been the most Rewarding part of TKD so far:
 Everything! Oh, and meeting new people :-)

Other Interests & Hobbies: Football
Things I am Good At: Downloading music to my Ipod and playing computer and Play station games
Why did you start TKD: Because I was bullied in school

What is your biggest Achievement in life so far:
 Gaining the Student of the Year Award for 2004
Training tips for other people: Work on your weakest side more than your strongest side!
Memorable moments with Martial arts? Last year's Xmas dinner!!

The Father Christmas Code

By Marek Handzel, 6th Kup

There are many images, illustrations and “portraits” of Father Christmas that have captured the imagination over the ages, but one particular painting by a certain “Karl Taylor” (a dodgy pseudonym if I ever heard one) seems to have caused some serious controversy among students of everyone’s favourite white bearded fat man.

An undergraduate at the world famous Father Christmas college in Lapland, Ms. I. Aeit-Rain-Deers, from a small farming village in Wales, has sparked off a huge academic debate over possible references to a sinister secret society hidden in the actual painting.

Ms. Aeit-Rain-Deers’s final year dissertation, entitled *World domination plans contained in a Karl Taylor work*, was posted on the internet by a mysterious rogue professor at the college. The academic, whose identity is unknown, is thought to have decided that her work needed to be seen by as many people as possible in order to warn them of a secret society that is plotting to take over the planet and turn everyone into Big Brother addicted zombies.

According to Ms. Aeit-Rain-Deers, the portrait was specifically painted with allusions to a shadowy organisation in order to alert people to the danger.

One of her primary accusations is that the painting of the young man within the painting, positioned above the bed in the left hand corner (above the child’s bed) is a portrait of eighteenth century born Slandanovic Destructionovic, the notorious Russian founder of *The Knights Tempura*.

Destructionovic founded the group in 1777, when he was only eight years old, as a vehicle with which he could control the minds of Russian children through the use of toy dolls. Various legends speak of the dolls being sprayed with a strange perfume by the knights which would make

children rebellious and want to take over control of the country. The perfume was said to have been created by witches in Siberia.

Many famous historical figures are said to have loved toy dolls as children, including former communist presidents, Vladimir Lenin and Josef Stalin.

The dolls depicted in the portrait are apparently very similar to those found in Stalin’s own personal holiday residence in 1959 by British spies Norman Taylor and his one-eyed grandfather Norman Norman.

The ultimate aim of *The Knights Tempura*, according to historians, was to enslave the entire world under a communist regime that would suppress all freedoms and force the world’s entire population to work day and night until a giant toy doll was built that could touch the moon.

With communism a now defunct political creed, today’s members of the knights – who all meet for secret meetings in dark bars during the middle of the night – have not abandoned their world domination plans, but merely altered them somewhat.

The knights now want to control the world by making people watch useless television programmes that destroy their brains. According to Ms. Aeit-

Rain-Deers, the secret society has sprayed at least 74.3% of the world’s televisions with the ancient evil spray.

She argues that the object to the furthest right of the painting on the mantelpiece is in fact a prototype model of the world’s first portable television set.

A documentary on the controversial claims made by Ms. Aeit-Rain-Deers can be seen on BBC2 at 9:00p.m. on Christmas Day.





TAEKWONDNOPOLY

By Kate Barry, 5th Kup

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TAEKWONDU

By Mr Gautam, II

A	E			N		T		
N		U		W	D			
T	O					W	K	
E	D				U			O
	A	T	W		N	U	E	
K			E				A	
	W	K					U	D
			D	K		E		T
		O		E			N	A

Nearly all of you may have played SUDUKU.
Have a go at playing TAEKWONDU.

Rules:

Each TAEKWONDU has a unique solution that can be reached logically without guessing. Enter characters from the word T-A-E-K-W-O-N-D-U into the blank spaces. Every row must contain one of each CHARACTER. So must every column, as must every 3x3 square..

T	A	E	K	W	O	N	D	U
1	2	3	4	5	6	7	8	9

Hint: It may be easier to convert the letters to numbers then complete the grid. And then convert the numbers back to letters. If your completely stuck ask Mr Gautam for the solutions in the new year!!!

TKD Crossword 2

By Abhijay Sood, 6th Kup

ACROSS

- 1. The art of hand and foot
- 5. The colour belt before black
- 6. Degree of black belt
- 10. Pattern (in Korean)
- 11. A tenant of TKD

DOWN

- 1. Strike
- 2. The place TKD comes from
- 3. The place where we train
- 4. Belt
- 7. The colour of innocence
- 8. The number 2
- 9. Right not left

Answers in a 2007 News Letter

1			2				3		
								4	
		5				6			
								8	
			7						
		9							
						10			
	11								

Competitions: Are they worth it?

By Abhijay Sood, 5th Kup

“There is another competition!” sir says to us at the end of another hard lesson. Even before he has finished I am already thinking that I would like to enter it and not all at the same time. Will mum or dad be able to take me and spend the whole day away? I can see already mum worrying about my sister, Savinay, she is only 4 years old and certainly won’t last the whole day without kicking up a fuss. At home later that day I ask my parents – they are all for it ! “No problem” says my dad “I shall come with you and mum can stay back with your sister.”

This particular competition was in Northampton. I came away with a gold medal in the patterns division. It had been great!

I think that competitions are good because:

- You are rewarded for your effort and you can show everybody what you train for in the dojang
- They are a great way to teach you where you need to work harder
- You can learn from other competitors
- You get to know the people from your club better because you spend time with them and you can make friends from other clubs

All these are very positive things.

The only thing that worries some people is that you may get hurt .My dad has broken his nose twice at competitions. However at the junior level we get well supervised. I am already looking forward to the next one and hope there will be lots of other juniors from my club there with me.



News Letter Quotes:

What do they really mean and why did they appear that month!

By Mr Anslow, 4th degree

Many of you seem to enjoy the quotes that accompany the monthly news letters. I have been putting them in there for years and so far I don't think I've ever repeated one. I use to do them for inspiration only, using quotes of the old martial arts masters, but recently many of them have actually had a specific purpose, some to do with training, others to do with attitudes, some to do with a specific group of students for certain reasons and occasionally a quote for a single student as a hopeful as a subtle hint that I hope they take notice off.

Some of you may not have understand the purpose of certain quotes or why they arrived in the news letter that particular month, so I thought I'd break them down, month by month and explain why I used them, but obviously without mentioning any names if they were specific (though I cannot always remember who they were aimed at now anyway – old age I guess)

January

"Determine that today you will overcome your self of yesterday" - Musashi

This quote was purely there to inspire, it simply means make a decision to better yourself each and every day and particularly to be determined to defeat any short comings or problems you feel you may have!

February

"Indifference is the invisible giant of the world."
- Ouida

This quote talks of 'not caring' or rather 'not being bothered either way', ie being indifferent. The giant it talks of is how much indifference there is in people, and with lots of people being the same it creates a 'giant'. Being indifferent is the same as not caring in my view!

"He was like a cock who thought the sun had risen to hear him crow." - George Eliot

This quote simply reverses the fact that the sun rises then the cock crows into making it 'seem' like it rose only for the cock to hear him crow and was possibly aimed at those who felt a little more 'self important' than they needed to be!

"If ignorance is bliss, there should be more happy people."

This quote compliments the first one for February. There is another old saying that 'Ignorance is bliss' and if that is true, there should be more happy people as too many are

far to content to remain ignorant of things, or claim ignorance of matters after they have finished! A more personal one this time!

March

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." - Henry Ford

This was an inspirational quote, simply telling you that even when things seem bad, or a little rough, good things can still happen. There was a grading due this month, so it was possibly geared towards that!

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

Again, a simple reminder to prepare and how vital preparation is. The grading and a tournament the following month were probably the inspiration for this quote.

April

"Nothing is a waste of time if you use the experience wisely"

This quote speaks for itself and was probably placed there because of the lack of support for a demo we did that month, the amount of junior entries for the South East opens event as well as the lack of attendees at the previous months Rick Clark seminar. In essence, we learn from everything provided we view it in the correct frame of mind!

May

"Integrity is what we do, what we say, and what we say we do." - Don Galer

This quote points out that simply saying or even believing you have integrity doesn't mean you have and in fact the truth of the matter is that true integrity is shown in your actions, and if you say something, you should ensure you do it!

June

"Unfaithfulness in the keeping of an appointment is an act of clear dishonesty. You may as well borrow a person's money as his time."

- Horace Mann

This was the month I asked all students as to whether they wanted seminars to continue at the Academy and if so to pledge their attendance. This quote was there to hint at those that may say 'yes' but don't follow through when it comes crunch time!

July

“What is necessary to change a person is to change his awareness of himself.”

- *Abraham Maslow*

This was the month that everyone received a virtually blank news letter to highlight the point that you should be reading them. To see if this was the case I sneakily put a few things in the form of requests that very few people noticed, hence the conclusion that important information isn't being read! *The hint:* to change what you do to ensure you read the required information!

“To be ignorant of one's ignorance is the malady of the ignorant.” - A. B Alcott

This was simply to go hand in hand with the above, pointing out claiming ignorance is no excuse as the news letter is small and takes only 5 minute to read by you, but sometimes 4 hours to produce and to claim ignorance is bad enough, but to be ignorant of your own ignorance is even worse!

August

“The most important book published on TKD since the encyclopaedia. Absolutely superb”

- *John Dowling, II*

“I received it today and went through it fast. I liked it very much. Took it to the dojang and nearly lost it to a group of BB going through it.”

- *Mcmillan TKD*

These were quotes from emails I received shortly after the book 'Ch'ang Hon Taekwon-do Hae Sul' was released worldwide. If you havnt got a copy yet.. why not?

September

“We excuse our sloth under the pretext of difficulty.” - Quintilian (Marcus Fabius Quintilian)

There was a grading coming up and this was a subtle hint to prepare for it properly and not make excuses that if you do not grade (and are due), it is not because the grading is too difficult, but rather your preparation needs some extra work. Its all too easy to say something is too hard rather than putting in the work needed to complete the task!

October

“Train up a child in the way he should go: and when he is old, he will not depart from it“

- *Proverbs 22:6*

This was the first of the quotes about children and simply points out to parents that the ways you set for children will be remembered into adulthood. IE. If you don't care, why should they! But more importantly, this is the 'way' you are showing your son or daughter to be like for the rest of their life, so be careful about the messages you give as it may come back to haunt you!

“A man never stands as tall as when he kneels to help a child.” - Knights of Pythagoras

A simple quote to show the older students whom perhaps don't enjoy helping/training with the younger students that much, that it is in fact a very noble thing to do and possibly one of the best things a person can do for another throughout his/her lifetime!

November

“With rank comes responsibility!“

- *Richard Chun, Taekwon-do Master*

A simple message to all senior grades – as you become higher up the grades, a responsibility comes with it – in the way you train and in the way you act, as others are now looking up to you, whether you realise it or not!

“He who lives only to benefit himself confers on the world a benefit when he dies. “ -Tertullian

I think this was to do with lack of involvement in certain things put on by the Academy for students – whether the student themselves or the parent of a student. It not so subtly says that if you are not getting involved smple because you cant be bother, or it may put you out a little, then that is selfish and you can see what the quote says about that!

December

“To look backward for a while is to refresh the eye, to restore it, and to render it the more fit for its prime function of looking forward”

- *Margaret Fairless Barber*

Just a little reminder that as we are about to embark on a new journey (the move to the new hall) a little remembrance of why we train and the reasons we all started for may be in order to ensure we find a clear path to take us towards the future we all had in our mind when we begun!

“That is the land of lost content, I see it shining plain, the happy highways where I went and cannot come again” - A. E. Housman

The final quote of the year was simply me being a little nostalgic over the fact that the Academy is due to move premises soon. I started the Academy over 7 years ago (in April, 1999) and many have enjoyed and gained through training there. Many skills have been learnt and honed, many friendships formed and many wills strengthened in the face of adversity all of which are the aims of the Academy. It its kinda sad that some of the training we have done over the years behind closed doors may not be possible in a new place and to me at least, that is a loss, but I'm sure we will find new, enjoyable and beneficial avenues of training to replace the old ways, but either way, being a man who doesn't like change to much, it is sad to see the old dojang go and Im sure the antics of students there will remain Rayners Lane Kebab house folklore for many years to come!

Kazakh president wants to meet Borat

Source: www.telegraph.co.uk

The president of Kazakhstan insisted today that he shared the world's amusement at the new comedy film *Borat*, which portrays his countrymen as backward, racist, misogynist and given to punching goats.

Nursultan Nazarbayev, who met the Queen and Tony Blair as part of a three-day official visit to London, said he would be happy to meet *Borat*'s creator, the comedian Sacha Baron Cohen, despite an earlier protest about the film by his country's ambassador in London.

"This film was created by a comedian, so let's laugh at it - that's my attitude," said Mr Nazarbayev, who was addressing a press conference following an audience at Buckingham Palace and meetings in Downing Street.

After checking the room to see if *Borat* was present (he wasn't), he went on: "There's a positive side of all this. There's a saying that there is no such thing as bad publicity. The very fact that you have put that question - you will want to learn more and come to Kazakhstan to see for yourself."

Mr Nazarbayev, a senior Communist official when Kazakhstan was part of the Soviet Union, assumed power in 1990 and was re-elected last year in an poll criticised as suspect by European observers. His energy and mineral-rich nation, the size of Western Europe but with a population of just 15 million, has provided fertile ground for UK companies like Shell and British Gas, and he is said to be anxious to promote it as the economic hub of Central Asia.



The European Union is urging his administration to export oil and gas in pipelines being laid by a BP-led consortium and routed via the Caucasus to Turkey to avoid Russian territory.

Mr Blair preferred high politics to



film reviews, making no mention of *Borat*. He said: "The role of Kazakhstan is increasingly important because it demonstrates that, first, you have a country that by being prepared to open up its economy has achieved significant advance.

"And secondly, you have many different ethnic and religious groupings and they are living together and Kazakhstan is making progress as a whole."

Mr Nazarbayev's belief that there is no such thing as bad publicity is supported by new figures showing a 300 per cent rise in internet searches for hotels in Kazakhstan.

In the hit film, *Borat: Cultural Learnings of America For Make Benefit Glorious Nation Of Kazakhstan*, Baron Cohen plays the Kazakh journalist as he tours the United States.



Nursultan Nazarbayev & Tony Blair

Pointing out that the "Kazakh" scenes in the movie were actually filmed in Glod, an impoverished village in Romania, Mr Nazarbayev remarked: "All of them now are taking him to court" - a reference to the villagers' \$30 million lawsuit

accusing the film's makers of deception and exploitation.

Mr Nazarbayev opened trading at the London Stock Exchange. Britain is the second biggest foreign investor in Kazakhstan after the United States.

Kazakhstan's Anti-Borat Propaganda

By Josh Tyler - www.cinemablend.com

Remember all the political uproar being caused in the real country of Kazakhstan by Sacha Baron Cohen's upcoming *Borat* movie? Well, the Kazakhis are not happy about they way they're being portrayed, and have even gone so far as to drag President Bush into a summit on the subject of

Cohen's comedy. Borat's response of course, was that he supported his government's decision to "sue this Jew".

Well, Kazakhstan has decided to abandon all the whining and combat Borat's nation bashing by making their own movie to counteract his negativity. The strange thing is that they're doing it via a period piece called *Nomad*, the story of Kazakh tribes repelling Mongol invaders. Alright, maybe it'll make their ancestors look heroic, but how does that do anything to counter-punch Borat's portrayal of their country in modern times? Shouldn't the movie be about what a modern, progressive country they are now rather than about how many Mongols they've killed in the past?

The more we hear about this, the more I start to think that maybe Borat's actually right about Kazakhstan. At the very least, their government doesn't seem exactly smart.

Whatever it is, *Nomad* is set to be the most expensive film in the country's history, checking in at a hefty \$40 million dollars. AICN has dug up the official site for the film, www.kochevnik-film.ru, shooting now in Kazakhstan. Apparently the movie's trailer is available somewhere on it, though like everyone else I'm having a miserable time finding it.

From the pics available on the official site, the production values look solid, and they've even cast a few known Hollywood actors in it. Jay Hernandez for instance. It may not prove anything about modern Kazakhstan, but that doesn't mean it won't be good.



Pictures from the film

ADRENALINE

What Is Flight Or Fight Hormone?

By Priya Shah, 4th Kup

Whenever we sense danger or confrontation our adrenal glands which are situated on the kidneys release a mixture of chemicals known as adrenaline which is the most powerful hormone in the body. Adrenaline is sometimes referred to as the "flight or flight hormone." Adrenaline can be experienced in two main forms, anticipate and unexpected. If we expect something unpleasant is going to happen our body will release adrenaline in order to prepare us for confrontation – the more unpleasant the experience the more adrenaline is released. When something unpleasant happens that we don't expect adrenaline is dumped into the bloodstream in one go so we enter a type of "overdrive state." Unfortunately, our nervous system doesn't seem to distinguish between the between the physical and non-physical events.

Situation: Mad axe man running towards you shouting "Kill! Kill! Kill!"

Body's response: Release Adrenaline

Marks: 10/10

Situation: Get up and make a speech

Body's Response: Release Adrenaline

Marks: 0/10

The release of adrenaline draws blood into major muscle groups in anticipation of "fight of flight" but a consequence of this is to also draw blood away from the brain, which is ideal if you are running from the mad axe man as intense thinking is not really needed. However, in a non-physical situation such as public speaking this same body response impairs the thought and recall making the task much more difficult. Stage fright is a physical response to a non-physical situation.

It is our misinterpretation of our body's natural defence mechanism that confuses adrenaline with fear. In fact, it can be easily argued that there is no such thing as fear. A dictionary definition of fear is "A fear of distress, apprehension or alarm caused by forthcoming danger, pain, etc." Most people have a common misconception that fear is something tangible, as something experience by weak people when in fact fear is only a description of the symptoms of adrenal release. Fear is such a negative concept as it promote helplessness and helplessness is the last thing you want to be feeling when experiencing adrenaline because it will make you more release even more.

We are often told that if we have these feelings it is a sign

that we are scared and weak when in reality we are becoming faster, stronger, pain resistant and explosive. Have you ever noticed that fear and excitement often display very similar symptoms?

The answer is simple, they are one in the same! The only difference is our perception of the event, if we perceive a pleasant outcome we feel excited and if we perceive an unpleasant one we feel apprehension. This is why two people doing exactly the same thing can have completely opposite reactions. Imagine two people about to make a parachute jump for the first time, one maybe excited by the prospect and the other utterly petrified.

We need to remember three things:

1. Our reaction to any situation depends not on the situation itself but purely on our individual perception of it
2. We can tolerate adrenal response and find our performance enhanced up to a certain point after which we find our ability to function and perform in these conditions greatly reduced
3. Although the effects of the hormone may be lessened by intensive training, their initiation is independent of personal will



EFFECTS OF THE FIGHT OR FLIGHT HORMONE

Butterflies in the stomach or nausea:

Increased heart rate: The heart rate increases to pump more blood around the body faster. This means more oxygen and glucose is transported to the respiring cells faster. This means faster respiration can occur and more energy can be obtained.

Deep breathing: Deeper breathing means that we can ensure that more oxygen is pumped around the body faster. It also means that the extra carbon dioxide formed as a result of the faster respiration will be expelled from the body faster as well.

Shakes: Although the sudden surge in strength, speed and insensitivity to pain enhances basic animal fighting skills, that maybe useful in a hand-to-hand brawl. The fight or flight response had not changed since caveman days, when people fought with their bare hands or with clubs and rocks. However, there is a downside to this as you will experience severe loss of fine motor co-ordination and your dexterity levels dramatically falls. This could lead to hands trembling or even your whole body

Loss of colour in the skin: The muscles in the arms and

legs need a good good blood supply. The blood vessels serving them dilate so more blood reaches the muscles. Therefore blood is diverted from other parts that are not as important at the moment so less blood goes to the skin.

Sight: Pupils are widened to let more light in so that we can clearly see to respond to the cause of the adrenaline rush.

Your strength and speed increase:

Your pain tolerance increases:

Impaired thinking: One's "ability to think in a rational, creative and reflective manner" is likely to be reduced or perhaps eliminated under mortal threat conditions. This

will generally cause a massive block of the brain's ability to process thought functions. This is because there is reduced blood to the brain to ensure more blood is delivered where it is needed. Therefore one is not able to sort out whether the situation is appropriate for the use of lethal force.

Tachypsychia: It is a neurological condition that distorts the perception of time. An

event that takes milliseconds may seem like minutes as everyone and everything appears to move in slow motion or everything may appear to move in a blur. It is believed to be induced by a combination of high levels of dopamine and norepinephrine which are released during periods of great physical stress and/or in a violent confrontation. Sometimes we may even experience the event as a third person.

Loss of control of bodily functions: This means an urge to urinate and defecate. This is in fact to make us lighter so we can run faster if we have to

Temporary Paralysis: This is momentary freezing as your body is desperately trying to catch up to the sudden awareness that your life is in danger

Tunnel Vision, Auditory Exclusion ("tunnel hearing"): There is only one thing that concerns us now, destroying or escaping the thing that is attempting to destroy us...The eyes still see and the ears still hear, but the cortex of the brain is screening out anything that is irrelevant."

Temporary blindness: (Amourisis fugax) It seems to people who are not prepared for violence. The visual "whiteout" occurs because the mind has seen something so terrifying, it refuses to look at it any longer.

Ch'ang Hon Taekwon-do HaeSul

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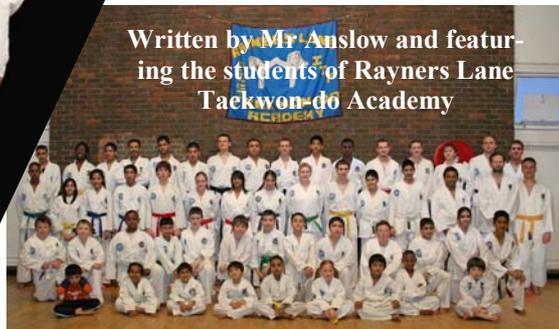
I have almost 30 years in the arts and a collector of all things Taekwon-Do/Martial Arts related and this truly is one of the better books out there. Stuart has put a lot of work in this first volume and it will end up being a book that in ten years time will be considered a must have for all Taekwon-Do and especially ChangHon (ITF) stylist Having conversations with several ITF MASTERS and they are in agreement, one of the better books out there even though we may not agree with everything that Stuart writes about, but it's well worth it for any martial artist! - Doug Nowling, 6th Dan USA



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Written by Mr. Anslow and featuring the students of Rayners Lane Taekwon-do Academy



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