



Dojahng News

The Martial Art of the Future

NOVEMBER / DECEMBER 2018

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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FutureMartialArt.com
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Local martial arts class

Can you remember your main reasons for making the decision to get involved in martial arts? Whatever your reasons, the fact you found and now train within CKD means you chose well, very well indeed.

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. The CKD attitude can certainly be used in more challenging times, by using what some call 'Pil Seung Spirit'. Most of you will know that 'Pil Seung' means 'Certain Victory', and this is translated for children to mean 'to always do your best and never give up'. This attitude alone can transform your way of thinking.

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 Seung!

Dates to remember

Last class for 2018:
Thursday 20th December 2018

First class for 2019:
Tuesday 8th January 2019

Equipment & Merchandise

Updated November 2018

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

FREE Self-cling (Re-usable) Car Window Stickers
Available at the class – so please ask your instructor.

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

(All held at Wembley CKD)

Regional Black Belt Grading
 Sunday 10th June 2018
 Sunday 25th November 2018

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 20th January 2018
- Saturday 17th February 2018
- Saturday 17th March 2018
- Saturday 14th April 2018
- Saturday 12th May 2018
- Saturday 9th June 2018
- Saturday 21st July 2018
- Saturday 11th August 2018
- Saturday 8th September 2018
- Saturday 13th October 2018
- Saturday 10th November 2018
- Saturday 8th December 2018

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 September & October Gradings:

COLOURED BELTS

- Richard Grainger – Brown Belt Snr
- Clare Savage – Red Belt Snr
- Kim Wirtz – Red Belt Snr
- Ben Wirtz – Red Belt Snr
- Kamran Shaha – Red Belt Snr
- Oskar Herrenknecht – Purple Belt
- Farah De Vries – Purple Belt
- Amelia Bradshaw – Blue Belt
- Tia Rabheru – Blue Belt
- Judith Algar-Nicholas – Blue Belt
- Elizabeth Rose Algar-Nicholas – Blue Belt
- Anna Koumantou – Green Belt
- Richard Aboboto – Green Belt
- Jude Berliet-Aboboto – Green Belt
- Matthew Moy Shanahan – Gold Belt Snr
- Aleeyah Abeyie – Gold Belt Snr
- Reuben Berliet-Aboboto – Gold Belt
- Anna Jordan – Yellow Belt Snr
- Alex Brew – Yellow Belt Snr
- Simon Turner – Yellow Belt Snr
- Oliver Turner – Yellow Belt Snr
- Beatrice Turner – Yellow Belt Snr
- Maya Mensah Gibbs – Yellow Belt Snr
- Lucian Mensah Gibbs – Yellow Belt Snr
- Ava Shaha – Yellow Belt Snr
- Daniel Abeyie – Yellow Belt
- Hashem Abdallah – Yellow Belt
- Edward Knight – White Belt Snr
- Kathy Henry – White Belt Snr
- Maddy Henry – White Belt Snr
- Tameem Abdallah – White Belt Snr
- Omar Abdelmoneim – White Belt Snr
- Ryce Pittaluga – White Belt Snr
- Riannon Pittaluga – White Belt Snr
- Ryan Pittaluga – White Belt Snr
- Alesio Vani – 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.

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)

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