



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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Grading Procedures

Gradings are a common part of many martial arts, including CKD.

General guidelines for are in place for gradings, and the following should help to clarify some specific guidelines in place at our school:

- 1. First and foremost, ensure that you know your belt level material**
Every class will cover some element of the CKD curriculum: Basic Techniques (punching, striking and/or kicking), Patterns, Speed Drills, Defence Drills, Close Range, Shield Drills. If there's anything you're not sure of, just ask.
- 2. Check the dates of the grading**
Scheduled grading dates for the current year can always be found at the Student Service website <http://themartialartforlife.blogspot.com> on the Calendar at the bottom of each page. They are also in each issue of *Excellence* in the Grading section on page 2, plus announcements are made in class. Remember that students taking 2 classes per week grade every 2 months, while students taking 1 class per week grade every 4 months.
- 3. Keep your Instructor informed**
If there is a grading date you are unable to make, please let me know as soon as possible. Sometimes, it is possible to apply to a local CKD school for you to attend their grading. In other cases it is possible to *double grade* at the grading after the one that you will miss. Double grading is a process whereby a student will perform and be assessed on two Coloured Belt ranks in the same grading.

I maintain specific guidelines for double grading. In most cases the situation will be that you have been training regularly with above average attendance, you have satisfied the prerequisites to test, but you are unable to attend the actual grading date with a valid reason (eg. holiday, work, family commitment etc.) I must be notified in advance of the absence.

Similarly, if you are ill and cannot attend a grading, please inform me otherwise I have to assume that you have chosen not to attend.

This application of double grading doesn't accelerate your progress through the ranks (some schools do operate double grading in this way), it simply keeps you where you would have been if you had taken the first grading. This is not an automatic process; each student case is considered individually. NB. I rarely allow children to double grade.

Exceptions to these guidelines are where students have previous martial arts experience that translates well to CKD or a student has received 3 consecutive 'A' passes. In each of these cases I may invite the student to double grade.

How long does it take to get to Black Belt?

If training regularly, two classes per week and taking every grading, the shortest time is around 3½ years, and longer if gradings are missed or if you are training one class per week.

Why does it take this long?

3 – 5 years seems to be the average across many martial arts, but other than that, I don't know.

What I *do* know is that it takes time for students to mature with the CKD techniques, just like any skill that one seeks to develop.

Ask yourself this: if you were to perform the Side Kick 20 times on a striking shield, how confident would you be *before starting* that the majority of kicks would be identical in terms of speed, power and accuracy while at the same time being technically correct?

To be able to do this with confidence requires a certain 'maturity' that is difficult to accelerate.

In addition, the aspect of time enables students to better appreciate the commitment required and the achievement gained.

Pil-Suhng!

SCHOOL T-SHIRTS

If you're still interested in getting a school t-shirt, don't delay as delivery can be up to 2 weeks. Order in class or here: <http://TheMartialArtForLifeShop.com/page2.htm>. **PLEASE NOTE: that full uniform should be worn for all gradings.**

Grading Results

Congratulations to the following students who were successful at the Black Belt grading in June:

BLACK BELTS

Miss. Salisha Ali – 1st Degree Gold

We also congratulate Mr. Shabaz Ali on his successful promotion to 3rd Degree Black Belt, an achievement that equates to a minimum of 8 years of training in CKD. I am sure we will all continue to be inspired by Mr. Ali's experience, dedication (and speed!) Pil-Suhng.

On a side note, I have only had the privilege of preparing an Instructor for 3rd Degree once before which was Mr. Wendt ([CKD Richmond](#)).

Grading dates for the remainder of 2010:-

COLOURED BELT (All at Ealing CKD)

Saturday 26th June
August – to be confirmed. See page 2 column 3
Saturday 23rd October
Saturday 11th December

BLACK BELT GRADINGS (All at Wembley CKD)

Sunday 19th September
Sunday 5th December

LEADERSHIP & BLACK BELT TRAINING (All at Ealing CKD)

*Saturday 3rd July – see below
Saturday 11th September
Saturday 2nd October
Saturday 6th November
Saturday 4th December

*Normally, selected Advanced Level students are invited to attend our monthly Leadership & Black Belt classes. However, as a one-off, all AIs irrespective of rank and students who are Purple Belt or above may attend the session on Saturday 3rd July.

NB. In order to attend this class you *must* know your Patterns and Speed Drills from White Belt up to your current belt level.

Ealing CKD Facebook Page

Following a number of requests, I have at last set up a Facebook Fan Page for our school. (Initially resistant to following the trend but half a billion people including many of my own students are hard to ignore...)

I plan to make period updates but the real intention is that you, the students will also make a large contribution.

If you already have a Facebook account, login, search for *Ealing Choi Kwang Do* and become a fan. You can then post your CKD related content, eg. comments, photos and videos. If you don't have a Facebook account you can create one and do the same if you wish.

While I may be a Black Belt in CKD I am a White Belt in Facebook (possibly White Senior?) so I welcome any tips, ideas or suggestions on how the page could be developed for your benefit.

One idea is that topics or questions raised in class could be continued in the *Discussions* area. This has already begun with a discussion on what students like working on in classes and you can even start your own.

So get involved and share your thoughts!

<http://www.facebook.com/EalingCKD>

For details of additional online resources for our school please see last month's issue of *Excellence*.

In brief:

<http://TheMartialArtForLife.com>

General information on CKD and classes at Ealing CKD.

<http://TheMartialArtForLifeShop.com>

Order and pay for training equipment and Grading Fees.

<http://TheMartialArtForLife.blogspot.com>

Regularly updated information and resources for students and families of Ealing CKD.

Children's Class Update

Are you are parent sitting watching your child train every week?

Have you ever thought what it would be like to 'give it a go' yourself?

Well, now's your chance! We are currently trialling parents training alongside their children in the Children's Class, 6.00 – 7.00pm.

If you are interested, please let me know and we can arrange your first class. It's a little harder than it looks but always lots of fun! Pil-Suhng to Sangita Shah for being the first to take on the challenge!

Water

I appreciate this can sound like stating the obvious, but please ensure you have water to drink during classes *all year round*, not just during summer. Remember: feeling thirsty means that you are already dehydrated.

Regular water breaks are provided in class and there is a water fountain in the school, but best to bring your own in case it is ever out of order (as I discovered recently).

Summer Holidays

Aside the Christmas break (approx. 2 weeks in December the only other official closure we have is 2 weeks in the summer when many students and families are away.

This year it will be the **last week in August and the first week in September**. NB. The August grading will take place **in class** during the last weeks before the break, either the week commencing Monday 9th or Monday 16th August.

I will update you all with the exact dates once confirmed, but if you are due to grade in August and will be on holiday anytime during July or August please let me know as soon as possible.

BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
White	Orange	Purple
White Senior	Orange Senior	Purple Senior
Yellow	Green	Red
Yellow Senior	Green Senior	Red Senior
Gold	Blue	Brown
Gold Senior	Blue Senior	Brown Senior