



excellence

The Martial Art For Life

DEC 2010/JAN 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)
6.00 – 7.00pm

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

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[youtube.com/EalingCKD](https://www.youtube.com/EalingCKD)

Throw Yourself Into It!

I recall a class earlier this year when the adult students were working on sliding kicks.

As the name suggests, this involves performing a kick whilst sliding forwards towards the target.

The technical aspect of what to do isn't really that important, but just to provide some context sliding kicks are a way of covering distance dynamically to reach an out of range target while simultaneously attacking. It's faster than taking a separate step forward towards the target and then kicking. It can also result in a more powerful kick as the whole body weight is being thrust forward with the kick.

Officially, sliding kicks occur in the CKD curriculum at 2nd Degree Black Belt and there were only three black belts in a class of 16 that evening - one of them being me!

So why was I getting the students to do this?

The first reason was that it was a fun challenge for many, without straying too far outside of what they would normally be working on, eg. basic kicks with the target in a comfortable range and a slide is not required.

However, the main lesson behind the lesson (if you see what I mean) was that to perform the sliding kicks you to have *throw yourself into it*.

Physically speaking, you really do have you launch your body weight towards the target but in a controlled manner. If you don't, you simple won't cover the distance and reach the target with any balance or power. This is quite a radical change for most students because they would have been initially taught to kick from a stationary position *without* sliding.

Emotionally speaking there can be even more to learn. Once you have practised and realised the need to launch your body weight towards the target, you're less likely to hesitate when approaching similar techniques in the future. You've already demonstrated to yourself that to complete particular tasks, you *have* to throw yourself into it.

Of course, among the more junior students there was *lots* of hesitation. Perfectly natural given the circumstances, but that was that whole point; to enable the students to recognise when this is happening, when they may be deliberating over a task that has little or no damaging outcomes...and just do it.

There are many areas of life whereby unless we make a commitment and throw ourselves into something, before starting we've already limited the experience we could potentially receive. A valuable and useful lesson for me, the students...and maybe for you too?

*Make a decision.
Affirm commitment.
Throw yourself into it!*

Pil-Suhng!

PS. On the assumption that you will have a little more time on your hands over the Christmas break, I'm including the link to the CKD document on YouTube again. It provides an excellent overview to the history of Grandmaster Choi and the origins of CKD. It's also 50 minutes in total so you'll want to get yourself a cup of tea...

<http://bit.ly/btzyYM>

With the remaining time on your hands, may I suggest some CKD practise!

Class Scheduling

Please make a note of our class dates over the Christmas period:-

LAST CLASS FOR 2010
Wednesday 15th December

FIRST CLASS FOR 2011
Ealing – Monday 10th January

The Adult's Class on Wednesday 15th December will finish slightly early at 8.15pm to allow time to get to *Dragon King Oriental Buffet* in Park Royal for our Christmas meal.

Dates for 2011 are on page 2 and will also be added to the Calendar at <http://themartialartforlife.blogspot.com> in due course.

Moreover, once you know what the grading dates are you can begin to plan your progress through the belt levels in CKD, ultimately, working out when you may achieve Black Belt.

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Dates For 2011

Please see below proposed dates for gradings and special classes during 2011:

COLOURED BELT GRADINGS

- Wednesday 23rd February
- Wednesday 20th April
- Wednesday 22nd June
- Wednesday 17th August
- Wednesday 19th October
- Wednesday 7th December

BLACK BELT GRADINGS

- Sunday 20th March
- Sunday 12th June
- Sunday 18th September
- Sunday 4th December

Black Belt Gradings will be held at:

Wembley CKD
 Barham Primary School
 Wembley
 Middx. HA0 4RQ

LEADERSHIP & BLACK BELT TRAINING

In November we trialled new timings of Friday evenings holding two classes to 'catch up' on classes missed previous months. Both were reasonably well attended.

Therefore, the following dates are proposed for Junior Leadership Team, Als & HIs, Advanced Level Coloured Belts by invitation.

- Friday 7th January
- Friday 4th February
- Friday 4th March
- Friday 1st April
- Friday 6th May
- Friday 3rd June
- Friday 1st July
- Friday 2nd September
- Friday 7th October
- Friday 4th November
- Friday 2nd December

Leadership & Black Belt Training will be 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 class and at <http://themartialartforlife.blogspot.com>

Christmas Events

The last classes for 2010 will be **Wednesday 15th December**. Traditionally, we like to mark the last class of the year by relaxing (a little). There will be fun and games throughout the Children's Class as we celebrate the end of a year's training.

The Adult Class will take place at the amended times of 7.15 – 8.15pm, ie. finishing a little earlier so that we can go for a meal at:

Dragon King Oriental Buffet
www.dragon-king.co.uk
 Royal Leisure Park
 Kendal Avenue (off Western Avenue)
 Park Royal
 London W3 0PA
 8.30pm

Dragon King is an 'eat as much as you like' buffet and has a wide selection of dishes for all tastes at a very reasonable £11.50. Family and friends are welcome so please do try and come along. We had a record turn out last year with over 20 students (compared to the year before when we had 3!)

There are normally several cars travelling from the school to the restaurant so even if you don't drive, getting to Dragon King shouldn't be an issue. Plus, the restaurant is a 1 minute walk from Park Royal tube for travelling home.

Please confirm either in class or by email/text if you are coming and if you are bringing a guest so I can add you to the list and book the table. Oh...and both classes will end with a prize draw!



It always feels like just a couple of months have passed between putting together the last newsletter of the year. Of course, it's actually 12 months that have passed, but this always leaves me wondering whether we notice time passing less as we grow older, or as we grow older we're just too busy to notice time passing at all? I digress...

All that's left for me to say is a big thank you to all the students, instructors and families for your continued commitment and support of our school. An extra thanks to our existing and new Instructors who have been helping out in the Children's Class (which doubled over the summer).

Wishing you all an enjoyable Christmas and New Year break.

A reminder to all White Seniors & Yellow Belts that you need safety equipment for Defence Drills. You can order and pay in class or online at www.TheMartialArtForLifeShop.com

Grading Questions

The October issue of *Excellence* included instructions (mostly aimed at parents and newer students) on how to access your syllabus online at the CKD student database. Below are some questions to ask yourself, or each other, to confirm your understanding of your syllabus. Answers can be found on your syllabus sheet online.

1. What is the name of your pattern?
2. How many movements are there in your pattern? (count weave as an individual technique)
3. What are the movements in your Speed Drill?
4. How many movements are there in your Speed Drill?
5. What is your belt level hand technique (punch or strike)?
6. What is the hand technique tool?
7. What is your belt level kicking technique?
8. What is the kicking technique tool?
9. What is the role of the attacker in your Defence Drill?
10. What is the role of the defender in your Defence Drill?
11. What is your Close Range Drill?

YouTube

I recently uploaded a short video to YouTube showing a variety of CKD punches and strikes. This was to accompany a video completed in summer showing the kicks. I've you've already seen them it might appear that I'm merely 'showing off'!

However, the objective is to give both prospective/existing students and martial artists of other styles a visual idea of what CKD techniques look like.

Many people think that CKD is simply a version of Tae Kwon-Do (the similar sounding names do not help) and while the two martial arts are related and have similarities, there are significant differences too.

More video clips are planned displaying other elements of the curriculum but in the meantime you can view the existing videos at www.youtube.com/ealingckd

The belt tying video was a student request! If you have ideas of videos that you think would be helpful, please let me know.