



excellence

The Martial Art For Life

SEPT 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

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Learning Through Teaching

Have you every offered to help someone out?

It's good to help others, and that's a key role of a martial arts instructor. Whether that be helping students learn self defence, helping them engage in enjoyable exercise or helping them to realise more of their potential.

(Apologies if you not a martial artist or instructor...but I'm sure you may be able to apply this brief lesson to your own personal or professional lives in some way).

When we help others three things tend to happen:

Firstly, we feel good, and most of us like to feel good...don't we?!

In saying that I mean we like to think that we have done something that we can feel good about. If that something helps someone else...even better.

We've done a good deed, if you like.

This can do wonders for our self-esteem, provided the intentions of helping others are sincere and not merely in order to gain something in return.

Secondly, we will have imparted some of our knowledge to someone else.

For some people, one of the most gratifying aspects of learning something is having the opportunity to later share that knowledge with others. Now, this could be viewed as conceited (nobody likes a show off, do they?) but again, if it helps someone else and is done with humility – a core principle of CKD, surely this is a good thing?

Thirdly, we can better ourselves.

In order to teach someone else, you first have to be clear on the details of the information yourself. In the context of teaching CKD, if you were teaching a punch, for example, you would need be clear in your own mind how the body moves during the punch, what part of the fist is used during the punch, the arm position etc. etc. You would also need to be able to demonstrate the punch which is likely to involve some practise.

This need for clarity causes you to think more deeply about the information that you wish to give out, maybe even questioning the information - both with others (interpersonal dialogue with fellow students and instructors) and ourselves (intrapersonal dialogue), thus furthering our understanding.

Coupled with the simple act of fellowship, this is why many martial arts students offer to help out at their classes, and possibly even teach other students.

Another side effect of teaching someone else is that you become more confident with presenting the information. Communication skills begin to develop and your own techniques are refined and improved, while developing strong leadership and social skills.

So by helping others you are also helping yourself; a classic win-win situation.

However, having said all of this, personally, I think the best part of learning through teaching is this:

As you become familiar with the information that you are teaching, you simultaneously appreciate that you have *more to learn*.

I feel very confident in saying that martial arts instructors around the world, irrespective of rank, style or number of years training...would agree that they are all still learning.

So take a moment to think about learning through teaching, but if you already do and think you know it all...think again!

Pil-Suhng!

Certificates

Look out for certificates being presented in the next few classes as I steadily catch up with the backlog. Apologies!

You should have a certificate for each successful belt promotion and instructor certification (AI and HI). Keep them safe or better still display them - they are official records of your achievements in CKD.

If you are missing any or names are spelt incorrectly, please let me know.

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Grading Results

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

BLACK BELTS

Miss. Salisha Ali – 1st Degree Orange

COLOURED BELTS

Omar Kheder – Brown Senior
 Anthony Callaghan – Red Senior
 Lisa Smith – Red Senior
 Martin Newhouse – Purple Senior
 Abdul Miah – Purple
 Catia Oliviera – Blue Senior
 Joao Pires – Blue Senior
 Eamonn O'Brien – Blue
 Katarzyna Stawarz – Green Senior
 Kyle Pope – Green
 Andrew Wood – Orange Senior
 Jonah Yudolph-Wood – Orange Senior
 Danilo Petkovic – Gold Senior
 Klaus Guip – Gold
 Louisa Matic – Yellow Senior
 Tommy Matic-Petrov – Yellow Senior
 Tonni Petrov – Yellow
 Jo Guy – Yellow Senior
 Raphael Shah – Yellow Senior
 Firas Batwa – Yellow Senior
 Nadine Reynolds – Yellow
 Lewis Alleyne-Lestrade – Yellow
 Jay Hamilton – Yellow
 Adam Phillips – Yellow
 Sangita Shah – White Senior
 Nathaniel Shah – White Senior
 Lorenzo Mwenewanda – White Senior
 Joanne Taylor – White Senior
 Jio Butler – White Senior
 Becky Brittain – White Senior

Grading dates for the remainder of 2010:-

COLOURED BELT

Saturday 23rd October
 Saturday 11th December

NB. We can no longer use Ellen Wilkinson School on Saturdays so the grading dates above and also Leadership & Black Belt Training are subject to change. More information to follow.

BLACK BELT GRADINGS (At Wembley CKD)

Sunday 5th December

Korean CKD Seminar

The big news in the CKD world at the moment is the seminar in Korea in October. To many, this may not seem like it should be anything to shout about; after all, Grandmaster Choi (GMC) is Korean so what's the big deal?

Well, you may know that GMC formerly studied Tae Kwon-Do (TKD), the popular Korean martial art. In fact, he learnt TKD directly from it's founder General Choi Hong Hi. In the 1960's GMC was appointed as part of a select group of master instructors to spread TKD to the far east, Indonesia, Malaysia and Singapore.

It was during this time of intense demonstrating and teaching of TKD that GMC began to question some of the practices, training methods and practicality of TKD. He also suffered some personal injuries from the constant 'lockout' of the arm and leg joints when punching and kicking. This led him to further his understanding of the human body and movement science and begin modifying the TKD techniques.

The point to remember here is that TKD is the national sport in Korea. It's taught in schools throughout the country in the same way that children throughout the UK play football in school.

My understanding is that GMC's claims to be able to improve TKD were frowned upon, especially in country that it originated from. A comparison would be me claiming to have improve the game of football, the national sport played and enjoyed by millions (apart from the fact that I know nothing about football, but you get the general idea...).

Having lived and taught in America for many years where his modified TKD evolved through the late 70's to mid 80's to become CKD, it is only in the last few years that GMC has been welcomed in his home country to present CKD, so the seminar in Korea is a major development. More significantly, the seminar is taking place at the Kukkiwon, the World TKD HQ. Expect more news and updates on this historic seminar over the coming months.

NO CLASS ON WED 6th OCTOBER

Ellen Wilkinson School are holding their annual Open Day on Wednesday 6th October so there will be no class on this date. Apologies for any inconvenience. If you normally train on a Wednesday only, please try to make the Monday class. Alternatively, attend both classes the following week.

Class Protocol

Please ensure that you adhere to the following guidelines. Not only do they help in presenting a consistent and professional image in our schools, but they also assist in cultivating self-discipline. This is particularly important for parents of our younger students as they require greater supervision (and time) to organise themselves to begin class.

Arrival

Please make every effort to arrive to your CKD classes on time, ie. approx. 10 minutes *before* the class starts. This ensures that you will be ready to start the class on time and benefit from the warm up exercises.

If you arrive at class earlier, *use the time constructively*, quietly work on your basic techniques, patterns or speed drills. If you arrive at class late, ie. the command to *line up* has been given or the *Promise, Pledge or Principles* are being recited, the correct procedure is to perform 10 press ups before waiting to be acknowledged by the Instructor or who ever is leading the class. Once acknowledged, you should bow and follow any given instructions, eg. Fall in or commence your own warm up.

If you have any problems attending your classes on time regularly, eg. other commitments or the time that you (or the person who brings you) finish work, then please let me know. I appreciate that sometimes this cannot be avoided.

Uniform & Belt

Now that summer is over, from October all students should be wearing full uniform - dobok jacket, trousers and belt. Details of where to stitch the Union Flag and Korean Flag will have been sent with joining information. Please also remove any Playwell/TSA badges from your dobok and belt.

Footwear

Students may train in bear feet or wear martial arts shoes which you can purchase from your Instructor or from selected high street stores. Please contact me if you plan to purchase your own to avoid an incurrant purchase. Plimsolls worn for P.E lessons in primary schools are also allowed. Training in outdoor trainers or footwear regularly worn outside is not permitted.

Please contact me should you have any queries on these guidelines. Thanks in advance you for your co-operation.

PARENTS: I am normally at the class 15 – 20 minutes *before* the start. This is an ideal time to speak to me if you have any general queries.