



excellence

The Martial Art For Life

MAY 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 coordination. 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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Grading Procedure Update

I've made a minor update to the grading procedure, hopefully to make things clearer for all.

In fact, this is mainly aimed at clarifying the procedure for students and parents of students that have recently joined our school.

Gradings are the standard procedure by which students are assessed on their abilities and proficiency to progress to the next belt level. The first thing to consider is whether or not it's your first grading, ie. you're a new student.

First Grading

Most students take their first grading a minimum of 2 months after joining. Depending on when you join, the number of classes attended, and how you are progressing the duration could be slightly shorter or longer. A list of scheduled grading dates for the year is available at www.ealingckd.co.uk (use the *dates* label on the right) but you will always be contacted to confirm that you are ready to grade with the specific date.

Consider the first grading an assessment of how well you have grasped the basics of CKD, eg:

Basic techniques: Blocks, punches and kicks.

Basic footwork: Stepping forward and backwards.

Application of basic defensive techniques:

Blocking or dodging single punches.

Blocking single kicks.

Release from a wrist grab.

Application of basic offensive techniques:

Punching, striking and kicking the shield.

Subsequent Gradings

Bear in mind that students taking 2 classes per week are eligible to grade every 2 months. Students taking 1 class per week are eligible to grade every 4 months. This information combined with the published grading dates means you can work out when you're next grading will be. It also means that not all students will be taking every grading that takes place. Do also note that gradings are at the instructor's discretion; if you've been training for the required amount of time, made a sufficient number of classes but are still deemed 'not ready', then you may be requested to wait until the next grading.

UPDATE: Approximately 2 weeks before the grading I will send out a list confirming the names of those confirmed to take the grading. If you receive this email and you or your son/daughter's name is on the list then you'll need to do 2 things:

1. It's assumed you will be attending the grading, so you only need to let me know if you are **unable to attend**.
2. Make payment of your Grading Fees. This can be done conveniently online at <http://www.themartialartforlifeshop.com/page2.htm> by PayPal or with a credit/debit card. Or pay at your next class by cash or cheque.
3. During the grading itself, the Grading Fee can be paid to an instructor at the Admin Table.

As always, should you have any queries please let me know.

Pil-Suhng!

EalingCKD.co.uk

Our Student Services website is 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.

Sharpening Up – Part 2

Entering/leaving the dojang Bowing and saying *Pil-Suhng, Sir, Pil-Suhng, Ma'am*. This helps you to 'switch on' a positive state of mind and makes for a polite greeting/farewell.

Clear responses The way in which you respond to instructions in class and ki-hap during drills all contribute to create a vibrant atmosphere in class.

Pairing up (*Teen & Adult Class only*) When preparing for Defence Drills, Close Range or Shield Drills get paired up without delay. Ideally with someone roughly around the same size as yourself. Instructors may make changes to pairings but this will take less time if the majority of the class are already paired.

See also **punctual arrival**, **brisk line up** and **brisk movement** from last month.

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

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

Martin Newhouse – Brown
 Henry Newhouse – Red Senior
 Joao Pires – Red Senior
 Catia Oliveira – Red Senior
 Eamon O'Brien – Red
 Katarzyna Stawarz – Purple Senior
 Andrew Wood – Blue Senior
 Jonah Yudolph-Wood – Blue Senior
 Klaus Guip – Orange Senior
 Raphael Shah – Orange
 Firas Batwa – Orange
 Louisa Matic – Orange
 Tommy Matic – Orange
 Florence Newhouse – Orange
 Joanne Taylor – Gold Senior
 Becky Brittain – Gold Senior
 Lewis Alleyne-Lestrade – Gold
 Jay Hamilton – Gold
 Adam Phillips – Gold
 Sangita Shah – Gold
 Nathaniel Shah – Gold
 Noor Elsheikh – Yellow Senior
 Ziazan Beglarian – Yellow Senior
 Luke Gosney – Yellow Senior
 Jio Butler – Yellow Senior
 Kenji Holdsworth – Yellow
 Robert Connolly – Yellow Senior
 Toni Petrov – Yellow Senior
 Tom Richardson – Yellow
 Jake Vaux – Yellow
 Kuba Lasek – White Senior
 Karl Palmer – White Senior
 Matthew Robinson – White Senior
 Eoin O'Conner – White Senior
 Hanad Ali – White Senior
 Hanna Ali – White Senior
 Gary Withfield – White Senior
 Linsay Lodetti – White Senior

Dates for the remainder of 2011:

COLOURED BELT

Wednesday 22nd June
 Wednesday 17th August
 Wednesday 19th October
 Wednesday 7th December

BLACK BELT

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

LEADERSHIP & BLACK BELT TRAINING

Friday 3rd June
 Friday 8th July (*amended date*)
 Friday 2nd September
 Friday 7th October
 Friday 4th November
 Friday 2nd December

Weekend Project

We've another Bank holiday coming up which means that there will be no class on **Monday 30th May**. This means that there will not be a class at Ealing CKD on that date. If you normally attend a Monday class, please try and attend the Wednesday class in the week before or after so that you don't miss out or fall behind.

With the extra day over the Bank Holiday weekend, I thought you may be looking for a little project... a Syllabus Manual; an essential resource for all CKD students and instructors.

Here's what you'll need:

1. A computer (or access to one) to login to the Student Area at <http://www.choikwangdo.net/student/login.php>
 Access is included with your CKD school membership. Login with your Student ID and PIN. Check your welcome letter for these details or contact me for a reminder.
2. A printer (or access to one) and A4 paper to print out the syllabus sheets.
3. A4 file pockets. These are optional but you can get them from any stationary shop. If you're not using file pockets, you'll need a hole punch.
3. A4 folder. I've used this plastic ring binder from WH Smith. £4.29
<http://www.whsmith.co.uk/CatalogAndSearch/ProductDetails.aspx?productID=31299992#>
5. Front cover insert. Download one I've created from <http://bit.ly/kTraew>
 It's in MS Word format in case you wish to personalise it, eg. with your name.

Here's what you do:

1. Login to the Student Area.
2. Print the required Syllabus Sheets.
3. Insert in the file pockets or hole punch.
4. File the Syllabus Sheets in the folder.

That's it..apart from repeat this process after each successful belt promotion!

You can do this without the plastic pockets, but they will help to protect the sheets as they accumulate and protect against wear and tear during transit to and from class.

Here's one I made earlier...

<http://twitpic.com/5013rg>
<http://twitpic.com/5014a5>

School T-Shirts Now Available

Keep cool while you look cool in an exclusive **TheMartialArtForLife.com T-shirt!** These T-shirts can be worn *instead of* your uniform top during classes in the warmer months.

T-shirts are available in white, red, blue or black but must be the same colour as your dobok top, ie. a white T-shirt if you wear a white dobok top, red T-shirt if you wear a red dobok top etc. etc.

All sizes are available from children's 5-6 years right through to adult XXL. Orders and payments can be placed in the usual ways – either in class by cash or cheque or online. A sizing chart is also here: www.TheMartialArtForLifeShop.com/page2.htm

Please allow 2 weeks for delivery.

WIN A TheMartialArtForLife.com T-SHIRT!

Answer the following 3 questions correctly for a chance to win a t-shirt.

1. What is the motto of CKD in Korean *and* the English translation?
2. In what year was Grandmaster Choi born?
3. What belt rank does Grandmaster Choi hold?

(Hint: the answers can be found in the April issue of Excellence).

Answers can be sent to me by:

Email: info@themartialartforlife.com

Twitter: [@EalingCKD](https://twitter.com/EalingCKD)

Comment on our [Facebook Page](#)

Or good old pen and paper in class.

TWO winners will be selected from the correct entries on **Monday 13th June**.

Leadership Training

Calling all prospective instructors: a Leadership Certification Course is planned for late June/early July. This is where as a student, you can certify as an Assistant Instructor (blue dobok). If you're:

- Orange Belt or higher (or would be end the end of June).
- Aged 14 or older.
- Interested in furthering your technical, communication and leadership skills.

Contact me for more information or a brief overview of what the course entails and the benefits of being an instructor.