



excellence

The Martial Art For Life

MAY 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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Are You A Copy Cat?

I remember when at primary school being a copycat was seen as a *bad thing*.

It meant you didn't have any original ideas or had worse still, has stolen someone else's idea. At the same time, if someone was trying to copy your work you didn't like it as you didn't want others to benefit from your efforts and creativity.

(Okay, okay...maybe I'm describing myself. Occasionally, I didn't mind people copying my work but I definitely wanted the credit for the idea!)

Of course, as children we think in a childish way (in the playground one might use the term *copy cat* but outside of the playground we can be more eloquent and use words such as *emulate*, *imitate* or *model*). If we fast forward both in age and maturity, there's a potentially powerful lesson here.

It's possible to achieve success by copying the steps that someone else has used to achieve success.

I'll leave you to create your own definition of success, but substitute the word 'success' for any task or activity that you currently undertake and then consider this simple question:

Who do you know that does that task really well?

Once you've thought of someone ask yourself this question:

How can you learn what they do and copy it to enable you to do it really well too?

This could be a simple case of asking them what it is that they do and how to achieve the result, or even observing them. I'm sure you'll find that most people will be happy to share their insights and wisdom with you.

The reason I raised this point is because I believe that much of what we currently know is the result of what we have learnt from someone else. I agree that there will be many things we had to 'figure out', yet others we were probably shown at some point in time, whether formally, informally or through experience.

From an Instructor's perspective, showing a technique and getting the student to copy it is one of the best ways to teach martial arts, especially to children who generally have an inherent ability to copy.

Learning by copying – it's such a simple idea:

- Someone shows you how to do something to achieve a particular result.
- You copy what they do.
- You achieve the same result.

Pil-Suhng!

CKD Curriculum Fridge Magnets

Fridge magnets are a simple and effective way to help students remember the correct order of techniques in the CKD patterns.

Each individual fridge magnet displays:

- A picture of the technique.
- The name of the technique in English and Korean (the Korean names are required knowledge in some schools).
- Colour coding to denote a front, rear side technique.

The simplest use is to place the magnets in a random order, and then test yourself (or get someone else to test you) to arrange them in the correct order.

You will you know if the order is correct because each set of magnets also comes with a free A2 colour poster (courtesy of the Royal Navy) detailing the correct order for each pattern. The poster also displays the new techniques that students will taught for their current belt level as a reference.

Three packs are available contain magnets for the follow ranks:

- Beginners (White – Gold Senior) £3.00
- Intermediate (Orange – Blue Senior) £3.50
- Advanced (Purple – Brown Senior) £3.50

NB. The magnets can be used to learn the Speed Drills (Yellow Belts and above) but these are not displayed on the posters.

Order in class or online at:

www.TheMartialArtForLifeShop.com/page.2.htm

Subscribe to the FREE monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the grading in April:

COLOURED BELTS

Omar Kheder – Brown
 Anthony Callaghan – Purple Senior
 Lisa Smith – Purple Senior
 Martin Newhouse – Blue Senior
 Henry Newhouse – Blue
 Catia Oliveira – Green Senior
 Joao Pires – Green Senior
 Katarzyna Stawarz – Orange Senior
 Andrew Wood – Gold Senior
 Jonah Yudolph Wood – Gold Senior
 Rufus Norris – Gold
 Sophie Soumah – Gold
 Jo Guy – Yellow
 Klaus Guip – Yellow
 Rayan Alachbili-Chihab – White Senior
 Raphael Shah – White Senior
 Firas Batwa – White Senior
 Lewis Alleyne-Lestrade – White Senior
 Jay Hamilton – White Senior
 Adam Phillips – White Senior

A big thank you to the newly promoted Als assisting at the April grading for the first time. Well done!

Grading dates for the remainder of 2010:-

COLOURED BELT (All at Ealing CKD)

Saturday 26th June
 Wednesday 11th August
 Saturday 23rd October
 Saturday 11th December

BLACK BELT GRADINGS (All at Wembley CKD)

Sunday 13th June
 Sunday 19th September
 Sunday 5th December

LEADERSHIP & BLACK BELT TRAINING (All at Ealing CKD)

Saturday 5th June
 Saturday 3rd July
 Saturday 11th September
 Saturday 2nd October
 Saturday 6th November
 Saturday 4th December

Websites

In class I often refer to certain websites where you can get various pieces of information related to our classes or to support your training. I've also had some student/parents say that they are not always sure which site to go for which information. Just to clarify:

1. The Ealing CKD School website

TheMartialArtForLife.com

This is the website for *prospective students*. It provides general information about our classes for people wanting to start CKD and enables them to book an Introductory Lesson. Once you have joined the school it is unlikely you will visit this site very often. *NB. The Student Shop that used to be found here has been moved – see below for details.*

2. Student Services website

TheMartialArtForLife.blogspot.com

This site is designed to support *existing students and families* who attend Ealing CKD School.

This is the site you are likely find the most helpful and visit the most often once you have joined the school.

Visit this site to:

- Learn how to tie your belt.
- View or download the Welcome Pack and Student Guide.
- Check important dates throughout the year (there's a Calendar at the bottom of each page).
- Check grading times.
- View or download issues of *Excellence*.

The **Student Shop** link can now be found in the **Useful Links** section. Follow this link to:

- Pay Grading Fees.
- Purchase Safety Equipment.
- Buy T-Shirts (see page 2 column 3)

This site is updated on average a few times a month so I recommend that you bookmark the site or better still, [subscribe by email](#) to have the updates sent to you.

3. The Official CKD Website

ChoiKwangDo.com

This is the official website for CKD worldwide.

Visit this site to:

- Read up on news directly from CKD HQ.
- View a list of all CKD school across the world.
- Login to the Member's Area via the **Student Login** link.

The Member's Area is where you can access your Syllabus Sheet which contains everything you need to know for your current belt level.

You will need your Student ID and PIN to login which will have been sent in your welcome letter when you first joined. If you have lost it please contact me and I can resend it.

For convenience, a link to the **Student Login** (to access the Members' Area) can also be found at the **Student Services website** in the **Useful Links** section. This mean that all required services can be accessed from TheMartialArtForLife.blogspot.com

If there is additional information or resources that you would like to see at the site please let me know.

School T-Shirts Now Available

Keep cool while you look cool in an exclusive **TheMartialArtForLife.com T-shirt!** These T-shirts can be worn *instead* of your uniform top during classes in the warmer months (which I'm hoping will be very soon!) In fact, several students have already placed orders.

School T-Shirts are available in white, red, blue or black but must be the same colour as your dobok top, ie. a white T-shirt if you wear a white dobok top, red T-shirt if you wear a red dobok top etc. etc.

TheMartialArtForLife.com T-shirts come in all sizes including children's sizes and are priced at £12.99.

Orders and payments can be placed in the usual ways – either in class or online at: www.TheMartialArtForLifeShop.com/page2.htm
 Please allow 2 weeks for delivery.

Bank Holiday Closure

A reminder that there will be no classes at Ealing CKD on **Monday 31st May** due to the Bank Holiday.

As mentioned in class prior to the first May Bank Holiday, if you plan to attend another CKD school during that week (or at any other time) I strongly recommend calling the Instructor first to confirm that their advertised class details have not changed. I was once called by a student waiting outside a location I had moved from many months before!

On a separate note, it can also be beneficial to experience a different CKD school, Instructor and teaching style. You can find a list of CKD schools in the UK here:

<http://www.choikwangdo.net/locations/index.php?cid=6&cou=GB&country=Great%20Britain>