



# Dojahng News

The Martial Art of the Future

JULY / AUGUST 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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## Online Student Login

Do you use the Online Student Area to obtain your new syllabus? The online student login is an invaluable resource which exists to assist you in your CKD training:

Using your 'Student Number' (found top right hand corner of your membership card) you are able to go online, view and print all syllabus up to and including your current belt rank.

Upon promotion, members can print off their latest syllabus once the account has been updated. I highly recommend doing this after each successful belt promotion, in order to build a useful reference of your entire syllabus. You will see most advanced members use a folder to help keep organised.

The more advanced you become in your training, the more this resource will be a significant point of reference and training aid. **Also note that syllabus does change, so check you have the latest 'version date' at the end of each page.**

You can access the member's login via:

<https://www.futuremartialart.com/>

- Click the 'Student Portal Login' link on the bottom left hand side of the page. This will open a new window
- Enter your Student Number
- Enter your PIN Number (if you can't remember this number, please speak to your instructor who can resend it to you)

If you encounter any problems accessing your account using the directions above, please speak to your instructor.

If you ever find you have the capacity to practise more than your current belt syllabus, start refreshing your memory of all the senior belt patterns you have covered so far, and both plain belt and senior belt speed drills. This will help prepare you for your Black Belt journey.

Pil Seung!



During these summer months, we celebrate the anniversaries of two schools:  
**12 years of CKD Richmond**  
**1<sup>st</sup> Anniversary of Clarke School of CKD!**

Our thanks and appreciation to all students for their loyalty, perseverance and continued first class achievements.

Pil Seung!

## SUMMER CLOSURE

The months during summer holidays are a popular time for most people to take a holiday. As a result, we have agreed with Holy Trinity Primary School to close the class for two weeks. This will also allow time for works to be carried out at the school. Classes will not be held on:

**Tuesday 20<sup>th</sup> August 2019**

**Thursday 22<sup>nd</sup> August 2019**

**Tuesday 27<sup>th</sup> August 2019**

**Thursday 29<sup>th</sup> August 2019**

During this time, we recommend you practice at home or try to attend one of our other CKD locations.

However, different schools may hold classes at different times or may also be closed at some point during the Summer Holidays, so you are advised to contact the instructor in advance if you choose to train at another location.

Classes at CKD Richmond will resume as normal the following week on:

**Tuesday 3<sup>rd</sup> September 2019**

**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 20<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 May & June Gradings:**

**BLACK BELTS**

- Mr Niki Clarke – 2<sup>nd</sup> Degree Black Belt
- Mr Callum Houghton-Flory – 1<sup>st</sup> Degree Yellow Tag
- Mr Richard Grainger – 1<sup>st</sup> Degree Black Belt
- Ms Clare Savage – 1<sup>st</sup> Degree Black Belt
- Ms Kim Barkus – 1<sup>st</sup> Degree Black Belt
- Mr Ben Wirtz – 1<sup>st</sup> Degree Black Belt

**COLOURED BELTS**

- Vuk Vitic – Red Belt Senior
- Amelia Bradshaw – Purple Belt
- Tia Rabheru – Purple Belt
- Judith Algar-Nicholas – Purple Belt
- Elizabeth Rose Algar-Nicholas – Purple Belt
- Matthew Moy Shanahan – Green Belt Snr
- Louis Okuefuna – Orange Belt Snr
- Alex Brew – Orange Belt Snr
- Miles Lewela – Gold Belt Snr
- Simon Turner – Gold Belt Snr
- Oliver Turner – Gold Belt Snr
- Beatrice Turner – Gold Belt Snr
- Cameron Lindsay – Gold Belt
- Zack Taylor – Yellow Belt Snr
- Seb Elsmore – Yellow Belt Snr
- Reece Pittaluga – Yellow Belt Snr
- Riannon Pittaluga – Yellow Belt Snr
- Ryan Pittaluga – Yellow Belt Snr
- Dylan Franco Murphy – Yellow Belt
- Vatsal Parwani – Yellow Belt
- Susanne Mercier-Willmann – White Belt Snr
- Enya Veseli – White Belt Snr
- Leo Veseli – White Belt Snr
- Niklas Veseli – White Belt Snr
- Demi Mitra – White Belt Snr
- Gabbie Mitra – White Belt Snr
- Mia Mitra – White Belt Snr
- Sahil Walli – White Belt Snr
- Omran Walli – 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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**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