



## Eltham Choi Kwang-Do Newsletter May 2008

From Sabumnim John Edwards

Dear Students,

Congratulations and well done to all the adult students who graded April 28th and the children who graded on the 21st April and the 19th May. Without exception, everyone worked hard, and put their all into it! True martial art spirit, and a special well done to those who didn't grade but worked with those grading. You should all be proud of achieving your new belt grade - credit to you all. The new grades have all been submitted to head office in Atlanta, so log onto [www.choikwangdo.com](http://www.choikwangdo.com) and check out your membership details.

Jack and Jamie are busy training for their BLACK BELT promotion grade. We have targeted the 27th October so everyone PLEASE make a note in your diaries to attend this very special occasion --- Eltham CKD FIRST Black belt testing! It is destined to be a great evening of celebration for us all, though very hard work for Jack & Jamie! To do the occasion justice it has been decided the evening will be dedicated to their grading, but everyone should attend in uniform as spectators, to help out, and 'join in'. There will be another grading the following Monday for eligible students. It is also worth noting that in the children's session we have Philip who is steadily climbing the ranks. Philip is presently purple belt - only 5 grades from BLACK BELT. Another celebration looming!

I have just received a batch of certificates (new grades and instructors certificates) from Atlanta, so I'm looking forward with pride to presenting them on the 2nd June. I also would like to take this opportunity to say how delighted I am that we now have three new instructors - David, Robert and Ray Jnr. I know they are all very committed and highly motivated CKD students, and it shows in their teaching abilities. Hopefully, now we have more instructors, our 'seasoned' and highly valued instructors (Gillian, Jamie, Michael, Richard and Jack) will benefit from some long overdue attention from me - At this rate I'll soon be out of a job! Kirsty, is taking a break from CKD while she concentrates on her studies, but will attend when she can as a guest student.

Well done to all those who attended the European Seminar in Crawley. Although the day started off with an 1½ hr delay due to a power failure in the leisure centre. Fortunately we were able to take advantage of a nearby Mac Donald's until the centre reopened - so all was not lost! I think I speak for all when I say everyone enjoyed themselves (the seminar that is - not just Mac Donald's). The Grandmaster is living proof that age need not be a barrier to a healthy lifestyle. Positive thinking, an active mind, and physical exercise works wonders! On a personal front I was delighted the grandmaster recognised me, and wished our school well...and I'd been teaching CKD techniques correctly!

I have put together a DVD of the seminar. My thanks go to Jack's dad Mark for his secret filming and 'commentary'!!! and to Helen for her mobile phone clip. It has taken sometime to burn the disc's as each one takes an hour on my P.C. ! However, I hope I've done enough for all the students to take away and enjoy. I will bring them with me next Monday *ONLY* - so be there to grab a memento of the day!

It cannot end this newsletter without reminding ourselves why we study CKD self defence. Apart from the fact that hopefully all students enjoy the dojan experience it is unfortunate that we live through troubled times regarding street violence. The *Office of National Statistics* has issued data stating that *'in the first quarter of this year there has been more reported violent assaults and fatalities due to knife and guns than in the whole of 2007'*. This is a truly shocking statistic. It is easy to be accused of scare mongering etc, but the facts speak for themselves. The reasons for this new culture of violence are numerous, but is generally agreed by all commentators that drugs and alcohol play the major role followed by mental issues, gang peer pressure, poverty and so on...When confronted - as far as defending yourself and your family is concerned, we should not concern ourselves with the reasons we are being targeted, that is for the law, politicians, and social services to ponder. Our job is only to defend our personal liberties and our love one's from harm. This is the serious underlying purpose of training at Eltham CKD. People have said to me "the chances of anything happening to me are a thousand to one".....WRONG - VERY WRONG ! I have trained in self defence for many years, and led for the most part a quiet life not having to use anything I'd learnt. Here's the rub ....Within the last 2 years I've been physically attacked THREE times, and walked away the 'victor' from potentially very serious altercations. I KNOW had I not had any training I would have been seriously hurt on at least one occasion, and I don't go looking for trouble, if I can avoid confrontation I will walk away, just like any normal member of society.

I know there are Eltham CKD students that train because of similar reasons, and I applaud them for their determination not to be a victim ever again. I also applaud the majority of students who train for no other reason than to keep fit, and enjoy the experience. - that's great too !

Due to the climate of violence we find ourselves in, I would not be carrying out my duty if I did not introduce defence techniques against common weapons (specially knives and other pointed devices) regularly in the children class as we do with the adults. Children are at no lesser risk of attack than adults. (Hence the governments policy for scan equipment being installed in schools colleges, railway stations etc). This will be done in a non -scary way, and mostly as part of their 'play' activity. I hope I have the full support of parents.

CKD is about building self confidence, and what better way than by not being a victim (mentally or physically) of aggressive acts by others.

I end this newsletter with a plea...

Spread the word - tell people about your martial art and why you do it. Be very proud of your grade achievements - you are 'special people' and I have the utmost respect for each and everyone of you. Be a good citizen by saving someone's life or keeping them from harm - bring them along to CKD. New students ensure the security and viability of Eltham CKD and help keep the dojan vibrant and interesting. For every new student you get a free grade. We have leaflets printed so please ask.

Looking forward to seeing you all Monday next.

John Edwards

Sabumnim

2nd + Degree EE-Dan Choi Kwang Do

3rd Degree Free Style Martial Arts

SDF Federation member

**PIL SUHNG !**