



## LONDON ALL STARS TAEKWONDO ACADEMY

'No Surrender'

w: [www.londonallstarstaekwondoacademy.com](http://www.londonallstarstaekwondoacademy.com)  
e: [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)

Welcome to the **LONDON ALL STARS TAEKWONDO ACADEMY** Newsletter no. 12  
November 2018



### BONFIRE NIGHT / GUY FAWKES NIGHT

#### Upcoming Tournament:

UTF British Masters Taekwondo Open Tournament ■ 24 November 2018



**LONDON ALL STARS TAEKWONDO ACADEMY** will be participating in the British Masters tournament in Crawley on Saturday 24 November 2018 where we will have a few members of our club participating. We wish them all good luck on the day

Please feel free to come along and support them, we will be at the following location

**K2 LEISURE CENTRE CRAWLEY, PEASE POTTAGE HILL, CRAWLEY, RH11 9BQ**

Co-Founders: James Williams & Claude Williams  
Assistant Coach: Gilroy Wright & Club Secretary: Valerie Sandiford  
Flaxman Sports Centre  
8 Carew Street, London, SE5 9DF  
07984 165276



## LONDON ALL STARS TAEKWONDO ACADEMY

**'No Surrender'**

w: [www.londonallstarstaekwondoacademy.com](http://www.londonallstarstaekwondoacademy.com)  
e: [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)



### NEW CHANGES – LASTA BACK TO BASIC

All students should be at the Flaxman sports centre at **12.45pm** ready for a 1pm start

**1.00pm** Students are required to warm up 15 minutes prior to the session starting

**1.15pm** All students are expected to line up ready for instructor's instructions

Any student arriving after 1.15pm please **DO NOT** automatically join the class, instead you will need to speak to your group instructor explaining your lateness and it will be at their discretion if you can join the group

Latecomers distract the sessions and therefore go against the ethos of the club

You have all been issued the LASTA student handbook where it states the rules and regulation for the class, it is also printed and posted on the entrance of the Dojang.

It is your responsibility to make sure your child is at the club on time ready to start class

If you know that you are going to be late, then please inform the club secretary by receipt of any of the formal emails issued in advance rather than deeming it acceptable to turn up late and train

Any further queries you may have on this, please inform **Valerie Sandiford, Club Secretary** at [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)

Co-Founders: James Williams & Claude Williams  
Assistant Coach: Gilroy Wright & Club Secretary: Valerie Sandiford  
Flaxman Sports Centre  
8 Carew Street, London, SE5 9DF  
07984 165276



## LONDON ALL STARS TAEKWONDO ACADEMY

'No Surrender'

w: [www.londonallstarstaekwondoacademy.com](http://www.londonallstarstaekwondoacademy.com)  
e: [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)



### Birthday Celebrations of the Month:

- Troy Campbell – who will be 14 years' old
- Kayley Powell – who will be 12 years' old
- Alim Rose – who will be 6 years' old
- Akila Hylton – who will be 5 years' old

LONDON ALL STARS TAEKWONDO ACADEMY would like to wish you a **HAPPY BIRTHDAY** for this coming month of **NOVEMBER 2018**



### DATES FOR YOUR DIARY

Please note that due to unforeseen circumstances there will be **NO TRAINING** on Sunday 11 November 2018. Please do not turn up at training on this day. We will resume back the following Sunday 18 November at 12.45pm ready for a 1pm start

- 4 November 2018 **ALL TOURNAMENT FIGHTERS TO ATTEND TRAINING**
- 11 November 2018 **LASTA CLOSED - NO TRAINING**
- 18 November 2018 **TRAINING RESUMES**
- 24 November 2018 **UTF BRITISH MASTERS TOURNAMENT, CRAWLEY**
- 25 November 2018 **TRAINING AS USUAL**
- 16 December 2018 **LAST TRAINING BEFORE XMAS / AWARDS CEREMONY**

Any further queries you may have on this, please inform **Valerie Sandiford, Club Secretary** at [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)

Co-Founders: James Williams & Claude Williams  
Assistant Coach: Gilroy Wright & Club Secretary: Valerie Sandiford  
Flaxman Sports Centre  
8 Carew Street, London, SE5 9DF  
07984 165276



## LONDON ALL STARS TAEKWONDO ACADEMY

'No Surrender'

w: [www.londonallstarstaekwondoacademy.com](http://www.londonallstarstaekwondoacademy.com)

e: [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)



### THE NEW STUDENT HANDBOOK

Please continue to familiarise yourselves and your child with our [LONDON ALL STARS TAEKWONDO ACADEMY STUDENT HANDBOOK](#)

This handbook will have a lot of information for all Parent's Guardians and Students, from the clubs new Code of Conduct (Tenets and Oaths), how we expect all our Students (and Parents) to behave towards one another as well as in the Dojang (Martial Arts Training Area) to showing you how to tie your (child's) belt which we expect all students to know. Any further queries you may have on this, please inform [Valerie Sandiford, Club Secretary](#) at [londonallstarstaekwondoacademy@gmail.com](mailto:londonallstarstaekwondoacademy@gmail.com)



And finally.....Thank you all

**LONDON ALL STARS TAEKWONDO ACADEMY** would like to thank all the mums and dads and guardians and all the children for their commitment and hard work over the years, and we will continue to work in partnership with parents and guardians to continue providing a community led club, run by passionate and supportive coaches supporting your children to reach their full potential

*James, Claude, Gilroy & Valerie (club secretary)*

Co-Founders: James Williams & Claude Williams  
Assistant Coach: Gilroy Wright & Club Secretary: Valerie Sandiford  
Flaxman Sports Centre  
8 Carew Street, London, SE5 9DF  
07984 165276