



excellence

The Martial Art For Life NOVEMBER/DECEMBER 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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Putting In 150%

If you're a fan of the TV series *The Apprentice* you'll be very familiar with a certain phrase.

"I need everyone to put in 150% on this task".

(Normally said by the project manager to inspire their team members before a task).

While I understand the sentiment, the phrase always makes me smile; surely, if you put in 100% effort, commitment or concentration to a given task, you've already put in everything you have, so where are you going find an additional 50% of yourself?

To put in 100% simply isn't enough anymore. In fact, nowadays it seems that if you were to say that you were *"putting in 150%"*, your level of commitment would still be questioned.

Why are you not putting in 200%?

Which is why I'm often intrigued when I notice students in class giving what appears to be less than 100%.

Time is priceless. We all know that if we were not at class, there are at least 10 other things that we could be doing, eg. homework, assignments, watching TV, still at work, working at home, playing games or other sports and hobbies, chatting on the phone, spending time with family/friends/partners/children, cooking dinner...the list is endless and you get the idea.

If you've made the decision to come to class, then why not try and make it worthwhile and put in the effort?

Yes...you'll have to force yourself, but that's the basis for developing *self discipline*: to force yourself to do things whether you want to or not.

Yes...we all have those days in class when our minds are distracted by a variety of things (see list above for starters), but sometimes the class creates a 'positive distraction' to help take your mind away from the items in the list for an hour. Adult students often say that the class gives them a chance to 'focus on themselves', which I completely understand.

Similarly, yes...you can only get out what you put in. If you're putting in (or striving to put it) 100%, only then can you begin to gain and appreciate the host of benefits that CKD martial arts training provides.

For the record, I'm happy if you're striving to give 'just' 100% effort, commitment or concentration in each and every class, as the majority of you do. Moreover, your efforts help to motivate others to do the same by making high levels of effort the class norm.

So, as we bring another year of training to a close this is a chance for me to thank everyone: students, instructors and families for their ongoing commitment to Ealing CKD throughout 2011 and wish you all a lovely Christmas.

Pil-Suhng!

Warms Ups: Teens & Adults

A reminder that our Teen & Adult Class starts formally at 7.30pm, but students are to **arrive 15 minutes early to begin their own warm up.**

Older students who are familiar with the standard warm up routine tend to get on with this, but I will be sending out notes as guidance for newer students.

I will also lead the class through the warm up routine for clarification and a YouTube video is planned.

Class Scheduling

Please make a note of our class schedule over the Christmas break:-

LAST CLASSES FOR 2011
Wednesday 14th December - there will not be a 5.30pm Children's Class on this date only. All children will be training together at 6.30pm. Teens & Adults 7.30pm.

FIRST CLASSES FOR 2012
Monday 9th January. Usual class times apply.

Proposed dates for the rest of 2012 are on page 2 and will also be added to the Calendar at www.EalingCKD.co.uk in due course. Lastly, don't forget our Christmas meal on Saturday 17th December, 7.00pm at 2NX in Ealing. All welcome!

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the gradings in September and October:

BLACK BELT

Ms. Hilda Browne – 2nd Degree Gold

COLOURED BELT

Katarzyna Stawarz – Brown
 Andrew Wood – Purple Senior
 Jonah Yuldoph-Wood – Purple Senior
 Raphael Shah – Green Senior
 Klaus Guip – Green Senior
 Joanne Taylor – Green
 Sangita Shah – Orange
 Nathaniel Shah – Orange
 Ziazan Beglarian – Orange
 Robert Connelly – Gold Senior
 Lorenzo Mwenewanda – Gold Senior
 Kaifa Villafana – Gold Senior
 Gary Withfield – Gold
 Linsay Lodetti – Gold
 Matthew Robinson – Yellow Senior
 Eion O'Connor – Yellow Senior
 Raza Mahmood – Yellow Senior
 Aaron Murphy – Yellow Senior
 Mark Dalling – Yellow
 Tony Nicholls – Yellow
 Nadia Stewart – Yellow
 Michelle Griffin – Yellow
 Michael Kyriacou – Yellow
 Leyla Mohamad – Yellow
 Denis Svraka – Yellow
 Edis Svraka – Yellow
 Stefan Golubovic – Yellow
 Luka Golubovic – Yellow
 Borina Hajheidari – Yellow
 Bardia Azadi – Yellow
 Ahmed Salih – White Senior
 Hamza Ahmad – White Senior
 Zahra Ahmad – White Senior

We also congratulate the following on their promotion to 1st Degree Black Belt in September after 3 years of hard work and dedication:
 Mr. Joao Pires
 Mrs. Catia Oliveira

The last gradings for 2011 will be on:
 Coloured Belt - Wednesday 7th December
 Black Belt - Sunday 4th December

The last Leadership & Black Belt training session for 2011 will be on Friday 2nd December.

Christmas Meal

This year our Christmas meal will be held at 2NX mediterranean restaurant in Ealing on **Saturday 17th December, 7.00pm.**

2NX
 34 Haven Green
 Ealing
 London W5 2NX (approx. 1 minutes walk from Ealing Broadway station).

Friends and family are welcome, so if you'd like to join us please confirm by **Wednesday 7th December**, in class, by email/text or at www.facebook.com/EalingCKD so that I can update the restaurant with numbers in good time. I look forward to seeing you all there.

CKD 25th Anniversary Seminar

There is now a selection of official information released by CKDMAI available at the Student Login page including an event schedule, hotel information, contest details and banquet information. See the links across the top left of the page at <http://www.choikwangdo.net/student/login.php>

Online registration to purchase tickets for seminar should be available shortly. As the biggest CKD event in any student or instructor's calendar for 2012, many will be travelling to Atlanta (some have already booked!), the international home of CKD, for a week of celebrations. If you want to be one of them check the links for information and let me know if you have any queries.

School Holidays

In response to some recent queries, please note we hold classes approximately 48 out of 52 weeks of the year. This accounts for a break at Christmas when the school is unavailable for hire and another in summer when many students and families are on holiday (myself included). Tuition then equates to 12 equal payments for every 4 weeks of classes, ie. 48 weeks. However, it would be impractical to request tuition payments every 4 weeks. Instead, tuition is paid *per calendar month*, which in certain months may be slightly longer or shorter than 4 weeks. NB. Classes continue during school half terms, Easter and most of the summer holidays when we temporarily relocate. The only scheduled breaks are the ones in summer and Christmas as noted above. Any queries on this please let me know.

Dates For 2012

Please see below proposed dates for gradings and special classes during 2012:

COLOURED BELT GRADINGS

Wednesday 29th February
 Wednesday 25th April
 Wednesday 20th June
 Wednesday 22nd August
 Wednesday 24th October
 Wednesday 5th December

BLACK BELT GRADINGS

Sunday 11th March
 Sunday 10th June
 Sunday 9th September
 Sunday 2nd December

Black Belt Gradings held at:
 Wembley CKD
 Barham Primary School
 Wembley
 Middx. HA0 4RQ

LEADERSHIP & BLACK BELT TRAINING

Friday 13th January
 Friday 3rd February
 Friday 2nd March
 Friday 6th April
 Friday 4th May
 Friday 1st June
 Friday 6th July
 Friday 3rd August
 Friday 14th September
 Friday 5th October
 Friday 2nd November
 Friday 30th November*

*A second class in late November ensures there is a session before the Black Belt Grading on December 2nd.

Leadership & Black Belt Training held at:
 Crowne Plaza
 Hanger Lane, Western Avenue
 Ealing
 London W5 1HG
 6.30pm – 9.00pm

Any changes to these dates will be announced in advance in class and at www.EalingCKD.co.uk. Make sure that you subscribe for updates to receive the latest information as soon as it is announced. See <http://themartialartforlife.blogspot.com/search/label/subscribe> for instructions.

Don't forget that our mobile web app can now be found at a new, easy to remember address. Got to ealingckd.mobi on your mobile phone web browser to see updates from our blog, Facebook, YouTube and Twitter accounts.