



excellence

The Martial Art For Life

APRIL 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

Classes held Monday &
Wednesday

Children (ages 6 – 12)
6.00 – 7.00pm
Teens & Adults (ages 13 years +)
7.15pm – 8.30pm

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Do You Like Being Watched?

As a martial art Choi Kwang-Do is very traditional in that the curriculum is taught to students defined by belt level.

Students progress through the curriculum by learning the various components of the martial art then presenting their skills at gradings. If they successfully demonstrate the required standard and ability for the belt level they are promoted to the next advanced belt rank.

However, I personally think that gradings are important, but not solely for the challenge of rank advancement.

Imagine you were to enlist the services of a personal fitness trainer.

As part of your exercise regime they may ask you to keep a food diary for an agreed period of time, say one week. From your food diary they can analyse your eating patterns, look closer at the content of your diet and then provide nutritional advice to help you eat healthier as a way of complimenting your physical training programme.

Now, you don't want to have someone else look at what you eat in a normal week and say, "My word, you do eat lots of biscuits, don't you? You need to cut down!"

So, knowing that you're diet is going to be analysed, *in that particular week* you suddenly find a liking for carrot sticks...

Okay, maybe carrot sticks aren't your snack of choice, but I'm sure you get the point here: the mere fact of knowing that your actions are to be analysed means that, whether consciously or unconsciously, when being watched you change your actions. This is why gradings are so important.

The majority of students and instructors will become slightly nervous, stressed or anxious on the lead up to and even during gradings (and yes, that does include me). This is a natural part of the process, and the test is really how well we *manage* those feelings, which does become easier with time. Training from White Belt to Black Belt, a duration that could range from 3½ - 5 years, allows a fair amount of time to develop these stress management skills.

So firstly, gradings provide a moderately stressful environment whereby you can learn to manage stress while aiming to perform at your best.

The Hawthorne Effect refers to the change in behaviour in response to participation and attention received. Studies conducted between 1927 and 1932 at the Hawthorne Plant of the Western Electric Company, Illinois looked at the relationship between productivity and worker environment. The original study looked at levels of lighting, and went on to include factors such as quantity and duration of break times and temperature.

However, the findings were that regardless of which and how the factors were changed, the productivity of the workers involved in the study improved.

The reason being the workers knew they were participating in an experiment and that the researchers were watching and taking interest in them.

I would argue that it is much the same for students taking gradings.

Secondly, when taking a grading, the aspect of being observed and assessed helps you to simultaneously perform at an increased level of efficiency and proficiency.

Pil-Suhng!

(...and now you know why a 20 - 30 minute grading can feel more demanding than a 1 hour class!)

Safety Packs

Do remember that if you have been recently promoted to White Belt Senior that you will need additional safety equipment. Hand Safety is required at White Belt Senior for the punching Defence Drill. Foot Safety is required at Yellow Belt for the punch and kicking drill.

You can purchase the complete Safety Pack for £49 which includes a CKD bag. Purchases can be made in class or at <http://www.TheMartialArtForLife.com/page9.htm>

Alternatively, you can purchase hand and foot safety separately at £25 per pair each.

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