



## LONDON ALL STARS TAEKWONDO ACADEMY

**'No Surrender'**

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

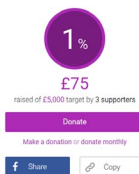
Welcome to the **LONDON ALL STARS TAEKWONDO ACADEMY** Newsletter no. 13  
December 2018



### RECOGNISING OUR TALENT:

~~UTF British Masters Taekwondo Open Tournament - 24 November 2018~~

Unfortunately this tournament was cancelled (not fantastic that it took all of us to get there 6.30am on a Saturday morning to find this out) Due to the inconvenience all 10 fighters will be fully refunded and entered free of charge to the rescheduled British Masters tournament in the new year, so we look forward to this



We're raising £5,000 to help London All Stars Taekwondo Academy fund local community children to learn Taekwondo and gain discipline, self esteem and confidence

Valerie Sandiford

### LONDON ALL STARS TAEKWONDO ACADEMY CROWDFUNDING

As you probably have seen we have launched a [Crowdfunding page](#) to raise money for our academy, so we can better support the club and its members the best we can.

To find out more click on the link below and then please can you forward the link to as many of your friends and family members as you can and help support us, support you

**Thank you** to all those who have donated so far this has been very much appreciated

<https://www.justgiving.com/crowdfunding/londonallstarstaekwondoacademy>

Any queries 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  
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### GRADING – MARCH 2019

Club members please note there will be grading in **March 2019**

Mum's, Dad's, Guardians, please make sure you child(ren) are practicing their Pattern 1 regularly as they will be required to know this at their grading. Emails will be sent to you with the Pattern links for belts nearer the time.

Any queries please inform **Valerie Sandiford, Club Secretary** at [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)

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### BIRTHDAY CELEBRATIONS FOR THE MONTH:

- Ryan Greenaway – who will be 6 years' old
- Lasrae Newell-Thompson – who will be 6 years' old
- Akari Campbell – who will be 7 years' old
- Rae-Ann Newell-Thompson – who will be 14 years' old

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



### DATES FOR YOUR DIARY

- 16 December 2018      **LAST TRAINING BEFORE XMAS**  
**XMAS PARTY & AWARDS CEREMONY**
- TBC January 2019      **RESCHEDULED BRITISH MASTERS TOURNAMENT**
- TBC March 2019      **LASTA GRADING DAY**

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### 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)*

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