



Dojahng News

The Martial Art of the Future

SEPTEMBER / OCTOBER 2019

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 UK Summer Workshop

Most students will have heard talk in our classes from the instructors regarding a workshop which took place in Wembley during the last weekend in August for instructors and School Owners.

This workshop focused on going back to B.A.S.I.C.S. (Bringing Awareness So Instructors Can Succeed).

Although the acronym above was used for instructors, the purpose was to go back to the basics of our core syllabus learning directly from our Founder, Grandmaster Kwang Jo Choi, with a view to pass on this valuable information to our students.

The focus was on the techniques used in our coloured belt and 1st Degree Black Belt patterns and speed drills, breaking down the techniques and then implementing these into the drills.

For those of us who attended, we can honestly say that this event was probably the most enlightening weekend of CKD training, filled with in-depth information and breakdowns of our basic techniques.

At 77 years young, Grandmaster Choi never ceases to amaze us with his skill and application, as he continues to lead the way forward demonstrating his vision for the Art.

Master Wendt, who has followed the teachings of Choi Kwang-Do for 30 years, along with many others who attended, has come away from this experience with a fresh up-to-date focus on the application of the basic techniques, and looks forward to sharing these with you at our classes.

We send our heartfelt thanks to Sahjonim (our Founder) for visiting the UK for this workshop which has given invaluable knowledge.

Pil Seung!



Master Anthony Wendt pictured here with our Founder Grandmaster Choi

Equipment & Merchandise

Updated September 2019

Mandatory Equipment

Uniform (White) - £40 or
Uniform (HI / AI / Team Leader) - £45

Hand Safety (required at White Belt Snr) - £25
Foot Safety (required at Yellow Belt) £25

Optional Training Aids

- Kick shield
Jumbo £48 Large £43
- Focus mitts £35
- Elasticated mitts (to protect the knuckles when striking the shield) £10
- Leather bag gloves £15

Merchandise

Personalised for CKD Richmond:

- Reversible fleece-lined jacket
Adult size £40 Child size £35
- Hooded top
Adult size £30 Child size £25
- Jogging bottoms £20
- T-shirts £12
- CKD Kit Bag £25
(Dimensions: 47 x 30 x 27 cm)
- **NEW addition** - CKD Rucksack £15

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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[Instagram.com/FutureMartialArt](https://www.instagram.com/FutureMartialArt)

COLOURED BELT GRADINGS

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

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.

REGIONAL BLACK BELT TRAINING / GRADINGS

(Held at Wembley CKD)

Regional Black Belt Grading
 Sunday 9th June 2019
 Sunday 1st December 2019

BLACK BELT TRAINING

Upon invitation (held at CKD Richmond):

Students - Purple Belts and above.
 Team Leaders / Asst Instructors & Head Instructors – Blue Belts and above.

- Saturday 12th January 2019
- Saturday 9th February 2019
- Saturday 16th March 2019
- Saturday 13th April 2019
- Saturday 11th May 2019
- Saturday 20th July 2019
- Saturday 10th August 2019
- Saturday 14th September 2019
- Saturday 12th October 2019
- Saturday 9th November 2019
- Saturday 14th December 2019

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 July & August Gradings:

BLACK BELTS

Mr Adam Jones – 2nd Degree Gold Tag

COLOURED BELTS

- Marshall Arulendran – Red Belt
- Oskar Herrenknecht – Red Belt
- Matthew Moy Shanahan – Blue Belt
- Nigel Armit – Green Belt Snr
- Lidia Ballhatchet – Green Belt Snr
- Alex Brew – Green Belt
- Miles Lewela – Orange Belt
- Zack Taylor – Gold Belt
- Seb Elsmore – Gold Belt
- Alesio Vani – Gold Belt
- Kathy Henry – Yellow Belt Snr
- Maddy Henry – Yellow Belt Snr
- Shiven Kothari – Yellow Belt
- Aarav Mistry – Yellow Belt
- Vamika Mistry – Yellow Belt
- Thomas James – Yellow Belt

Pil Seung!

CKD Richmond Social Media

Do you have an account for Facebook, Twitter or Instagram but are not yet following Choi Kwang-Do Richmond?
 If so, please take a moment to follow / like these pages for our latest news:

- [Facebook.com/FutureMartialArt](https://www.facebook.com/FutureMartialArt)
- [Twitter.com/CKD_Richmond](https://twitter.com/CKD_Richmond)
- [Instagram.com/FutureMartialArt](https://www.instagram.com/FutureMartialArt)

A Message to Parents!

If you are a parent reading this, have you ever considered taking part in the class?

In addition to the health benefits, training in martial arts as a family, or with a family member can be extremely rewarding, and there is simply no better way to encourage your child.

If you would like to find out the options for attending either the children's class or the adult's class please speak to the Instructor.

You may already know our motto..

Pil Seung!

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.

Pil Seung!

School reception area

Health & Safety

All personal belongings should be kept inside the hall, and at the back of the hall. The school reception area must be kept free of obstacles at all times.

Cleanliness & tidiness

Unless you have recently joined, you will be aware that eating is prohibited in our training hall. Ideally, any food should be eaten at least an hour before training, and not brought to the hall. However, we understand this cannot always happen, so any snacks should be consumed outside the hall and finished before entering the hall. Having said this, please leave the area tidy if you do need to have any last minute snack in reception.

Noise

Please keep any noise to a minimum in consideration to those training (and teaching...) Thank you for your cooperation