



excellence

The Martial Art For Life

MARCH 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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Taking Responsibility For Your Training

Not long now until our April grading!

If you're one of the new joiners in the past several weeks then it may be the first time that you will be going through the grading experience.

If April will be your first grading (also known as *promotional test*, or even just *test*) be assured that there are no hidden surprises; you are simply asked to perform the material for your current belt rank, punches/strikes, kicks, patterns, speed drills, defence drills, close range and shield attack...and these are things that you will have been taught and had time to practise many, many times already.

(I am aware that what can be confusing is that in regular classes you may have covered a wide variety of drills, some from other parts of the CKD syllabus which you will *not* be tested on. However, the large majority of class time will be spent on respective belt level syllabus, and this will always be made clear to students).

In terms of preparing for the grading (and for general support of student training) I will soon be sending out a class planner to those who attend our teen and adult class. This is a simple plan of what syllabus elements are covered in class, when they're covered, and for how long.

The class planner was previously introduced during Leadership Training as a template for Instructors to follow when teaching back in class. However, it was recently pointed out to me that it could be just as helpful for students attending the class as well as instructors teaching it.

In addition, I routinely talk about how to access the Student DB to view your current belt level syllabus. I know that many of you already do this and some of you also print out the syllabus sheets and put them into a folder.

I can't recommend this idea highly enough!

The only extension I would make is to *bring the folder with you to every class*. That way you'll always have a reference of the entire syllabus from White Belt to your current rank with you when training.

It might also mean that you don't have to continually ask Instructors every lesson the same question: *what's my belt level punch/kick, pattern, speed drill, defence drill...?*

Instructors are more than happy to help you learn the techniques and drills, but the underlying theme is here is about taking responsibility for your training, especially when approaching the intermediate stage (Orange Belt upwards).

Should you have any feedback, feel free to let me know.

Pil-Suhng!

I've not included instructions here on how to access the Student DB so please refer to your welcome letter sent by email shortly after joining, or the October 2010 issue of Excellence.

http://www.themartialartforlife.com/USE_RIMAGES/Excellence_October2010.pdf

New Class Schedule

Thanks to everyone for managing the changes to our class schedule so well.

For students and parents of students attending the 6.30pm children's class please continue to arrive early, 10 – 15 minutes before the class starts and once ready, line up at the back of the hall ready to begin as the previous class finishes.

For teens and adults attending the 7.30pm class, similar applies. Aim to arrive 10 – 15 minutes early. You can use this time to begin warming up or practising quietly at the back of the hall ready to start when the previous class finishes. There is a short warm up/dynamic stretch at the start of the class too.

At the front of the school by the reception there are ladies toilets and changing facilities. For males there is also a full access toilet which can be used. However, if occupied the changing rooms by the gym on the other side of the hall can be used.

Head & Assistant Instructors: If you are the senior Instructor present at the end of the 6.30 children's class, please start the Teen & Adult class promptly at 7.30pm (which really means starting the line up a few minutes before). No need to wait to be asked...!

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the gradings in February & March:

BLACK BELTS

Miss. Salisha Ali – 1st Degree Blue

COLOURED BELTS

- Catia Oliviera – Red
- Joao Pires – Red
- Eamonn O'Brien – Purple Senior
- Katarzyna Stawarz – Purple
- Andrew Wood – Blue
- Jonah Yudolph-Wood – Blue
- Klaus Guip – Orange
- Raphael Shah – Gold Senior
- Firas Batwa – Gold Senior
- Oscar Leonov - Gold
- Louisa Matic – Gold Senior
- Tommy Matic – Gold Senior
- Joanne Taylor – Gold
- Rebecca Brittain – Gold
- Sangita Shah – Yellow Senior
- Nathaniel Shah – Yellow Senior
- Shad Ibrahim – Yellow
- Yad Ibrahim – Yellow
- Ameer Elsheikh – Yellow
- Noor Elsheikh – Yellow
- Ziazan Beglarian – Yellow
- Ban Aziz – Yellow
- Robert Connolly – Yellow
- Tom Richardson – White Senior
- Reem Ghanem – White Senior
- Noor Ghanem – White Senior
- Rami Ghanem – White Senior
- Jake Vaux – White Senior
- Kaifa Villafana – White Senior

Grading dates for the remainder of 2011:

**COLOURED BELT
(at Ealing CKD)**

- Wednesday 13th April (*changed from 20th to avoid the Easter Holidays*)
- 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

The next Leadership & Black Belt Training session will be on Friday 1st April, 6.30 – 9.00pm at Crowne Plaza.

Holiday & Absence Procedures

In response to general queries about our class schedule across the year, to clarify, we run throughout the year with two exceptions: 2 weeks in summer, (usually the last two in August or the last week in August and the first week in September. Yes, I need a holiday occasionally too!)

The other time is, approximately 2 weeks at Christmas. The exact duration of time is partly dependent on when we can secure lettings during those times of the year.

An example is that there will be no class on **Monday 25th April** which is a Bank Holiday. Classes are also likely to move location to the Crowne Plaza hotel temporarily over the Easter holidays but I will confirm details closer to the time both in class and in the April issue of this newsletter.

There are also occasional dates whereby the school are using the hall, do not have an alternative location to place us (eg. the gym) and our class may be cancelled. Obviously, such cancellations are out of my control but in all other cases my intention is to keep the class on and only cancel if there is no other choice.

Fortunately, aside Bank Holidays there aren't many class cancellations and I can normally advise students and families well in advance in class and by email. If I do have to cancel a class at short notice, eg. less than 48 hours, I will send a text message. It's your responsibility to ensure I have your current mobile number (or home number if you don't use a mobile phone).



Of course, at various points in the year students and families will be away on holiday, have exams, or other events that may prevent them from attending classes. The policy for class absence is as follows:

Similar to a gym membership, your tuition fees continue to be paid if you miss the odd few classes, or weeks of classes.

In the case of long term absence (minimum 4 weeks) if you pay tuition monthly, tuition can be suspended for the month that you are away. If you pre pay tuition the expiration of the payment can be extended.

All I ask is that you let me know in advance of the absence, and that the absence must also be for 4 weeks of actual classes, ie. excluding the class holidays in summer and Christmas.

In all cases it's considered good martial arts etiquette to notify me beforehand either personally in class, or via phone/email.

In view of the April grading, the date has already been brought forward from the 20th to the 13th to avoid it falling in the middle of Easter week when I anticipate many students being away.

If you think you may miss a grading date, April or otherwise, in the first instance please assume that you will take the following grading. This is normally 7 – 8 weeks later and a complete list of dates for the year are in every newsletter and at <http://themartialartforlife.blogspot.com>

Occasionally, there might be an opportunity to conduct a separate grading in class, but there is no guarantee of this so to avoid disappointment please do not assume this is the case. Should you have any queries about these procedures or have some pending holiday dates over Easter, please let me know as soon as possible.

Take Your Next Grading For Free

Second to our school website www.TheMartialArtForlife.com, referrals from existing students are the most popular way that students discover and join our school.

Did you know that if you refer a new student who tries the class and eventually joins, you are rewarded with a free grading? That's a saving of £25...just for telling friend, colleague or family member about our class.

NB. This isn't a one time, limited offer but something that is in place all the time, all year round. The reason for this is that there is no better advert than a personal referral from someone we trust.

To qualify for the free grading, the new student must state who they were referred by *at the time of joining*.

If you would like some VIP Passes to give out, please let me know.

Thanks to all those who have already been actively promoting our school!

Have you seen our latest YouTube videos? View the growing collection (actually, just 5 so far) here: <http://www.youtube.com/ealingckd> Rate, comment, share and subscribe!