



**To All Students**  
**Grading**  
**3rd September**  
**Children start 6.30pm (sharp)**  
**Adults start 8.pm (sharp)**

24th July 2007

Dear Students,

To allow for the holiday period and therefore disruption to normal training the next grade will be on the 3rd September. This will allow all students more time to hone their skills, and enjoy their holidays in readiness for the grade.

**Important:**

Do remember the new Choi Kwang Do ruling - you must attend training at least 6 times prior to a grade date to qualify to grade. Exceptions of course are holidays, illness or some other prior reason for absence given to an instructor. When you think about it this does make sense. A student (of any level) will simply not be ready to grade unless attendance has been regular - especially leading up to a grade date. Most students phone me to let me know they cannot attend a training session, and I respect them for doing so, and the fact they obviously care about their Choi Kwang Do training. Fortunately, there are only a few students who turn up 'ad hoc'. This severely disrupts their learning flow, because they usually have forgotten what they were taught a few weeks prior, and haven't practiced at home. Consequently, they will rarely grade with confidence..

My message is this - *I know there is a life outside Choi Kwang Do*. However, to obtain the full Benefits, both mentally and physically, regular attendance and a few minutes training at home everyday is vital. It is no different to learning any other discipline be it dancing, acting, sport, playing an instrument, in fact anything that involves commitment.

Choi Kwang Do is about "self development". We do not enter competitions, we do not acquire cabinets full of trophies and medals ...Why ? Because if one is naturally good and competitive at something, and puts in the hard work, medals and trophies will naturally accumulate. If on the other hand one is 'normal' and not naturally talented, but through effort and persistence improves gradually and steadily over time, noticing and recording their 'self development' both in their skill levels and as a human being - this is 'true' achievement, and something worthy to celebrate ! *Choi Kwang Do has far more respect for the student who struggles, persistently trying to learn a form or technique, and eventually executes it with ease, no matter how long it takes - than any amount of trophies !* Improving one's self development in any sphere of life - not only in Choi Kwang Do makes for a better, confident, healthier person.

Enjoy your Choi Kwang Do art, continue your life in a healthy, confident way, as part of the Choi Kwang Do worldwide family. And for those who desire it, there are opportunities to progress within Choi Kwang Do - teaching, running schools, examining, In these times of insecure employment a '2nd string for your bow' is always welcome. Especially one you love doing !

Ok, back to the grading --

The next grading looks to be another grand affair - There could be up to 26 students grading ! I (although, as mentioned above, some need to attend more to qualify).

At a recent Instructors meeting it was decided to split the younger and the adult grading's into separate times. It was agreed that large grading's take longer, and the late finishing is not fare on the younger students who have to go to school the next day, and the added burden this brings on their parents !! The times of the grading's are at the top of this newsletter. PLEASE ensure prompt arrival. It is an important occasion - be respectful to yourselves and others, and arrive on time.

### **Prepare for your grading.....**

The simplest and best way to do this is by being ready mentally. If you have practiced your syllabus forms and techniques everything will fall into place on the night. Everything you are asked to do will be explained, and there will be nothing to do that you haven't done in routine normal training sessions.

You are ALWAYS encouraged ANYTIME to ask an instructor (or a fellow student) about anything you are not sure of - Don't be confused or concerned about anything - make sure you are ready.

The major requirement at gradings (and for that matter normal training sessions) is correct 'attitude'. Everything you do, do with enthusiasm and eagerness - Ready to give it a go with energy and determination. Get with the spirit of the occasion. Be enthusiastic. No one wants to see miserable faces at a grading - leave all problems and doubts outside the Dojan - this is YOUR celebration, and you deserve the certificates and praise.

Grading's are simply a reminder and recognition of what you have achieved. It is designed to clarify your strong and weak points, and to help guide your future training sessions. It is not designed to be stressful ! Though I admit, when I grade I do get pre grade nerves, so I fully understand. However, you would not be grading if the instructors didn't think you are ready, so if in doubt ASK THEM. Be confident and set out to show what you can do, and if you make mistakes, note them mentally, and carry on, and be determined to correct them in your future training. Acknowledging and correcting mistakes substantially increases your 'self development', and self confidence.

The single most important thing is to be keen and Just get out there and show off what you can do. Eltham Choi Kwang Do school is very informal compared to standard martial art schools, so make sure you have a really good time. **Good luck everyone**, and run through your syllabus everyday, so you can grade with confidence.

## **Choi Kwang Do European 20th Anniversary Seminar**

Those of you who have logged onto the [www.choikwangdo.com](http://www.choikwangdo.com) website will have noticed they are now advertising the seminar. It is to be held on Saturday April. 26<sup>th</sup>, 2008 From 9:00 A.M. to 4:30:P.M.

At the....

K2 Leisure Centre  
Crawley,  
London

The cost to students is to be announced - family and friends are FREE.

As you have heard me mention it is my hope that we have enough students and their / Friends / Families attending to warrant hiring transport so we can all go together, and have a really great fun day out. The school will fund the transport, so just sit back and enjoy the ride.

This a great opportunity to see 'the man' in action, and meet students from the UK, Europe and other parts of the world, and understand what Choi Kwang Do is all about. Check out the K2 Leisure Centre website link from the [www.choikwangdo.com](http://www.choikwangdo.com) website - it looks to be a great venue.

I'll keep you posted as to the event - meanwhile pencil the date in your diary...

Regards to all...

John Edwards

***Pil Suhng !***