



Dojahng News

The Martial Art of the Future

MAY / JUNE 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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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 learned 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 going forward how much more you will achieve...

Pil Seung!

Equipment & Merchandise

Updated May 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

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 March & April Gradings:

BLACK BELTS

- Mr Oscar Wendt – 2nd Degree Brown Tag
- Mr Luke Blackman – 1st Degree Brown Tag
- Miss Grace Lloyd – 1st Degree Brown Tag
- Mr Lewis Bright – 1st Degree Blue Tag

COLOURED BELTS

- Anna Koumantou – Green Belt Snr
- Nigel Armit – Green Belt
- Lidia Ballhatchet – Green Belt
- Matthew Moy Shanahan – Green Belt
- Henry Dubey – Orange Belt Snr
- Aleeyah Abeyie – Orange Belt Snr
- Megan Tandon – Orange Belt Snr
- Arush Tandon – Orange Belt Snr
- Alex Brew – Orange Belt
- Julian Savant – Gold Belt Snr
- Miles Lewela – Gold Belt
- Daniel Abeyie – Gold Belt
- Zack Taylor – Yellow Belt
- Seb Elsmore – Yellow Belt
- Leo Chesters – Yellow Belt
- Isabella Von Bronk – Yellow Belt
- Leo Von Bronk – Yellow Belt
- Elliot Goff – White Belt Snr
- Sasha Yanakieva – White Belt Snr
- Shiven Kothari – White Belt Snr
- Shirin Kothari – White Belt Snr
- Aarav Mistry – White Belt Snr
- Vamika Mistry – White Belt Snr
- Thomas James – 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!

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