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Eltham Choi Kwang-Do Newsletter March 2007

From Sabumnim John Edwards

Dear Students,

Congratulations and well done to all students who graded last Monday 26th. Without exception, everyone worked hard, and put their all into it ! True martial art spirit, and you should all be proud of achieving your new belt grade - credit to you all. The grades have been submitted to head office in Atlanta, so log onto www.choikwangdo.com and check out your membership details.

Monday 26th March promotions...

Promotion to white belt senior.

Leo Filby
Sophie Ludlow
John Hunting
Alice Hunting

Promotion to Yellow belt.

Zoe O'shea

Promotion to Gold belt.

Cathryn Edwards
Michael Rodgers - Also recently promoted to assistant Instructor --very well done Michael !

Promotion to Gold belt Senior.

Charlotte Harper

Promotion to Orange belt.

Philip Rodgers
Kirsty Kelly (Assistant Instructor)

Promotion to Orange belt Senior.

Jay Oakley

Promotion to Green Senior belt.

Jamie Middleditch (Assistant Instructor)
Richard Kear (Assistant Instructor)

Promotion to Blue belt.

Jack Moore (Assistant Instructor)

Promotion to Blue belt Senior.

Jacob Agnew

Special thanks to those students who attended but didn't grade. Well done Arran, Sheena, and Demi-rose for turning up and giving your support. You all worked very hard, and will have no problems at your next grading - keep it up !

I would also like to welcome Lawrence Williams to Eltham Choi Kwang Do.

Lawrence trained to blue belt (assistant Instructor) level at Orpington Choi Kwang Do. His two son's also trained at Orpington and both reached Black belt.

Lawrence left Choi Kwang Do to study Kendo and Sirat, and has decided "wisely" to return to CKD. Welcome on board Lawrence !

As noted on page 1, By unanimous agreement by all our instructors - including myself - Michael Rodgers has been promoted to Assistant Instructor. He thoroughly deserves his promotion due not only to his proven ability to teach Choi Kwang Do techniques, but also due to his tireless promotion of our school. Without such valuable students, it would be a struggle for any martial art school to survive. So, congratulations to Michael for a job well done !

I would like to say a big thank you to ALL our students who actively promote Choi Kwang Do as the healthiest and most practical self defence art in the world today. without exception, I am very proud of each and every Eltham Choi Kwang Do student. You are all developing your defence and character building skills to a very high level due to your own efforts and determination. - well done to you all.

Finally, as you achieve promotion and gain higher belt levels, you will realise there is much more to Choi Kwang Do. There are new techniques to learn, as well as remembering and practicing techniques you have already mastered. You may find your progress becomes slower and more frustrating, and you may not be ready to grade on a regular basis. This is very normal, and you should not lose heart. Choi Kwang Do is unique because there is no pressure for students to grade. You will grade only when you feel ready and confident to do so - no pressure = no stress ! Gradings should be an enjoyable event, and cannot be so if a student is not ready. So as you climb the ladder towards black belt and beyond constantly practice -you will be amazed how just a few minutes a day will keep you on form.

Practice your techniques, forms and defence drills everyday, and you will be overflowing with confidence, and on the correct track to your black belt. Martial art is no different to any other skill that needs to be learnt. Ballet, dance, studying for exams, musicianship...etc. Everything worthwhile takes effort and determination. If it was not so, where would the value be in achieving anything ?

Hope to see you all next Monday..

<p>Please note.. No training 9th April</p>

John Edwards

Sabumnim
2nd Degree EE-Dan Choi Kwang Do
& SDF (Self Defence Federation)

PIL SUHNG !