



excellence

The Martial Art For Life

MARCH 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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How Do You Learn Best – Part 2

In the last newsletter we discussed resources to support student learning, in particular the *CKD Curriculum Fridge Magnets*.

If you already own a set you'll know of their benefits. For an explanation of the theory behind their benefits consider these examples – it's one that every CKD student will have been in at some point:

You are trying to learn your new belt level pattern; a series of blocking, punching and striking techniques performed in a set order.

- Your instructor has demonstrated it for you to *see* (visual).
- Your instructor has *explained* the techniques that you are required to perform (auditory).
- Your instructor has got you to *copy* it after they have performed it (visual and kinaesthetic).

Your next task...? Explore the information further using 2 to 3 of your strongest intelligences.

You strongest intelligences are usually indicated by your preferred learning style which you can find this out by taking this online test here:

http://www.acceleratedlearning.com/method/test_your_style.html

Alternatively, have a look at these simple examples:

- Continuing to practise the techniques at home will engage your *bodily/physical intelligence*.
- Talking through or discussing the techniques with another student will engage your *interpersonal intelligence*.
- Thinking about the order of the techniques and recounting them yourself will engage your *intrapersonal intelligence*.
- Watching the Choi Kwang-Do DVDs will engage your *visual intelligence*.
- Ordering and reordering fridge magnets will engage your *logical intelligence*.

Collectively, the different activities speed up and strengthen the learning and recall process. I could go on put I am sure you get the point.

None of these activities are particularly difficult to do, but even doing one of them *in addition* to what has taken place in class will deepen your understanding and improve your recall.

As someone who stopped training for approx. 5 years from 1990 - 1995 and made a similar set of cards to help relearn the new patterns and belt colours when I returned to training (very simple, just hand written on pieces of paper) I am really excited about availability of fridge magnets and even have a set on my own fridge. The ability for students to engage further in the learning process, and for the parent's of younger students to be able to check they are learning correctly (the magnets come with a complimentary poster with the correct order, courtesy of the Royal Navy) can only be a good thing.

Pil-Suhng!

For Part 1 of this article see the Dec 2009/Jan 2010 issue of Excellence available here:

<http://themartialartforlife.blogspot.com/search/label/excellence>

Order your own CKD Curriculum Fridge Magnets here:

<http://www.themartialartforlife.com/page9.htm>

Leadership Training

A date has now been set for our Leadership Training Course:

Saturday 27th March, 10.00am – 4.00pm

The course is open to students aged 14 and older ranked Gold Belt or higher who wish to certify as an Assistant Instructor or existing Black Belt Assistant Instructors who wish to certify as Head Instructors.

As previously explained, the course is designed to compliment your physical training by enhancing your knowledge of CKD to a more detailed and proficient level. It will then provide you with effective communication, motivation and leadership skills enabling you to pass your knowledge on to others. As a result, you will grow as an individual and as a martial artist.

For more information or to apply please contact me directly or speak to any AI or HI in class to get their personal view.

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Grading Results

Congratulations to the following students who were successful at the gradings in December. (February grading results will be in the April newsletter):

BLACK BELTS

Mr. Constantinos Koutas – 1st Degree Yellow

COLOURED BELTS

Omar Kheder – Red
Abdul Miah – Blue
Martin Newhouse – Green Senior
Henry Newhouse – Green
Catia Oliviera – Orange Senior
Joao Pires – Orange Senior
Eamonn O'Brien – Orange Senior
Katarzyna Stawarz – Gold Senior
Florence Newhouse – Gold
Kyle Pope – Gold
Rufus Norris – Yellow Senior
Louis Norris – Yellow Senior
Sophie Soumah – Yellow
Hector Norris – White Senior

Also, a big congratulations for Miss. Salisha Ali on her promotion to 1st DEGREE BLACK BELT after December 2009's Black Belt Grading. Well done!

The next Coloured Belt Grading is scheduled for SATURDAY 24th APRIL at Ealing CKD.

The next Black Belt Grading is scheduled for SUNDAY 21st MARCH at Wembley CKD Barham Primary School Danethorpe Road, Wembley Middx. HA0 4RQ.

Grading dates for the remainder of 2010:-

COLOURED BELT (All at Ealing CKD)

Saturday 24th April
Saturday 26th June
Wednesday 12th August
Saturday 23rd October
Saturday 11th December

BLACK BELT GRADINGS (All at Wembley CKD)

Sunday 21st March
Sunday 13th June
Sunday 19th September
Sunday 5th December

Children's Class

Our new Children's Class is now underway with a small group of enthusiastic students already enjoying CKD. A warm welcome to you all. If you're a parent of one of these new students you'll find the following information helping in understanding a little more about the martial art:

- The martial art we teach and study is called **Choi Kwang-Do**.
- The founder of CKD is **Grandmaster Kwang Jo Choi** 9th Degree Black Belt, born 2nd March in South Korea in 1942. *Choi* is GMC's surname, *Kwang* his first name and *Do* means *the art of*. So *Choi Kwang-Do* equates to *the art of Kwang Choi*. Grandmaster Choi has been studying martial arts since the age of 12 and was formerly a pioneering instructor of Tae Kwon-Do (a different but related martial art). CKD was officially launched on 2nd March 1987.
- **Pil-Suhng** is the motto of CKD and translates as "Certain Victory". It's used to create a positive mental attitude in our students and a positive atmosphere in our classes. It is also used as a *hello, thank you, congratulations* and other general salutations.
- Students are to address and respond to the instructor as **Master Wright**, or **Sir**. They are also expected to respond to parents and teachers in a similarly respectful manner. As a demonstration of respect, I also follow the same policy when speaking with students' parents.
- Classes start with the recital of the **Children's Promise** and the **Principles of CKD** which students are expected to memorise:

*To always do my best and never give up
To obey my parents and teachers
To tell the truth and honour my word
To always be polite
To never misuse what I learn in class*

*Humility
Honesty
Gentleness
Perseverance
Self Control
Unbreakable Spirit*

Further helpful information can be found here: <http://themartialartforlife.blogspot.com/search/label/welcome%20pack> and more CKD information and guidelines will be included in the next newsletter.

Class Protocol

If you've recently joined our school you may or may not be familiar with some of these guidelines. Not only do they presenting a consistent and professional image in our schools, but they also help to cultivate self-discipline. Thank you for your co-operation.

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 procedure is to perform 10 press ups before waiting to be acknowledged by the Instructor 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. personal commitments or the time that you (or the person who brings you) finish work, then please let me know. I appreciate that sometimes late arrival cannot be avoided.

Uniform & Belt

Please ensure that you are wearing full uniform – dobok jacket, trousers and belt when training in your CKD classes. A t-shirt may be worn underneath but should be white. Alternatively you can purchase an official TheMartialArtForLife.com T-Shirt. Please also remove any Playwell/TSA badges from your dobok and belt.

Badges

Country flag badges should be sewn onto the dobok sleeves approximately 8cm below the shoulder seam. The Union Flag on the *right* sleeve and the Korean flag (Taegukki) on the *left*. The Korean flag should be placed with the blue at the bottom and the red at the top. This symbolises the sun (red) over the sea (blue).

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. Soft black plimsolls worn for P.E lessons in primary schools are also allowed. Training in outdoor trainers designed for outdoor use or footwear regularly worn outside is not permitted.

Please contact me should you have any queries on these guidelines.