



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. 16
March 2019



LONDON ALL STARS TAEKWONDO ACADEMY NEEDS YOU!!!



This Sunday 3 March we will be having some visitors walking around our club and having a look at what we do and how good we all are (including you parents)

We need you all here on time, with all your kit on, including belts, and on your best behaviour and working hard, showing your full capabilities for all to see, showing off the your club in its full glory

We cannot say too much now, but this may be a great opportunity for the club and its members so make your club proud

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

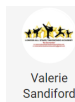
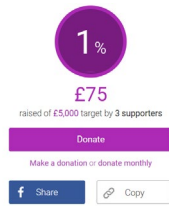


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LONDON ALL STARS TAEKWONDO ACADEMY CROWDFUNDING



Valerie Sandiford

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

Lest we forget, 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 please share 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



GRADING – 31 MARCH 2019 REVISED DATE!!

Grading date has been changed to **Sunday 31 March 2019**

Mum's, Dad's, Guardians, please make sure you child(ren) are practicing their Patterns regularly as they will be required to know this at their grading. Emails have been sent out to you with the Pattern links for belts – **just over 4 weeks left to go!!! GET PRACTISING!!**

Any queries please inform [Valerie Sandiford, Club Secretary](#) at londonallstarstaekwondoacademy@gmail.com

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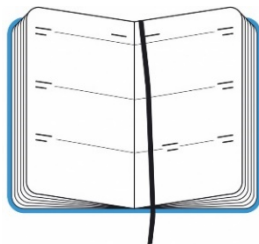
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UPCOMING EVENTS

LONDON ALL STARS TAEKWONDO ACADEMY will be entering the **2019 UTF NATIONAL TAEKWONDO OPEN** on the Sunday 28th April in Lee Valley Athletic Centre, Edmonton

This is an amazing opportunity as this is now getting **LONDON ALL STARS TAEKWONDO ACADEMY** back on the Taekwondo Tournament 2019 circuit



2019 DATES FOR YOUR DIARIES

Sunday 31 MARCH
GRADING DAY

Sunday 21 APRIL
CLOSED – EASTER SUNDAY

Sunday 28 APRIL
UTF NATIONAL TAEKWONDO CHAMPIONSHIPS – LEE VALLEY LEISURE CENTRE

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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



BIRTHDAY CELEBRATIONS FOR THE MONTH:

- **Austin Sandiford** – who will be 6 years' old
- **Camarley Bloomfield** – who will be 9 years' old

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

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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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