



excellence

The Martial Art For Life JANUARY/FEBRUARY 2012

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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10 Minutes A Day Challenge

You'll hear me 'drone on' about practise many times in the class.

Particularly, although not exclusively, in the children's classes. I use the word *drone*, only because I'm sure for some students that it comes across somewhat repetitive. A typical end of class summary might be:

Me: "Today in class we were working on your belt level Patterns. Make sure you continue practising them at home before your next class, OK?"

Class: "Yes, Sir!"

Now, does everyone go home and continue with their lives or spend an hour a day practising? As Instructors we're always curious as to who does...

Do you? Does your son or daughter?

What we do know is that the following is true for the majority of students:

If your only practise takes place in class time alone, whether that be one or two classes per week, you're not practising enough.

If you have a good memory you might just be able to get by. For example, you may be one of those students who after being shown your Pattern pick up and remember the sequence quite easily. Some students just seem to 'get it'. For students who need a little more help (myself included) it might take longer to grasp the format of the Pattern.

Both types of student (and all the other types in between) will require further practise to refine the techniques, further practise again to make the continued recall of the techniques effortless, further practise for the performance of the sequence to be fluid and further practise yet again to retain all of rewards of practise already attained!

So, as this is the first issue of *Excellence* for 2012 I am hereby launching my *10 Minutes A Day Challenge*. Nothing radical here; just a collective commitment to make time to practise 10 minutes a day. On the day that you train in class an addition 10 minutes are not required. However minutes trained in the class cannot be carried over to other days.

What constitutes practise? Anything that will help you to improve your CKD in any way.

- Spend 5 minutes in the morning kicking and 5 minutes in the evening on your Speed Drill – that counts.
- Spend 10 minutes reading your syllabus sheet and trying to memorise the belt level requirement – that counts.
- Spend 10 minutes stretching while watching TV – that counts.

10 minutes a day too time consuming? Do 5. Better than that nothing – it still counts. In fact, everything counts as it contributes in some way to your overall experience; like rolling a snow ball in the snow it accumulates and gets bigger and bigger and bigger...very apt considering the UK weather at the time of writing.

Pil-Suhng!

CKD Curriculum Magnets & Posters

I still have a small stock of these available. These are a simple yet fun way of helping students learn the CKD patterns. Each pack contains a separate fridge magnet for each of the techniques in the patterns. The challenge is to arrange them in the correct order for the pattern. The poster has the correct order for reference.

Beginners (White – Gold Senior) £3.00
Intermediate (Orange – Blue Senior) £3.50
Advanced (Purple – Brown Senior) £3.50

Order in class or online at
<http://www.TheMartialArtForLifeShop.com/page2.htm>

25th CKD Anniversary Seminar

Time is running out if you're organising to attend the Choi Kwang-Do 25th Anniversary Seminar in Atlanta at the end of March. The good news is that early registration for discounted tickets has been extended until 18th February. For full details of the seminar schedule, banquet, places to stay and things to do visit: <http://www.ckdmai.com/ckd25/>
The only information not there is flight ticket prices but contact me for details of how much others have paid.

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the gradings in December:

BLACK BELT

Ms Hilda Browne – 2nd Degree Green
 Miss Salisa Ali – 1st Degree Red
 Mrs Catia Oliveira – 1st Degree Yellow
 Mr Joao Pires – 1st Degree Yellow

COLOURED BELT

Andrew Wood – Red
 Jonah Yuldoph-Wood – Red
 Rufus Norris – Blue Senior
 Raphael Shah – Blue
 Klaus Guip – Blue
 Joanne Taylor – Green Senior
 Tommy Matic – Green
 Sangita Shah – Orange Senior
 Nathaniel Shah – Orange Senior
 Ziazan Beglarian – Orange Senior
 Oscar Leonov – Orange
 Robert Connelly – Orange
 Lorenzo Mwenewanda – Orange
 Kaifa Villafana – Orange
 Lewis Alleyne-Lestrade – Orange
 Jay Hamilton – Orange
 Adam Phillips – Orange
 Rayan Alachbili-Chihab – Orange
 Gary Withfield – Gold Senior
 Linsay Lodetti – Gold Senior
 Ameer Elshiekh – Gold Senior
 Noor Elshiekh – Gold Senior
 Troy Munroe – Gold
 Tony Petrov – Gold
 Matthew Robinson – Gold
 Eion O'Connor – Gold
 Raza Mahmood – Gold
 Aaron Murphy – Gold
 Rami Ghanem – Yellow Senior
 Tony Nicholls – Yellow Senior
 Nadia Stewart – Yellow Senior
 Michelle Griffin – Yellow Senior
 Michael Kyriacou – Yellow Senior
 Denis Svraka – Yellow Senior
 Luka Golubovic – Yellow Senior
 Kasra Taheri – Yellow
 Lavinia Waters – Yellow
 Khadija George – Yellow
 Jhoubin Dollabi – Yellow
 Natalie Procaccini-Martin – White Senior
 Natasha Sondarjee – White Senior
 Ibtihaj Chatta – White Senior
 Humood Alquaraishi – White Senior
 Alfie Fanneran – White Senior
 Shahzaib Adeel – White Senior
 Chloe Nicholls – White Senior
 Bradley Nicholls – White Senior
 Yusuf Jaafar – White Senior
 Kieren Doyle – White Senior

See column 3 for dates of the next gradings and Leadership Black Belt Training sessions.

Pre Stretch & Warm Up

We spent some time in the first Teen & Adult Classes of 2012 going through the pre stretch and warm up activities that students should complete before class. Students attending our Teen & Adult Class are expected to arrive 10 - 15 minutes early, ie. 7.15 - 7.20pm in order to begin their own warm up and be ready to start the class together at 7.30pm. The routine was then emailed to teen and adult students.

When the class starts together at 7.30pm there is a short time, approximately 5 minutes, to finish off warming up before the first class activity, either Patterns and Speed Drills or Hand and Foot Techniques.

Consider the warm up as a part of your training rather than an addition to it; as well as guarding against injuries you'll find your performance *during* the class will be better as a result.

Stretching and warm up activities in the children's classes are always led by an Instructor.



While several students have recently purchases safety equipment there are still a few who haven't. Safety equipment is required for Defence Drills from White Belt Senior upwards. Whilst no contact is allowed against another student in CKD classes when punching or kicking, contact can be made when blocking. Safety equipment protects against accidental contact during these drills. There are two options for purchasing:

1. Purchase a Safety Pack which includes Hand Safety and Foot Safety. When bought together you will also receive a free Choi Kwang-Do BacSac. The complete Safety Pack is £49.00.
2. Alternatively, you can purchase the safety items individually:
 - Hand Safety £25.00 (Required at White Belt Senior)
 - Foot Safety £25.00 (Required at Yellow Belt)

To place your order, simply go to <http://www.TheMartialArtForLifeShop.com/page2.htm> or you can place your order with payment in class.

Read a brief overview on CKD Defence Drills here <http://bit.ly/aV1rFH>

Website Updates

This is a second request for your help with some improvements I'd like to make to our school website TheMartialArtForLife.com

Testimonies

Firstly, the student and parent testimonies on the website are a little outdated and it would be good to have some more recent ones. If you're a parent or student all I require are a few sentences briefly explaining what you like about CKD and our classes. Feel free to include any benefits you or your child have gained from training. The best way to do this is to send it to me via email. An accompanying picture would be excellent, but not compulsory.

Instructor Profiles

Our team of Assistant and Head Instructors has changed over the years, but we've never once had a profile of them on the website. I've only received 2 out of 13 since the first request in September (3 if you count my own!) and then realised that I promised I would email questions to prompt a response...well, to make life easier here's what you can include:

- Name and rank
- Instructor status, eg. AI or HI
- Years training and or teaching
- What you enjoy
- Any benefits gained

Now that you have all of the prompts I look forward to receiving your testimonies and instructor profiles. Please send them to me by email.

Dates For 2012

- The next Coloured Belt Grading will be on **Wednesday 29th February** at Ealing CKD.
- The next Black Belt Grading will be on **Sunday 11th March** at Wembley CKD.
- The next Leadership & Black Belt Training will be on **Friday 2nd March** at Crowne Plaza Ealing. Incidentally, this date is also Grandmaster Choi's 70th birthday *and* the 25th anniversary of CKD.

For a complete list of important dates for 2012 visit the student service website at www.EalingCKD.co.uk. Click on the **date** label on the right to view the relevant postings or check the calendar at the bottom of each page.

Thanks to those who pointed out L&BBT scheduled for 6th April which is Good Friday. This was an oversight on my behalf and the date will be changed in due course.