



# Dojahng News

The Martial Art of the Future

JANUARY / FEBRUARY 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

Master Anthony Wendt V Degree  
T: 07949 574142  
E: [Anthony@futuremartialart.com](mailto:Anthony@futuremartialart.com)

[FutureMartialArt.com](http://FutureMartialArt.com)  
[Facebook.com/FutureMartialArt](https://www.facebook.com/FutureMartialArt)  
[Twitter.com/CKD\\_Richmond](https://twitter.com/CKD_Richmond)  
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## Visualisation

Have you ever tried visualisation? If not, having the ability to visualise what you want to achieve could be the start of a happier, healthier and more successful life.

Visualisation is a technique that maximises our senses and enables us to realise our full potential. This is done by tuning in to some or all of our five senses (vision, hearing, smell, taste and touch) and building a picture or moving scene which is then reinforced with positive statements.

The art of visualisation can be used in many different ways, but is a great tool which will actually help you make things happen!

One way to use this technique (and anyone can try this) would be to combine this with some relaxing meditation while thinking of positive statements in the present tense. For example, "I am happy because...", "I am becoming more healthy...", or "I am confident...". This can be an excellent way to de-stress, particularly at the end of a long day to create an inner calm and relaxed state helping prepare for a good night's sleep.

Now relating this to martial arts, here is an exercise you can practise at home (or any place you can access with enough room to practise your CKD techniques). This can be performed from a sitting or standing position depending on your next action and whichever way feels most comfortable. **Warning: If used as a physical exercise, this should be used towards the end of an exercise routine once your muscles and joints are warmed up and fully prepared:**

Relax, close your eyes and take a few deep breaths...

Imagine that you are in the Dojahng looking at yourself during a certain part of the class. (Maybe pick from performing your Pattern, Speed Drill, or Shield Work).

Look at the confidence in how you stand and hold your stance. Observe the focus you have for what you are about to perform.

Make the images or film as vivid as possible and consider the following points:

What are you demonstrating?  
What colour belt are you wearing?  
What positive statements are you using?  
What skills do you have?  
What is happening around you?

Remember to utilise the kihap!

When you have the images in your mind, make them as large as possible. Then turn up the volume so that everything that you can hear is much louder and increase the colours as much as possible.

Watch your 'movie' and really pay attention to how good it *feels* to be performing Choi Kwang-Do at your absolute best! If it's a Pattern think of the great technique you're using. If it's a Speed Drill think of the amazing technique with speed. Or for a Shield Drill think of technique and power.

Now open your eyes and perform. Go for it! I'm pretty confident you will feel a rush of energy. This will work particularly well with shield work and really draws on your ability. With practise, you will also be able to utilise this technique without the need to close your eyes, instead just going through these same steps with your eyes open. This can then become an additional training aid for your use during our classes.

Pil Seung!

## Equipment & Merchandise

Updated January 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 9<sup>th</sup> June 2019  
Sunday 1<sup>st</sup> 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 12<sup>th</sup> January 2019
- Saturday 9<sup>th</sup> February 2019
- Saturday 16<sup>th</sup> March 2019
- Saturday 13<sup>th</sup> April 2019
- Saturday 11<sup>th</sup> May 2019
- Saturday 8<sup>th</sup> June 2019
- Saturday 13<sup>th</sup> July 2019
- Saturday 10<sup>th</sup> August 2019
- Saturday 14<sup>th</sup> September 2019
- Saturday 12<sup>th</sup> October 2019
- Saturday 9<sup>th</sup> November 2019
- Saturday 14<sup>th</sup> 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 November & December Gradings:

**BLACK BELTS**

- Mr Adam Jones – 2<sup>nd</sup> Degree Black Belt
- Mr Dylan Taylor – 2<sup>nd</sup> Degree Black Belt
- Mr Niki Clarke – 1<sup>st</sup> Degree Brown Tag
- Mr Nick Nicholas – 1<sup>st</sup> Degree Brown Tag
- Mr George Algar-Nicholas – 1<sup>st</sup> Degree Brown Tag
- Miss Catherine Jones – 1<sup>st</sup> Degree Black Belt
- Mr Callum Houghton-Flory – 1<sup>st</sup> Degree Black Belt

**COLOURED BELTS**

- Clare Savage – Brown Belt
- Kim Barkus – Brown Belt
- Ben Wirtz – Brown Belt
- Nigel Armit – Orange Belt Snr
- Lidia Ballhatchet – Orange Belt Snr
- Matthew Moy Shanahan – Orange Belt
- Aleeyah Abeyie – Orange Belt
- Henry Dubey – Orange Belt
- Megan Tandon – Orange Belt
- Arush Tandon – Orange Belt
- Alex Brew – Gold Belt
- Julian Savant – Gold Belt
- Daniel Abeyie – Yellow Belt Snr
- Cameron Lindsay – Yellow Belt Snr
- Harry Adamson – Yellow Belt
- Toby Adamson – Yellow Belt
- Miles Lewela – Yellow Belt
- Aarav Vaddadi – Yellow Belt
- Alesio Vani – Yellow Belt
- Leo Chesters – White Belt Snr
- Leo Von Bronk – White Belt Snr
- Isabella Von Bronk – 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