



excellence

The Martial Art For Life

OCT 2010

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)
6.00 – 7.00pm

Teens & Adults (ages 13 years +)
7.15pm – 8.30pm

Master Jason Wright V Degree
T: 0800 310 1223
M: 07718 513 113

E: info@TheMartialArtForLife.com
W: TheMartialArtForLife.com
TheMartialArtForLife.blogspot.com
[facebook.com/EalingCKD](https://www.facebook.com/EalingCKD)
twitter.com/EalingCKD
[youtube.com/EalingCKD](https://www.youtube.com/EalingCKD)

Grading Update

As mentioned last month we can no longer use Ellen Wilkinson Schools on Saturdays.

So until further notice Coloured Belt Gradings will take place in class. Initially, I thought this would be a major problem although it's turned out to be an exercise in looking for the silver lining...

On one hand it does mean that we will not be grading with the students from Hendon and Richmond CKD Schools which I know many of you enjoyed. The fellowship in CKD is something I have personally enjoyed for many years. I can think of CKD school owners I have known and trained with at various times since the mid 80's.

In addition, grading with different students helps to experience different ways of performing the techniques. We can all be inspired by seeing or training with a student from a different school who performs Speed Drills with tremendous speed, or who has an excellent Reverse Swing Kick. In Defence Drills you have no way of knowing how quick your partner can perform as you are training together for the first time, thus moving you outside of your training 'comfort zone'.

However, on the other hand I am aware that grading in class is *a lot* more convenient all round as students and families no longer have to come to the school (or another CKD school in the past) on a separate day - *you were going to attend the class on that day anyway.*

As a reminder, our grading schedule is every 2 months. If you are taking one class per week* you will be on a 4 month grading cycle (every other grading). If you are taking two classes per week you will be on a 2 month grading cycle.

Students taking one class per week should still attend a grading class even if they are not actually grading. Use this opportunity to focus on practising specifically what you will be tested on in 2 months' time, a 'mock grading' if you like.

Grading dates for the rest of the year are on page 2 column 1, and the grading schedule for 2011 will be available in the December/January issue of *Excellence*.

On a side note, remember that there can be a huge difference between *having been taught your technique/drill* and *knowing your technique/drill*.

Each class covers some component(s) of the CKD curriculum. However, bear in mind that how well you know your techniques/drills that make up the curriculum is determined by:

- **You:** the student
- **The Instructor:** usually - although not always, me.

You: how often have you attended classes? How much practise have you put in? How well you have implemented any corrections? How strong is your desire to grade and progress?

Me: can you convince me (or an assigned Instructor) that you have done all the above? Can you demonstrate your technique/drill *with* competence and *without* hesitation? Can you clearly show that you are performing at the required standard for your belt rank you are working towards?

While practise at home is essential, it's only with regular class attendance whereby you can receive the feedback and supporting guidance as you develop the CKD techniques and drills.

Pil-Suhng!

**If you normally take one class per week but are unable to make both classes in a single week, I have no problem if you attend both classes the following week.*

CKD Syllabus Updates

As an ever evolving martial art, CKD Black Belt curriculum has had a few updates this year; a number of minor tweaks to the 2nd Degree patterns plus Speed Drills now start and end with the same kick, eg.

1st Degree

Starts: Switch Stance Front Kick
End: Switch Stance Front Kick

2nd Degree onwards

Starts: Front Leg Sliding Front Kick
Ends: Rear Leg Sliding Front Kick
Starts: Rear Leg Sliding Front Kick
Ends: Rear Leg Sliding Front Kick

Easy to type – takes a little more effort to perform!

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

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

COLOURED BELTS

- Martin Newhouse – Red
- Catia Oliveira – Purple
- Joao Pires – Purple
- Eamonn O’Brien – Blue Senior
- Katarzyna Stawarz – Blue
- Andrew Wood – Green
- Jonah Yudolph-Wood – Green
- Rufus Norris – Orange
- Joanne Taylor – Yellow
- Becky Brittain – Yellow
- Kenji Holdsworth – White Senior

Grading dates for the remainder of 2010:-

COLOURED BELT (at Ealing CKD)

Wednesday 24th November – *children only.*

NB. This date replaces the postponed October grading and also the December grading for children only.

Wednesday 8th December – *teens & adults only.*

BLACK BELT GRADINGS (at Wembley CKD)

Sunday 5th December

LEADERSHIP & BLACK BELT TRAINING (at Crowne Plaza)

We’ve managed to secure two dates in November for Als/HIs, Junior Leadership Team and Advanced Level students:

Friday 5th November
Friday 19th November

Both sessions are 6.30pm – 9.00pm

Lastly, if you unable to attend these there is now a full schedule of new L&BBT sessions at Hendon CKD led by Mr. Dean Ali.

Friday 3rd December is the last one for 2010 if you’re hoping to get one last session in before the Black Belt grading on the 5th! Full details and dates for 2011 at www.hendonckd.co.uk

CKD Student Database

All CKD schools including Ealing CKD are affiliated to Choi Kwang-Do Martial Art International (CKDMAI), the governing body for CKD worldwide.

CKDMAI maintains an online database which enables students and instructors around the world to access their current and previous belt level syllabus plus general information about CKD. You will need your **Student ID** and **PIN** to login which will have been sent to you in a welcome letter shortly after joining:-

1. Logon to the internet, go to <http://TheMartialArtForLife.blogspot.com> (our Student Services website) and click on **Choi Kwang-Do Student Login** which is in the **Useful Links** section on the lower left hand side.

2. In the new window that opens enter your **Student ID** and **PIN** in the spaces provided, then click **Login**.

3. The screen will refresh and you will be in the **Members’ Area**. Across the top of the screen will be a number of links showing all of the information your can access. If you are an AI or HI you will access to additional information such as an Assistant Instructor Manual.

I strongly suggest that you print each syllabus page (there is one page for each belt rank describing all of the techniques/drills) and put them into a folder. Over time you will create a training manual that you can use as a reference when training in class or at home. This is invaluable when training for Black Belt!

Should you have any problems logging in or have lost your **Student ID** and **PIN** check your email for the welcome letter. Failing that send me a blank email with the subject: *Student Login* and I will reply with your details.



The Student Guide in the Members Area is the original to the updated version available at our Student Services website. However, it can only be viewed online whereas the version at the Student Services can be downloaded to your computer in pdf format. The Assistant Instructor Manual in the Members’ Area is the same as the one issued during the Leadership Course minus the Appendices.

CKD Documentary

Last month I wrote a short piece highlighting why the CKD seminar in Korea on 10th October was such a big deal. It turned out to be a reasonable summary of a documentary on Grandmaster Choi and CKD which was released a few weeks later!

If you’ve not seen the 50 minute documentary yet, follow or copy this link <http://bit.ly/btzqYM> to watch it at **YouTube.com**...it’s excellent.

Updates such as these I (and the CKD online community) normally post via Twitter or Facebook as soon they are discovered. Even if you are not a Twitter or Facebook user, if you have access to the internet you can find our Facebook Page at www.facebook.com/EalingCKD and Twitter at www.twitter.com/EalingCKD

Twitter updates can also be viewed at our Student Service website <http://TheMartialArtForLife.blogspot.com>

NB. You don’t need to sign up to either service view the updates.

Safety Equipment

If you’ve recently been promoted to either White Belt Senior or Yellow Belt and haven’t yet got your Safety Equipment please do so as soon as possible. Safety Equipment is the padded gloves and boots that protect the wrist and forearms when blocking punches and kicks. They also protect against accidental impact when punching or kicking.

White Belt Senior - Defence Drills Level 2: Punching with blocking in a straight line.

Yellow Belt – Defence Drill Level 3: Punching and kicking with blocking in a straight line.

Available in black, blue or red (and if you’re prepared to be patient, yellow, white or pink) and priced at £49.00 with matching bag, you can order and pay in class or online at: www.TheMartialArtForLifeShop.com/page2.htm

This is the only compulsory training equipment. Optional items include:

Shin Guards: I personally use them during Black Belt Training where the training can be a little more ‘intense’. £16.99.

Bag Gloves: Leather gloves that support the wrist and prevent grazing of the knuckles when punching or striking the shields. £12.99 - £19.99 depending on style.