



Dojahng News

The Martial Art of the Future

MARCH / APRIL 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 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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Brain Stimulation

The brain is made up of two hemispheres connected by a bundle of nervous fibres in the middle (the corpus callosum). The left hemisphere controls the right side of the body and the right hemisphere controls the left side. The corpus callosum allows the two hemispheres to communicate as a complete unit.

When communicating well, this is an optimal learning state called whole-brain thinking. When one hemisphere is processing information more predominantly than the other, it can stress the brain and can have a negative impact.

Contralateral movement is a natural movement using opposite body sides. When we walk, we swing the opposite hand to our foot. This spontaneous movement stimulates our brain.

Ipsilateral movement is simultaneously using a hand and foot on the same side of the body. This movement can be seen in many sports such as fencing and tennis. Continual and prolonged movements of this kind can overstress the brain and even temporarily shut down communication between the hemispheres, and over a long period of time be detrimental to our learning.

Choi Kwang-Do teaches predominantly contralateral movements, and the ipsilateral movements we use are neutralised because of the way we manoeuvre.

Kinesiologists claim that integrated movements can dramatically improve learning capability in people of any age.

Choi Kwang-Do movements, especially our patterns, can develop nerve fibres and the corpus callosum by providing each side of the brain with specific functions. This could help develop a more balanced way of thinking, stimulating the brain naturally without any stress, and process information more quickly and efficiently.

So, you may be thinking why is this good news for me?

Surely this is good news for all of us training within CKD to hear how our brains can benefit from the movements and techniques we are learning in class. You see, two great ways to keep our brains healthy and help us age successfully is through learning and socialising. Both can encourage neuron growth in the brain.

So in addition to the physical aspect of our training, think about the other benefits of our Choi Kwang-Do classes. There's many more than we realise!

For our adult members, this can contribute towards your overall health and a more productive working day.

For our younger members, who may be at school, college or university, think about how our CKD training can help in a positive way, particularly in the lead up to exams.

Our CKD training is not only a great form of escapism from our daily lives and stress, but is the ideal place to focus your mind and stimulate your brain!

Next time you are practising your pattern, think about these additional benefits we gain from our unique CKD system.

Pil Seung!

Equipment & Merchandise

Updated March 2019

Mandatory Equipment

Uniform (White) - £35 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

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 8th June 2019
- Saturday 13th 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 January & February Gradings:

COLOURED BELTS

- Clare Savage – Brown Belt Snr
- Kim Barkus – Brown Belt Snr
- Ben Wirtz – Brown Belt Snr
- Vuk Vitic – Red Belt
- Oskar Herrenknecht – Purple Belt Snr
- Farah De Vries – Purple Belt Snr
- Amelia Bradshaw – Blue Belt Snr
- Tia Rabheru – Blue Belt Snr
- Judith Algar-Nicholas – Blue Belt Snr
- Elizabeth Rose Algar-Nicholas – Blue Belt Snr
- Matthew Moy Shanahan – Orange Belt Snr
- Louis Okuefuna – Orange Belt
- Alex Brew – Gold Belt Snr
- Maya Mensah Gibbs – Gold Belt
- Lucian Mensah Gibbs – Gold Belt
- Simon Turner – Gold Belt
- Oliver Turner – Gold Belt
- Beatrice Turner – Gold Belt
- Miles Lewela – Yellow Belt Snr
- Alesio Vani – Yellow Belt Snr
- Kathy Henry – Yellow Belt
- Maddy Henry – Yellow Belt
- Reece Pittaluga – Yellow Belt
- Riannon Pittaluga – Yellow Belt
- Ryan Pittaluga – Yellow Belt
- Zack Taylor – White Belt Snr
- Seb Elsmore – White Belt Snr
- Vatsal Parwani – White Belt Snr
- Dylan Franco Murphy – White Belt Snr

Pil Seung!

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.

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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)

Temporary Class Times

Please remember until further notice class times will temporarily start **15 minutes later** than usual

- Children 6 to 12 years: 6.15pm - 7.00pm
- Adults (& 12 years +): 7.15pm - 8.15pm