



excellence

The Martial Art For Life

NOVEMBER 2009

Welcome to **excellence**, the monthly newsletter for Hendon & Ealing Choi Kwang-Do Schools.

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.

Are You Old Fashioned?

I had some car trouble recently and found myself in the position of needing to take a taxi.

(My word, how prices have increased in recent years!) Anyway, during the 15 minute journey, the driver put on a cassette.

Yes, that's right. A cassette.

It wasn't an old car, so my first thought was how many cars still have a cassette player? High street shops stopped selling cassettes and cassette players years ago. PCs no longer have floppy discs and you can barely find a video player apart from on ebay. Even CD players are become harder to find with the massive take up of mp3 players!

Once I got over these thoughts I then noticed that the driver was playing a cassette of some classic songs from the 80's. What made it even more nostalgic was that the different songs were obviously recorded from various different tapes (and the radio). You could tell this by the change in sound quality and volume for each song...but to me, the songs still sounded great.

There was a certain comfort in listening to poor quality recordings of old music on relatively 'old-fashion' technology such as cassette. Putting the cost of the journey to one side, it was actually a really enjoyable journey. Or maybe I'm just showing my age...

My point is, if a song was good in 1983, aside the crackling and hissing of the old tape recording, surely it's still a good song in 2009? A classic song is exactly that...classic!

Honesty, humility, gentleness, perseverance, self control and unbreakable spirit are the 6 principles of CKD. Every CKD student and instructor around the world knows them. Many other martial arts have a set of values that students are also taught, recite and seek to maintain as part of their everyday life.

Are they new? Of course not! Such values have been around since the beginning of time. They are old, but far from old-fashioned.

We are constantly hearing about the lack or values in society today, especially amongst the younger generation.

Yet talk to anyone in the 40's or older and even without knowing them, I can almost guarantee that they could tell you stories from their school days that would seem like the type of discipline found in the army, let alone a school. Even in my school days (not that long ago), talking out of turn to a teacher was a rare occurrence.

Now, I don't advocate that we should start sending children up chimneys again (society has to evolve) but there is definitely something positive to be said about maintaining some old-fashioned, timeless, classic values such as respect, integrity and good manners. Martial arts are an excellent vehicle to convey such values.

Pil-Suhng!

Leadership Training

I am planning another instructor course for those who wish to undertake Leadership Training.

Planned for early next year, the course is open to students Gold Belt or higher, aged 14 years and above who wish to certify as Assistant Instructors (blue uniform) or existing Assistant Instructors who wish to certify as Head Instructors (black uniform).

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. Speak to any AI or HI in class to get a personal view.

So if you are interested in a fresh, new challenge, please contact me directly for information and application details. Date to be confirmed.

As part of this training, I highly recommend that you also attend the workshop with Master Pereira 7th Degree later this month. See page 2 for more details...

NEW CHILDREN'S CLASS AT EALING Starts January 2010. For students aged 6 – 12 years on Monday & Wednesday, 6.00 – 7.00pm (date of first class to be confirmed). Know someone that may be interested? Either contact me for a VIP Pass or ask them to register their interest at <http://www.themartialartforlife.com/page7.htm>

HENDON CKD
Hendon School
Golders Rise, Hendon
London NW4 2HP
TUESDAY & THURSDAY
Children 6.00 – 7.00pm
Adults 7.15pm – 8.30pm

EALING CKD
Ellen Wilkinson School for Girls
Queens Drive, North Ealing
London W3 0HW
MONDAY & WEDNESDAY
Family Class
7.15pm – 8.30pm

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Grading Results

Congratulations to the following students who were successful at the gradings in September and October:

COLOURED BELT

- Omar Kheder – Purple Senior
- Shayen Halai – Blue
- Anthony Callaghan – Blue
- Lisa Smith – Blue
- Gary Dougan – Green
- Martin Newhouse – Green
- Catia Oliviera – Orange
- Joao Pires – Orange
- Eamonn O’Brien – Orange
- Henry Newhouse – Orange Senior
- Donna Strachan – Gold Senior
- Malcolm Rund – Gold Senior
- Davina Halai – Gold Senior
- Ben Bellisario – Gold Senior
- Katarzyna Stawarz – Yellow Senior
- Benjamin Radstone – Yellow Senior
- Andrew Wood – Yellow Senior
- Jonah Yudolph-Wood – Yellow Senior
- Kyle Pope – Yellow Senior
- Saul Austin – Yellow Senior
- Florence Newhouse – Yellow Senior
- Mesut Surmeli – Yellow Senior
- Louis Wang – Yellow
- Danilo Petkovic – Yellow
- Garmel Charles – White Senior

BLACK BELT

Mr. Jibran Pardeshi – 1st Degree Orange

We also congratulate Mr. Constantinos Koutas on his successful promotion to 1st DEGREE BLACK BELT at the Black Belt Grading in September. Pil-Suhng! Mr. Koutas is also my first junior Black Belt at Ealing that I have taught from White Belt.

The last Coloured Belt Grading for 2009 will be on SATURDAY 12th DECEMBER at Ealing CKD.

Leadership & Black Belt Training will be on SATURDAY 5th DECEMBER at Ealing CKD.

The last Black Belt Grading for 2009 will be on SUNDAY 6th DECEMBER at Wembley CKD.

Coloured & Black Belt Grading dates for 2010 will be released in the next issue of *Excellence*.

Hendon CKD Handover

As of January 2010, I will be handing over Hendon CKD School to Mr. Ali who will become the Chief Instructor and School Owner. All students and parents of Hendon CKD should have received either a letter or email by now explaining this change.

The handover enables me to recover a little more personal time, but in some ways is also a natural progression of the school.

Knowledge and experience is transferred from teacher to student. The student subsequently becomes a teacher and transfers their knowledge and experience to *their* students...and so the cycle continues. This process is embedded in the martial arts and in many other parts of life.

I have mentioned in previous issues of *Excellence* that since being informed that we could never return to the Old Gym at Hendon School, that I had been looking for a new location for our classes. This was hampered slightly by my teaching schedule; classes at Ealing are Mondays and Wednesdays while Leadership & Black Belt Training is on Saturdays. However, Mr. Ali has investigated some options in order to move the classes to Bell Lane Primary School on different days. As we’ve trained there a number of times since summer 2008 you’ll know that it is a much nicer hall with far better facilities.

Please complete your preferred training days on the forms issued by Mr. Ali and return them directly to him as soon as possible. He can then make the necessary booking based upon the greatest response. Should you have any queries about the handover, please contact either Mr. Ali or myself.



Don’t forget that previous issues of *Excellence* can be found online at our Student Services website

<http://TheMartialArtForLife.blogspot.com>.

Some of you have subscribed to receive updates to this website and our monthly eNewsletter (2 separate subscriptions). I also subscribe all new students upon enrolment.

So if you receive an email asking you to confirm your subscription to *The Martial Art For Life Student Services* or *eNews* and you don’t recall signing up to anything – relax. It’s not spam, it’s me wanting to ensure you don’t miss out! To receive the updates by email just click on the link. You’ll receive 2 – 3 emails per month.

Master Pereira Workshop

Senior Master Pereira 7th Degree, will be travelling from CKD HQ in Atlanta, Georgia to the UK this month to conduct a 2 day business training seminar for prospective Assistant Instructors and for all already certified Assistant, Head & Chief Instructors. There will be two workshops per day. The items that will be covered on each day are as follows:

- Camaraderie and team building
- The duty of an Assistant Instructor
- Questions & answers for School Owners
- Guest speakers

Master Pereira’s Business Seminar will take place in two different locations in London to ensure that everyone has a fair chance of attending.

Day 1 - Saturday 28th November 2009

Wembley CKD School
Barham Primary School
Danethorpe Road
Wembley
Middlesex
HA0 4RQ

Workshop 1: Assistant, Head & Chief Instructors
Time: 12:00 - 1:30pm

Workshop 2: Head and Chief Instructors
Time: 1:30 - 4:00pm

DAY 2 - Sunday 29th November 2009

Cassar Academy of CKD
36 Aberconway Road
Morden
Surrey
SM4 5LF

Workshop 1: Assistant, Head & Chief Instructors
Time: 12:00 - 1:30pm

Workshop 2: Head and Chief Instructors
Time: 1:30 - 3:00pm

The cost for both days is as follows:

Assistant Instructors: £15.00
Head/Chief Instructors: £25.00

Please register in a timely manner as spaces are limited.

Although I will be conducting a course to certify Assistant Instructors early next year I also recommend that you attend Master Pereira’s workshop to gain insights from someone with many years experience of CKD and of operating full time, professional martial arts schools.