

Rayner Lane Taekwondo Academy Syllabus DVDs

10th to 7th Kup and 6th to 3rd Kup, reviewed!

By Paul Mitchell, 2nd Dan

Many will know Stuart Anslow from his recent book, *TaeKwon Do Ch'ang Hon Hae Sul*. This studied the Ch'ang Hon pattern set in depth, looking at patterns up to Joong Gun Tul and seeking applications for the movements which make more sense than some of the traditional interpretations.

This series of DVD's covers the syllabus of the Rayner Lane Academy as taught by Stuart. The DVDs were originally produced for his own students after requests for something to practice from at home, but after putting some clips on the Academy website enquires started coming in from other places so he decided to release them to anyone that would like a copy.

This is specifically the Rayner Lane Syllabus: ITF based but not identical, with different Set Sparring to TAGB for example. This isn't a syllabus that I follow, so I don't want to comment on the

contents of the syllabus; his Set Sparring is different to what I learn and teach for example. Rather I'm reviewing the way the DVD is presented and the techniques used in helping the student learn.

The first DVD covers 10th Kup White Belt to 7th Kup Green Stripe. For each grade there is a demonstration of the basics required and here the DVD really does well. The camera work is clear, the techniques are shown from both the front and in side view, and are then also shown in slow motion. This is an excellent use of video, allowing a student to really follow the detail of how a technique both develops and is delivered.

Furthermore, the screen is annotated with hints and instructions on each technique, ensuring the student gets some advice as well as demonstration of the techniques

This same device of annotated front,

side and slow motion views is used for the demonstration of patterns. This will make an excellent resource for the prospective student.

Set Sparring (Three Step and Two Step, Semi Free) given the same treatment at the appropriate grades: demonstrated at full speed and in slow motion with instructions and comments added on screen.

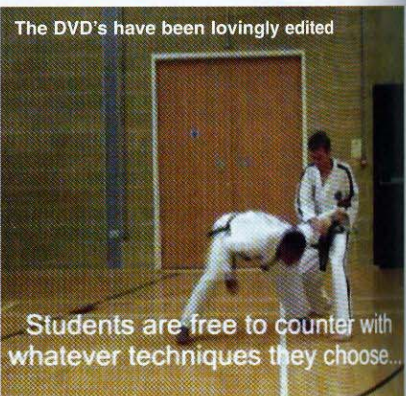
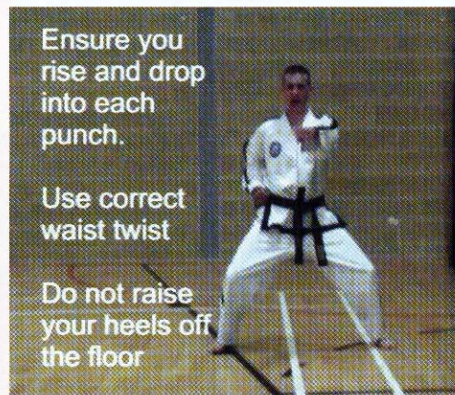
The required elements of destruction for grades are demonstrated too. A nice touch is Mr Anslow demonstrating how to measure out distance and angles for the assorted break, an important step which is sometimes missed out on demonstration footage. Again slow motion footage is used to allow a student to more closely follow techniques and on-screen text gives further information.

The section for each grade then ends with a summary of the theoretical knowledge required for that grade. Pattern meanings, names of techniques in Korean etc. are all covered.

The second DVD, 6th Kup Green Belt to 3rd Kup red Stripe differs only in that no basics are demonstrated. By this point basics are often simply at the examiners discretion rather than pre-defined.

There are also full speed demonstrations of Free Sparring, with the usual hints and tips displayed as text on the screen.

The second DVD also offers an example of Two onto One Sparring, another





All counter attacks should be targetted at vital points



grading requirement at Rayner Lane.

Where the DVD suffers is in the environment for the filming. The background is a normal gym floor and familiar green curtain screening off part of the room. This gives a cluttered backdrop to the action that can detract from it slightly.

The main problem with the environment though is the background noise. The footage is obviously shot during the time of a normal class. This unfortunately means that there is some intrusive noise from commands, exercises and even breaking impinging on the demonstrations. Although you may tune this out as you watch I did find it detracted from my concentration on the subject matter on several occasions.

Overall the DVDs are an excellent tool for supplementing a student's learning; they will see demonstration of all required linework techniques, patterns and set sparring to really get into the detail, the nitty gritty, of stance technique and movement flowing together.

They also score in being a complete resource. Many DVD's will only cover one aspect of training, just patterns or just set sparring; here we have everything in one place. I have to comment though that a better environment for the filming would turn a good resource into a great one.

Clips for both DVDs can be found at www.taekwondomag.co.uk and the 2nd to 1st kup and Dan grade DVDs should be out shortly if they aren't already.

10th to 7th Kup Syllabus DVD

This DVD contains the requirements for each grading, from 10th Kup to 7th Kup.

Lovingly edited, this DVD features everything the junior level student requires to progress through each level up to 7th kup, including basics, patterns, sparring and destruction elements and even includes the theory.

Filmed on location at Rayners Lane Taekwon-do Academy, everything required for each grade is demonstrated by the academy's Chief Instructor, Stuart Anslow, along with his black belt students.

Everything is demonstrated from both front and side views, as well as in slow motion and includes information and tips in text form along side the videos to aid the student further.

Run time: 1 hr 31 mins

6th to 3rd Kup Syllabus DVD

This 2nd DVD in the series contains the requirements for each grading, from 6th Kup to 3rd Kup.

Filmed on location at Rayners Lane Taekwon-do Academy and lovingly edited, this DVD is designed to aid green and blue belt students to progress through the ranks towards their red belts (2nd kup).

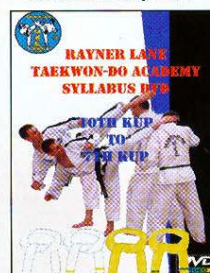
Sections includes relevant patterns (demonstrated from both front and side views, as well as in slow motion), step sparring (both 2 & 1 step), semi-free sparring, free sparring, 2 V 1 sparring, destruction requirements and the theory

for each level, as well as reference material from the lower grade requirements. Each section includes information and tips in text form along side the videos to aid the student further.

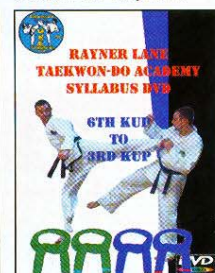
Everything required for each grade is demonstrated by the academy's Chief Instructor, Stuart Anslow, along with his black belt students.

Run time: 1 hr 29 mins

6th to 3rd Kup DVD



10th to 7th Kup DVD



TKD-KMA COMPETITION!!!

Courtesy of our friends at Universal we have four copies Rush Hour 3 on DVD to give away. To win all you need to do is answer this question:

Name the film that Jackie Chan starred in with Burt Reynolds (the original not the sequel) - (hint: it's one of my fav films of all time!)



email your answers to; rushhour3comp@martialartsinprint.com or send to:

Rush Hour 3 Film Comp, C/O Castle Combat, 135 Aldridge Road, Perry Barr, Birmingham, B42 2ET