



excellence

The Martial Art For Life

FEBRUARY 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 coordination. 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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New Class Schedule

You may have noticed our Children's Class double in size during summer 2010.

Fortunately, we have a team of Assistant Instructors who are also present in the class to ensure that all students receive personal instruction in smaller groups and prevent any students becoming 'lost' in the group. (In fact, the same is true in the teen and adult class although to a lesser extent).

However, since the summer the number of enquiries for children's classes has continued. As we do not have the ability to comfortably accommodate any new students in the existing class we will be offering a new children's class later this month.

The main hall at Ellen Wilkinson School is only available to hire between 5.30 – 8.30pm so the new class schedule will be as follows:

5.30 – 6.20pm New Children's Class
6.30 – 7.20pm Existing Children's Class
7.30 – 8.30pm Teen & Adults

This schedule takes effect from **Monday 28th February**.

In view of these pending changes below are a couple of side notes, mostly for parents:

- Please ensure that students arrive *ready to start* at the class time, which really means approx. 10 minutes before the start of their class. I'm sure you appreciate that taking off a coat/shoes and then tying a belt (or having an Instructor tie it for them) can sometimes take longer than expected!
- Safety equipment is required at White Belt Senior. The equipment should be brought to each lesson...and taken home at the end of it. Please ensure equipment is clearly labelled in case it is accidentally left behind in the class.
- Over time the two children's class will become a beginners class and an intermediate/advanced class (or something similar). In view of this, when referring parents to our class please be aware that any new students will be joining the earlier 5.30pm class.

- The area around the main door can become very congested between classes. May I request that students and parents avoid congregating in this area to leave a clearer path way.

Thank you for your co operation on these points. Should you have any queries about the new schedule please contact me directly.

Pil-Suhng!

Titles

Please see below official titles and their associated ranks used in CKD:

Sahjonim – Founder (Grandmaster Kwang Jo Choi 9th Degree)

Tae-sah-boo-nim – Grandmaster 8th Degree

***Sah-boo-nim** – Master 5th - 7th Degree

Boo Sah-boo-nim – Deputy Master – 4th Degree

Sahbumnim – Teacher: formal address for all Instructors (Black Uniform)

Boo Sahbumnim – Assistant Instructor (Blue Uniform)

*"Sah-boo-nim, Sir!" is the response used when the register is called.

NO CLASS ON WEDNESDAY 16th FEBRUARY

Ellen Wilkinson School are holding an event on **Wednesday 16th February** so we are unable to have a class on this date. Apologies for any inconvenience.

If you normally train on Wednesdays only, please try to make the class Monday 14th instead. Alternatively, attend both classes the following week. NB. the Coloured Belt Grading is being held on **Wednesday 23rd February**.

CLASSES ON FEBRUARY 21st & 23rd RELOCATED

The classes on Monday 21st and Wednesday 23rd will be held at:

Crowne Plaza (Knightsbridge Suite)
Hanger Lane Gyrotory
Western Avenue
Ealing
London W5 1HG

Most of you have trained at this location at least once in the past. Remember to get a parking permit from reception.

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Grading Results

Congratulations to the following students who were successful at the gradings in November and December:

BLACK BELT GRADINGS

Ms. Hilda Browne – 2nd Degree
Miss. Salisha Ali – 1st Degree
Green
Mr. Constantinos Coutas – 1st Degree
Orange

COLOURED BELT GRADING

Catia Oliviera – Purple Senior
Joao Pires – Purple Senior
Eamonn O'Brien – Purple
Katarzyna Stawarz – Blue Senior
Kyle Pope – Green Senior
Andrew Wood – Green Senior
Jonah Yudolph-Wood – Green Senior
Rufus Norris – Orange Senior
Klaus Guip – Gold Senior
Raphael Shah – Gold
Firas Batwa – Gold
Oscar Leonov - Yellow Senior
Lewis Alleyne-Lestrade – Yellow Senior
Jay Hamilton – Yellow Senior
Adam Phillips – Yellow Senior
Rayan Alachbili-Chihab – Yellow Senior
Joanne Taylor – Yellow Senior
Rebecca Brittain – Yellow Senior
Sangita Shah – Yellow
Nathaniel Shah – Yellow
Philip Dembo – Yellow
Lorenzo Mwenewanda – Yellow
Laith Aljibouri – White Senior
Shad Ibrahim – White Senior
Yad Ibrahim – White Senior
Ameer Elsheikh – White Senior
Noor Elsheikh – White Senior
Ziazan Beglarian – White Senior
Ban Aziz – White Senior
Robert Connolly – White Senior

Grading dates for the remainder of 2011:

COLOURED BELT GRADINGS
Wednesday 23rd February
Wednesday 13th April (*amended date to avoid the Easter Holiday*)
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

Grading Questions Follow Up

How did you get on with the Grading Questions from the December 2010/January 2011 newsletter?

The questions were all quite straightforward and the answers would have been given to you at some point in classes. Or you could always login to the Student Database to get most of the answers...

The whole idea is to force you to complimenting your physical training by thinking a little more about the CKD syllabus components.

More specifically, when we explore the study of something physical by another method, eg. asking yourself questions and thinking through to the answers (intrapersonal), or asking and answering the questions with others (interpersonal), we further our understanding and can improve the recall of the information.

If you *understanding* something better you'll have more confidence and conviction in the reasons why it needs to be done in a particular way. If you can *recall* the information more easily – or better still, effortlessly, then the execution of that information will become more fluid and more natural.

In conjunction with regular physical practise, this is why Black Belt instructors appear so competent; their level of understanding is constantly being tested, called upon and communicated over a period of time that, in theory, they almost have no choice but to improve!

(Having said this, let us not forget that we are all still learning – irrespective of rank and years of training).

If you haven't done so already, review the **Grading Questions** in the December 2010/January 2011 issue of *Excellence* then ask and answer the questions (they are on page 2). Then, revisit the questions each time you are promoted to a new belt rank and have been taught all the syllabus components. Alongside regular attendance at class, you will be cumulatively building up your knowledge of the CKD system, furthering your understanding, *and* improving your recall.

Tip: Start now. If you leave it until you are approaching Black Belt you'll have *a lot* of work to do!

School Night Out

In addition to the grading results on the left, we also congratulate Ms. Hilda Browne on her successfully promotion to 2nd Degree Black Belt at the Black Belt Grading in December 2010. Many of you know Ms. Browne as one of our Head Instructors. Did you know that she is also our longest serving Instructor at Ealing CKD having joined us in February 2004?

As you would expect, Black Belt Gradings are quite a different experience to Coloured Belt Gradings. Most significantly you are required to demonstrate all of the CKD Patterns and Speed Drills from White Belt Senior up to your current rank. For 2nd Degree this would've been 18 patterns and 'plenty' of Speed Drills (I don't want to panic anyone!) You then move on to the rest of the syllabus.

Even before the grading itself there are mandatory Black Belt Training sessions to attend (Ms. Browne has been attending these monthly sessions since before she reached 1st Degree in 2007). Plus, a Pre Testing Assessment – a review of the syllabus material to confirm readiness to test. Written feedback is also provided.

...and I've not even mentioned that the grading is a regional event attending by candidates from across NW London!

So...please join us to celebrate the occasion, especially if you missed our Christmas meal. We'll be going for a meal in Ealing on the evening of **Friday 25th February**. The date is confirmed although the location isn't at this time. If you have any suggestions on a location or wish to attend, please let me know.

Grading

Dates for our gradings throughout 2011 have now been posted on the Calendar at <http://themartialartforlife.blogspot.com> and the next grading is **Wednesday 23rd February** in class. As a reminder:

If you take two classes per week you will be on a 2 month grading cycle and eligible to grade in February. If you take one class per week you will be on a 4 month grading cycle (every other grading) and will be grading on **Wednesday 13th April**. Students not grading should still attend the grading class and utilise the opportunity as a rehearsal.

Time is limited during the grading class so Grading Fees are best paid in classes prior to the grading or online at <http://www.themartialartforlifeshop.com/page2.htm>