



LONDON ALL STARS TAEKWONDO ACADEMY

'No Surrender'

w: www.londonallstarstaekwondoacademy.com
e: londonallstarstaekwondoacademy@gmail.com

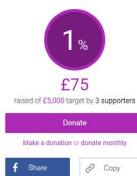
Welcome to the **LONDON ALL STARS TAEKWONDO ACADEMY** Newsletter no. 14
January 2019



Welcome to January 2019, We hope you had a great break and New Year.

Training resumes back on Sunday 13 January at 12.45pm so please be ready, with uniform and belt, any medication and on time, starting the new year as we mean to go on

LONDON ALL STARS TAEKWONDO ACADEMY CROWDFUNDING



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

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>

Please help us reach our target

Any queries please inform [Valerie Sandiford, Club Secretary](#) at 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



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GRADING – MARCH 2019

Don't forget club members 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

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

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BIRTHDAY CELEBRATIONS FOR THE MONTH:

- Siyenna Kebebew – who will be 7 years' old
- Destiny & Angel Johnson – who both will be 11 years' old
- Aaron Rose – who will be 14 years' old
- Alicea Hylton – who will be 16 years' old

LONDON ALL STARS TAEKWONDO ACADEMY would like to wish you a **HAPPY BIRTHDAY** for this coming month of **JANUARY 2019**



DATES FOR YOUR DIARY

- 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



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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