



excellence

The Martial Art For Life

APRIL 2011

Welcome to **excellence**, the monthly newsletter for Ealing Choi Kwang-Do School.

Choi Kwang-Do (CKD) is a revolutionary martial art that is unique in many ways. We aim to develop our students in the following 3 areas:-

Optimum Health

The techniques are designed to work in harmony with the human body eliminating unnecessary stress and hyperextension. CKD training provides many opportunities to enhance your strength, flexibility, agility and co ordination. Maintenance of one's health is important to everyone.

Self Defence

Avoidance and awareness are paramount. However, if you have to use your defensive skills, the fluid yet powerful striking techniques enable you to stun or stop an attacker, even as a smaller person.

Personal Development

An important focus of CKD is personal and social development, and the benefits that can be gained through positive attributes such as discipline, self-confidence and respect.

EALING CKD

Ellen Wilkinson School for Girls
Queens Drive
North Ealing
London W3 0HW

Monday & Wednesday
Children (ages 6 – 12)
5.30pm & 6.30pm
Teens & Adults (ages 13 years +)
7.30pm – 8.30pm

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[youtube.com/EalingCKD](https://www.youtube.com/EalingCKD)

Children's Class Information

Our new 5.30pm Children's Class has been running for several weeks now.

Already we have a small group of enthusiastic students in uniform and preparing for their first CKD grading.

When learning anything for the first time there can be a lot to take in. This is also true if you are a parent of one of these new students; the lessons aren't directed at you specifically although there are still things that you should know.

The following is a repeat of the information which first appeared in the March 2010 issue of Excellence shortly after our previous Children's Class started. Although this is aimed at parents, adult CKD students may also find the information helpful:

- The martial art we teach and study is called **Choi Kwang-Do**.
- The founder of CKD is **Grandmaster Kwang Jo Choi** 9th Degree Black Belt, born 2nd March in South Korea in 1942. Grandmaster Choi has been studying martial arts since the age of 12 and was formerly a pioneering instructor of Tae Kwon-Do (a different but related martial art). CKD was officially launched on 2nd March 1987. He is still actively teaching and training today.
- **Choi Kwang-Do** is named after the founder of the martial art. *Choi* is GMC's surname, *Kwang* his first name and *Do* means *the art of*. So *Choi Kwang-Do* equates to *the art of Kwang Choi*.
- **Pil-Suhng** is the motto of CKD and translates as *Certain Victory*. It's used to create a positive mental attitude in our students and a positive atmosphere in our classes. It is also used as a *hello, thank you, congratulations* and other general salutations.
- Students are to address and respond to Black Belt instructors as <title> <surname>, eg. **Mr./Mrs./Miss/Ms. Smith** or **Master Wright** (Master is used for instructors 5th – 7th Degree Black Belt). Alternatively, **Sir** or **Ma'am**.

- Students are also expected to respond to parents and teachers in a similarly respectful manner. As a demonstration of respect, I also do the same when speaking with students' parents.
- Children's Classes start with the recital of the **Children's Promise** and the **Principles of CKD** which students are expected to memorise.

*To always do my best and never give up
To obey my parents and teachers
To tell the truth and honour my word
To always be polite
To never misuse what I learn in class*

*Humility
Honesty
Gentleness
Perseverance
Self Control
Unbreakable Spirit*

Further helpful information can be found here:

<http://themartialartforlife.blogspot.com/search/label/welcome%20pack>

Pil-Suhng!

There are 0 CKD classes on MONDAY 25th APRIL which is Easter Monday. See information on page 2 if you plan to make up classes at another CKD school.

Sharpening Up – Part 1

It's been pointed out to me that we're starting to get more efficient in our Teen & Adults Class. Here's a brief summary of some what we've been working on and what you need to do:

Punctual arrival at class As you know this actually means arriving *and* being ready to start *before* the start of the class.

Brisk line up Rank order from right to left (if looking at the flags) to the instructed number per row. 2nd row onwards stand behind the student in front. All rows look left and right to ensure lines are straight.

Brisk movement Time in class is *extremely* precious. Use training time constructively and minimise time spent between drills.

More next month!

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Apologies for the second change to the date of the April grading. I had set 13th April assuming the Easter holidays started the week commencing 18th April when in fact they started on 11th April. As a result, a large number of students had informed that they would be away.

The grading will now take place *after* the Easter holidays on Wednesday 27th April.

NB. This the 'magical' week with 2 bank holidays. If you know you will be absent on this date (some of you have already confirmed this) please let me know and I will seek to accommodate you.

Dates for the remainder of 2011:

COLOURED BELT
(at Ealing CKD)

- Wednesday 27th April
- Wednesday 22nd June
- Wednesday 17th August
- Wednesday 19th October
- Wednesday 7th December

BLACK BELT
(at Wembley CKD)

- Sunday 12th June
- Sunday 18th September
- Sunday 4th December

LEADERSHIP & BLACK BELT TRAINING (all at Crowne Plaza)

- Friday 6th May
- Friday 3rd June
- Friday 1st July
- Friday 2nd September
- Friday 7th October
- Friday 4th November
- Friday 2nd December

Leadership & Black Belt Training only takes place once a month so do make every effort to attend. A minimum of 3 are required to be entered for 1st Degree Belt plus my approval after a pre testing assessment.

Moreover, as a senior it's likely that in regular classes you are involved with teaching and assisting in some way. So these sessions are also a chance to focus solely on your own training and technical standards.

Easter Classes

Classes over Easter will be held at the following location. Please note the amendment to the times for these dates only.

Crowne Plaza London Ealing
Western Avenue
Hanger Lane Gyratory
Ealing
London W5 1HG

Monday 11th and 18th April
Wednesday 13th and 20th April

- 6.00 – 6.50pm Children's Class 1
- 7.00 – 7.50pm Children's Class 2
- 8.00 – 9.00pm Teens & Adults

This is about 1 mile from our usual location, 2 minutes walk from Hanger Lane tube (Central Line) and 10 minutes walk from Park Royal (Piccadilly Line). Parking is available at the hotel on a first come first served basis. Please see me to ensure you get a permit to display in your car. If the hotel car park is full local street parking is available a short walk away.



We've had a couple of students from other CKD schools drop in and train with us a visit over the last several months. Bear in mind that CKD's open access policy means that as a student registered at a CKD school, you can train at any other school at no extra cost.

This can be a valuable option if you end up missing your regular classes at Ealing CKD for some reason, eg. Easter holidays.

To find the nearest or convenient CKD school go to www.ChoiKwangDo.com and click the **Locations** link. Alternatively go directly to <http://www.choikwangdo.net/locations/index.php>

This is a list of affiliated CKD schools and in theory, should be more up to date and accurate than simply searching online.

Contact the Instructor to confirm their listed times and locations are up to date. It's also nice to mention that you are a CKD student, where you normally train and when you plan to visit. If you end up training regularly at another school contact me for an External Training Register. This register is signed by an instructor at the school you visit and validates your attendance. Otherwise, if you haven't attended enough classes at your home school you may be held back from grading.

Class Protocol

If you've recently joined our school you may or may not be familiar with some of these guidelines. There are sent to all new students after enrolment and I like to refresh everyone once in a while to ensure consistency.

Arrival

Arriving to class *on time* actually means arriving 10 – 15 minutes *before* the start of your class. Students who arrive late perform 10 press ups and await further instructions from whoever is leading the class.

If you have any problems attending your classes on time regularly, eg. personal commitments or the time that you (or the person who brings you) finish work, then please let me know. I appreciate that sometimes late arrival cannot be avoided.

Uniform & Belt

We are getting close to T-shirt weather, but we're not quite there yet! I will let you know when t-shirts can be worn in class instead of uniforms. It's usually May or whenever you see me start wearing a t-shirt in class.

Until then please ensure that you are wearing full uniform – dobok jacket, trousers and belt to all classes. Any t-shirt worn under uniforms should be white and without collars. Please also remove any Playwell/TSA badges from your dobok and belt.

TIP: Order a **TheMartialArtForLife.com T-Shirt** now ready for the warmer weather! They are £12.99 from here: <http://www.TheMartialArtForLifeShop.com/page2.htm> or order and make payment in class. Please allow 2 weeks for delivery.

Badges

Country flag badges should be sewn onto the dobok sleeves approximately 8cm below the shoulder seam. The Union Flag on the *right* sleeve and the Korean flag (Taegukki) on the *left*. The Korean flag should be placed with the blue at the bottom and the red at the top. This symbolises the sun (red) over the sea (blue). I do make this clear when issuing uniforms and badges so please don't be surprised if you do them incorrectly and I ask you to redo them. I also charge for replacement badges, so don't lose them!

Footwear

Students may train in bare feet or wear martial arts shoes which you can purchase from your Instructor or from selected high street stores. Plimsolls or pumps are also allowed. Training in outdoor trainers designed for outdoor use or footwear regularly worn outside is not permitted.

Please contact me should you have any queries on these guidelines.