



# Dojahng News

The Martial Art of the Future

JANUARY / FEBRUARY 2012

Welcome to **Dojahng News**  
the newsletter for  
Choi Kwang-Do Richmond.

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 main 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.

## CKD RICHMOND

Holy Trinity C.E. Primary School  
Carrington Road  
Richmond  
Surrey  
TW10 5AA

Classes: Tuesdays & Thursdays

Children (up to 12 years)  
6.00pm – 6.45pm

Adults (and 12 years+)  
7.00pm – 8.00pm

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## Defence Drills

A common question from those interested in starting Choi Kwang Do is whether or not sparring is involved. Sparring for those of you not familiar with this term defines motions of attack and defence against another student for the purposes of combat or training.

Sparring in a competitive environment can take various forms with rules of non-contact or light contact, semi-contact, or full contact.

As CKD is a non-competitive martial art, my own immediate answer when questioned is that we have a 'progressive' system called Defence Drills. To explain further, students have the structure known in many martial arts of the belt ranks, White Belt to Black Belt and beyond.

When defending as a beginner in CKD, there is absolutely no contact made during the Defence Drills. The aim is to introduce the new student to the footwork involved, how to hold the stance correctly, and then start to read the attacker's movements and dodge accordingly with focus on the attacker and surrounding area.

With students working together in pairs, one as the attacker, the other as the defender, both students over time can learn in a controlled and safe environment.

Attempting to develop self defence skills in a highly stressful and competitive environment such as sparring can drastically impair some student's ability to work with their partner, and the developing student's opportunity to learn and develop their abilities. Hence, the CKD Defence Drills begin by being cooperative, rather than competitive.

In CKD as the student progresses, so too does the intensity of the attacker. This means both sides are able to learn a number of skills. The attacker can tune into the proficiency of the defender, and then challenge the current level. The attacker also has the opportunity to ensure that each technique used is to the highest quality. This may be done by withholding some of the power from the technique. Relating this use of power control to a real life situation, this can be considered a skill in itself. Remember at all times the power of the techniques you are learning could be potentially lethal, along with the consequences of using them without the skill of this learnt control.

This all allows the defender over time to build on confidence, speed and response time when blocking.

So, this 'progressive' system used in CKD - is this really a practical method for learning a street self defence? Of course.

For those of you already training in CKD, remember back to the very first trial class you attended. The instructor showed you some of the basic techniques you would learn: the first punch, kick, and blocks learnt at White Belt. When you first tried the Outward Block (block for a punch to the face), the blocker moved very slowly towards you, and you made that movement for the first time, shifting out of the way as you blocked.

Compare this with how you would block now and I'm sure you'll agree this would be very different! Take a minute to think how far you have come in CKD so far, and how much more you will achieve during this next year....

## Pil-Suhng!

### Equipment & Merchandise

#### Mandatory Equipment

Hand Safety  
(required at White Belt Snr) £25

Foot Safety (required at Yellow Belt) £25

#### Optional Training Aids

CKD Syllabus DVDs (set of 3) £50

CKD Syllabus Book £65

Kick shield £40

Focus mitts £30

#### Merchandise

Personalised for CKD Richmond:

Hooded top £30

Jogging bottoms £20

T-shirts £12

CKD Jumbo Holdall (Dims 68 x 32 x 35 cm)  
£25

Drawstring Bags £5

**FREE**

Self-cling (Re-usable) Car Window Stickers

If you have any special requests please speak to your instructor

**COLOURED BELT GRADINGS**

Until further notice, Coloured Belt Gradings are currently being held during class time at Richmond CKD.

When you are considered ready to take your next grading, you will be notified either via email or in person.

**Please remember to submit your grading fee of £25 prior to grading. Thank you.**

**BLACK BELT GRADINGS**  
(All held at Wembley CKD)

- Sunday 11th March
- Sunday 10th June
- Sunday 9th September
- Sunday 2nd December

**BLACK BELT TRAINING**

Upon invitation:  
Students - Purple Belts and above.  
Als - Blue Belts and above.

- Saturday 14<sup>th</sup> January
- Saturday 11<sup>th</sup> February
- Saturday 10<sup>th</sup> March
- Saturday 14<sup>th</sup> April
- Saturday 12<sup>th</sup> May
- Saturday 9<sup>th</sup> June
- Saturday 14<sup>th</sup> July
- Saturday 11<sup>th</sup> August
- Saturday 8<sup>th</sup> September
- Saturday 13<sup>th</sup> October
- Saturday 10<sup>th</sup> November
- Saturday 8<sup>th</sup> December

**Take your next grading FREE!**

Do you know someone who might enjoy Choi Kwang-Do? One of the best compliments you can make to your school is your own recommendation to others, so if you feel others could benefit – spread the word.

Why not invite a friend for a free trial class and simply inform your instructor.

If the prospective student becomes a member of the school, as a thank you for referring a new student you will be rewarded with a **FREE** colour belt grading – a saving of **£25!**

**Grading Results**

**Congratulations to the following students who were successful at the Gradings in November & December:**

**BLACK BELT**

Mr Oscar Wendt – 1<sup>st</sup> Degree Blue Tag

**COLOURED BELTS**

- Alfie Clark – Red Belt
- Lewis Bright – Purple Belt
- Alexander Nagy – Green Belt Snr
- James Howitt – Green Belt Snr
- Nick Nicholas – Green Belt
- George Algar-Nicholas – Green Belt
- Luke Blackman – Orange Belt Snr
- Emma Blackman – Orange Belt Snr
- Dominique Campbell – Gold Belt Snr
- Rowan Campbell – Gold Belt Snr
- Rufus Gillespie – Gold Belt Snr
- Hannah Elms – Gold Belt Snr
- Santiago Di Matteo – Gold Belt Snr
- Nicolas Di Matteo – Gold Belt Snr
- Jon Forss – Gold Belt Snr
- Michael Blackman – Gold Belt Snr
- Samuel Ogden-Newton – Gold Belt
- Teo Flitcroft – Gold Belt
- Ciaran Brosnan – Gold Belt
- Henry Cassidy – Gold Belt
- Callum Houghton-Flory – Gold Belt
- Emma Sherlock – Yellow Belt Snr
- Alex Gogoladze – Yellow Belt Snr
- Mary Blackman – Yellow Belt Snr
- Leanne Fraser – Yellow Belt Snr
- Millie Nuthall – Yellow Belt Snr
- Sebastian Sharp – Yellow Belt
- Thomas Bridgeman – Yellow Belt
- Thomas Schaffers – White Belt Snr
- Claas Schaffers – White Belt Snr
- Mark Sanders-Barwick – White Belt Snr
- Tariq Rashid – White Belt Snr
- Liene Eksteina – White Belt Snr
- Mark Forss – White Belt Snr
- Fraser McKillop – White Belt Snr
- Luca Santilli – White Belt Snr
- Carolina Santilli – White Belt Snr
- Niall Brosnan – White Belt Snr
- Bruno Camilleri – White Belt Snr

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**Class Protocol**

Please ensure that you adhere to the following guidelines as they assist in presenting a consistent and professional image in our schools.

**Uniform – for Grading**

Remember: **full uniform** must be worn (dobok jacket and trousers) during both the class on the grading date and your next class the following week.

You **must** be in full uniform on the day you are graded and at your next class the following week in anticipation of your results. Any student intending to grade but not in full uniform will not be graded. Similarly, any student expecting their results but not in full uniform will not receive their results until they next attend in full uniform.

**Uniform – for regular training**

Full uniform (dobok jacket and trousers) is generally worn by the majority of students for day-to-day training. However, the CKD t-shirt may be worn instead of the dobok jacket, along with dobok trousers and belt.

The CKD t-shirt can be purchased separately from the uniform for £12.

Please bear in mind that the two dress codes detailed above (full uniform or CKD t-shirt & uniform trousers) are the only options permitted for participation in the class.

Strictly no exceptions will be made, so please remember the rules (and your kit!) to avoid disappointment.

**Uniform – whilst training**

Remember, it is considered good etiquette to turn away from the flags (front of class) and instructor when adjusting your dobok. This should be done by turning to your right to face the back of the class, and turning to your right again to face the front.

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**Membership Prices**

**Despite rising costs in all areas, you will be glad to hear that there are currently no plans to increase membership fees at CKD Richmond.**

**Current prices have been in place since CKD Richmond opened in 2007.**

**If you think your membership is good value for money (as well as a great place to train..!) let people know.**

**Monthly Membership Fees**

A common question asked is whether or not classes run all year round. The answer is yes, with two exceptions:

- One week closure during the summer holidays
- Normally two weeks closure over the Christmas & New Year period

The above breaks have been factored in to the membership fees charged to reflect the closures. Monthly membership fees should be paid monthly in advance throughout the year by standing order.