



Dojahng News

The Martial Art of the Future

SEPTEMBER / OCTOBER 2011

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.

Life Skills

During early August this year we saw some of the worst disruption and public disorder in our recent history. There has been much said through the media regarding what has now become known as the 'England Riots'.

Amongst others, those in authority in the UK have all been seen to give their reasons for why they think this disruption took place, and all seem to have drawn their own conclusions.

Civilians of all ages and backgrounds were seen to be involved in violence on the streets and looting shops.

Having seen most of the documentaries and spoken to a wide range of individuals on this subject, some of the concerns kept resurfacing;

A sense of belonging and self-worth is needed in our communities, a sense of direction, along with respect and discipline.

I'm sure for us already involved in martial arts, this outbreak of disruption was watched on the news with disbelief. It personally reminded me of what training in martial arts has given me...

Having experienced various martial arts, I can confirm that training in CKD is much more than a 'local martial arts class'. Over time, those of you already training in CKD will see that there is a real family atmosphere in our martial art. This becomes all the more apparent when visiting other CKD locations or at special events. Those of us that have trained in CKD for some time will often refer to our group (worldwide) as 'The CKD family'.

As we go through our lives, we may find ourselves making a conscious decision on which path to choose next, or it may just happen. What I do know from my own experience, is that when I have felt that things in my life have been going wrong, CKD has always been there for me. By this I don't mean due to any one individual, I mean that the principles that we stand by are there to guide us in the right direction, and over time, on a personal level, this has certainly helped me.

As we progress through the different belt ranks in CKD gaining more experience, some of us begin to analyse further what we want from our training. In CKD, as a modern form of non-competitive self defence, we all start our training for some of the same reasons; for health and fitness, for self defence, for

confidence, among others. As we are non-competitive, what materialises over time is a natural tendency to want to help others.

Most of us at some point want to share the knowledge and experience we are gaining. For us, this may be in the form of helping another student with their current pattern or speed drill for example, or for some of us as we advance this may be in the form of taking the next step to become a Team Leader or Assistant Instructor.

Above are just some of the qualities I feel CKD is giving us. I'm sure if you ask other advanced students, or stop to think how CKD has helped you in a positive way, you may think of a lot more.

Look more closely at the words we recite at the beginning of each class; The Children's Promise, Adult Pledge and the *guiding* Principles of Choi Kwang-Do.

Just simply having these words in our minds on a regular basis lays a good foundation to instil such qualities.

So, if you're reading this and feel that CKD is a good way to keep fit, learn self defence, gain confidence, but can also see the deeper qualities, why wait – tell somebody about it.

In years to come, I'm confident you won't regret your decision, having made that initial enquiry at your 'local martial arts class' for a free trial lesson...

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
T-shirts £10
CKD Jumbo Holdall (Dims 68 x 32 x 35 cm) £25
Drawstring Bags £5
Self-cling (Re-usable) Car Window Stickers **FREE**

If you have any special requests please speak to your instructor

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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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 18th September
Sunday 4th December

BLACK BELT TRAINING

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

Crowne Plaza
Hanger Lane, Western Avenue
Ealing, London, W5 1HG.

Leadership Training
6.30pm – 7.00pm
Black Belt Training
7.00pm – 9.00pm

Friday 16th September
Friday 7th October
Friday 4th November
Friday 2nd 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 July & August:

COLOURED BELTS

- Alfie Clark – Purple Belt
- James Pulfer – Blue Belt
- Alexander Nagy – Orange Belt Snr
- Luke Blackman – Gold Belt Snr
- Emma Blackman – Gold Belt Snr
- Bill Burgess – Gold Belt
- Jon Forss – Gold Belt
- Michael Blackman – Gold Belt
- Betty Blackman – Gold Belt
- Ruth Goodwyn – Gold Belt
- Abbie Wayne – Gold Belt
- Rhianna Wayne – Gold Belt
- Grace Lloyd – Gold Belt
- Santiago Di Matteo – Yellow Belt Snr
- Nicolas Di Matteo – Yellow Belt Snr
- Kunal Patel – Yellow Belt Snr
- Keval Patel – Yellow Belt Snr
- Callum Houghton-Flory – Yellow Belt Snr
- Trevor Wells – Yellow Belt
- Leanne Fraser – Yellow Belt
- Millie Nuthall – Yellow Belt
- Leila Said – Yellow Belt
- Lara Said – Yellow Belt
- Emma Sherlock – White Belt Snr
- Miroslava Akbari – White Belt Snr
- Mary Blackman – White Belt Snr
- Alex Gogoladze – White Belt Snr
- Harvey Houghton-Flory – White Belt Snr
- Samuel Elliott – White Belt Snr

**Setting high standards for CKD Richmond.
Pil-Suhng!**

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 & Belt

During the warmer months, the CKD t-shirt may be worn instead of the dobok jacket, along with dobok trousers and belt. However, for gradings and other special events please ensure that you are wearing full uniform – dobok jacket and trousers.

So keep cool in the CKD t-shirt. Available to purchase from your instructor for **£10!**

T-shirts may still be worn underneath the uniform if desired but must be a plain white t-shirt without collars.

It is also 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.

Dojahng Rules

The hall when used for martial arts, in Korean is known as our 'Dojahng'. This is translated as 'School' or 'House of Discipline'.

Use of the word 'Discipline' should be seen as self-discipline.

In order for students to concentrate on what has been asked of them during class, background noise must be kept down and to a minimum. Please make sure you are familiar with all Dojahng Rules as set out in the membership pack. In particular:

Students

Quiet conversation can take place during breaks, before and after the class. Whilst on the training floor, students must focus on the task given.

Parents / visitors

We encourage parents and visitors to join in the applause at the end of the children's class, and at belt presentations. This in turn encourages, motivates and congratulates those taking part. We would however like to ask for loud conversation to be kept to down, and mobile phones switched to silent. If you need to answer your mobile phone, please do so after leaving the hall and use the reception area outside the hall.

Following these rules will allow all students to be their personal best. We thank you for your co-operation.

Formal Address & Terminology

Sabumnim: (pronounced Sa-boo-nim, meaning 'teacher')
Formal address for the Instructor

Boo Sabumnim: Assistant Instructor

Kwan-jang-nim: International Instructor
(4th Degree Black Belt)

Sah-boo-nim: Master / Grandmaster
(5th Degree Black Belt onwards)

Dojunim: Founder of the art

Whenever a CKD black belt instructor asks you a question or gives you an instruction, you should **answer clearly** "Yes Sir" or "No Sir" accordingly. The instructor can be addressed as "Sabumnim". All students that have achieved black belt must be addressed using their **title and surname**.