



excellence

The Martial Art For Life

JULY/AUGUST 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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Summer Schedule 2011

Our summer schedule of classes is now available!

From Monday 25th July – Wednesday 24th August we will be training at:

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

Most of you are familiar with training at the hotel meeting rooms but there are some changes to locations (within the hotel) and times on certain dates, detailed below. Please take a moment to review the schedule now:

Monday 25th July & Wednesday 27th July - Knightsbridge Suite

5.30 Children Beginners
6.30 Children Intermediate & Advanced
7.30 Teens & Adults all ranks

Monday 1st August & Wednesday 3rd August - Knightsbridge Suite

5.30 Children Beginners
6.30 Children Intermediate & Advanced
7.30 Teens & Adults all ranks

Monday 8th August & Wednesday 10th August - Westminster Suite

5.30 Children Beginners
6.30 Children Intermediate & Advanced
7.30 Teens & Adults White - Yellow Senior
8.30 Teens & Adults Gold Belt and above

Monday 15th August - Knightsbridge Suite

6.00 Children Beginners
7.00 Children Intermediate & Advanced
8.00 Teens & Adults all ranks

Wednesday 17th August - Knightsbridge Suite

The Coloured Belt Grading will take place on this date

5.30 Children Beginners
6.30 Children Intermediate & Advanced
7.30 Teens & Adults all ranks

Monday 22nd August & Wednesday 24th August - Knightsbridge Suite

5.30 Children Beginners
6.30 Children Intermediate & Advanced
7.30 Teens & Adults all ranks

In summary:

- Change of class *times* and *location* on Monday 8th and Wednesday 10th August.
- Change of class *times* only on Monday 15th August.
- Coloured Belt Grading on Wednesday 17th August.

After the class on Wednesday 24th August we break up for the summer returning to Ellen Wilkinson School at the usual times on **Monday 12th September**.

If you're planning on training at other CKD schools during our summer holiday do contact the instructor first to confirm class times and locations. I know that classes at [CKD Richmond](#) close for the week of Monday 22nd August only, while [Hendon CKD](#) continue throughout summer. Lastly, if you have holiday planned please let know the dates that you will be away. Thank you.

Pil-Suhng!

We've Gone Mobile!

We've mobilised all of our websites so you can now view updates on our [blog posts](#), [tweets on Twitter](#), [Facebook Page updates](#) and [YouTube videos](#)...all in one place and conveniently on your mobile phone. The best part is that you don't need any specific brand of phone - as long as your mobile phone enables you to access the internet it should work.

To view the Ealing CKD mobile web app enter the following address on your mobile phone's web browser and bookmark it: <http://mippin.com/app/368029>

If you use a Nokia mobile phone you can [install the app directly via the Ovi Store](#)

Do bear in mind that there is a cost to use the internet on your mobile phone. Please be aware of this if you do not have free internet included with your mobile tariff.

In addition, our Student Services website also now accessible at the convenient (and shorter) website address: www.ealingckd.co.uk (this simply redirects to you to <http://themartialartforlife.blogspot.com>). Make this your first stop if you're looking for any information about our classes.

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the grading in June:

Henry Newhouse – Brown
 Joao Pires – Brown
 Catia Oliveira – Brown
 Eamon O'Brien – Red Senior
 Katarzyna Stawarz – Red
 Andrew Wood – Purple
 Jonah Yudolph-Wood – Purple
 Klaus Guip – Green
 Raphael Shah – Orange Senior
 Firas Batwa – Orange Senior
 Tommy Matic – Orange Senior
 Florence Newhouse – Orange Senior
 Joanne Taylor – Orange
 Sangita Shah – Gold Senior
 Nathaniel Shah – Gold Senior
 Noor Elsheikh – Gold
 Ziazan Beglarian – Gold
 Robert Connolly – Gold
 Jake Vaux – Yellow Senior
 Kuba Lasek – Yellow
 Matthew Robinson – Yellow
 Eoin O'Conner – Yellow
 Hanad Ali – Yellow
 Hanna Ali – Yellow
 Linsay Lodetti – Yellow
 Kayleigh Simpson – Yellow

Grading dates for the remainder of 2011:

COLOURED BELT (all at Ealing CKD)

Wednesday 17th August
 Wednesday 19th October
 Wednesday 7th December

BLACK BELT (all at Wembley CKD)

Sunday 18th September
 Sunday 4th December

LEADERSHIP & BLACK BELT TRAINING (all at Crowne Plaza)

Friday 5th August (new date)
 Friday 16th September (amended date)
 Friday 7th October
 Friday 4th November
 Friday 2nd December

There is also a full schedule of Leadership & Black Belt Training sessions that take place each month at Hendon CKD, run by Mr. Dean Ali. For a complete list of dates at Hendon CKD go to: http://hendonckd.co.uk/content/?content_id=20 or contact Mr. Ali directly on 07912 617 050. The next class at Hendon CKD is Friday 19th August, 6.30 – 9.00pm.

CKD School Visit

Some of our Instructors recently made a trip to [Cassar Academy of Choi Kwang-Do](#) in Morden, the largest of a handful of full time CKD academies in the UK. Master Cassar was hosting an instructor seminar led by Master Dave Kovar, a respected martial artist known throughout the industry for developing a variety of the teaching tools common place in the martial arts.

Instructors: you may have noticed that some of the material covered was also covered in our Leadership Certification Course, eg. SSL, DDD, PCP. That's because our course is adapted from one of Master Dave Kovar's manuals!

For me personally, it was good to experience the course material being presented *to me*, as opposed to me presenting my interpretation of the material *to others*. I was also nice to meet the person whose material I advocate and have been using for several years.

Feedback from Instructors was that it was exciting to visit another CKD school and great to meet other students and instructors. So, in view of this we're planning another school visit in August, this time to Richmond CKD. The provisional date is **Tuesday 9th August** (I need to double check the date is fine with Mr. Wendt first).

Student of all ranks who attend our Teen & Adult Class are welcome, not just instructors. If you're interested please let me know. In particular, if you are driving and how many spare places you have in your car. It's likely we'll meet at Crowne Plaza hotel first then travel to Richmond from there.



Recently been promoted to White Belt Senior or Yellow Belt? Then you need to purchase safety equipment, the padded gloves and boots that protect the wrist and forearms during Defence Drills. NB. These are the only compulsory pieces of training equipment.

Available in black or blue (and if you're prepared to be a little patient, red, yellow, white or pink) and priced at £49.00 with a matching bag. Order and pay in class or online at:

www.TheMartialArtForLifeShop.com/page2.htm

If you plan to purchase you own elsewhere please check with me first as not all gloves and boots are suitable for our classes.

Leadership Training

Calling all prospective instructors: I mentioned in the May newsletter the pending Leadership Certification Course which will now take place after the summer break. This is where students can certify as an Assistant Instructor (blue dobok). If you're:

- Orange Belt or higher (or would be by September 2011).
- Aged 14 or older.
- Interested in furthering your technical, communication and leadership skills.

...contact me for further information. Some of the benefits of becoming an Assistant Instructor include:

- Wear the distinctive blue AI dobok.
- Train an additional 2 ½ hour Leadership & Black Belt class each month at no extra cost*.
- Learn advanced training material not covered in class.
- Save on tuition with a 20% discount. Teaching commitment required.

* I personally run one additional class each month for Ealing CKD instructors. However, instructors are also welcome to attend the classes at Hendon CKD too (see page 2 column 1) giving you a potential of an extra two 2½ hour classes per month!

Black Belt Promotions

In June we congratulated our newest Black Belts, **Mr. Anthony Callaghan** and **Miss. Lisa Smith** after their successful promotion to 1st Degree at the June Regional Black Belt Grading. Pii-Suhng!

They'll be closely followed by Joao Pires and Catia Oliveira who are due to test for Black Belt on Sunday 18th September.

Preparation for Black Belt begins many months before the grading itself. In fact, many would argue that preparation actually begins are White Belt. Our monthly Leadership & Black Belt sessions are essentially modelled on the Black Belt Grading, eg. a complete set of patterns from White Belt to Black Belt, a review of Defence Drill including Close Range Defence, 2 vs 1 Defence and Shield Drills...and more.

If you're a Purple Belt or above, it's advisable to attend a Black Belt Grading to watch and observe watch is required. Then, when you are actually testing for Black Belt you'll already have some idea of what is expected and the format in which it takes place. See page 2 column 1 for dates.