



August 2007 Eltham Choi Kwang-Do

Dear Students

Please note there is no training on bank holiday Monday 27th August.

The next grade is on the 2nd September, and the following students have been approved to grade to their next level -

Promotion to white belt Senior -

Robert Thompson - Becky Thompson - Josh Gage - Paul Carroll - Tara baker -

Promotion to Yellow belt -

David Baker.

Promotion to Yellow belt Senior -

John Hunting - Alice Hunting -Leo Filby

Promotion to Orange belt -

Michael Rodgers - Cathryn Edwards -

Promotion to Blue Belt -

Philip Rodgers - Kirsty Kelly

Promotion to Blue Belt Senior-

Jamie Middleditch -Richard Kear

Promotion to Purple Belt -

Jack Moore

If your name is not on the above list and you wish to grade please contact me well **BEFORE 2nd September** as I have grade paperwork to submit to Atlanta before the grade takes place !

PLEASE NOTE: before you attempt to grade PLEASE ensure you feel able to do so. Make sure you have mastered to the best of your ability your present and previous syllabus, (forms, defence drills, speed drills, techniques and close quarter defence drills up to your belt level), otherwise you will cause unnecessary stress to yourself. **Only grade if you feel confident, and excited about moving forward, that way you will thoroughly enjoy the experience !** There is no shame in not grading only in a poor grading.

REMEMBER, there is no competition in Choi Kwang Do - we concentrate on "self development and improvement". There are plenty of opportunities to grade. If you are not ready, just grade next time (probably October).

It is expected that students attend whether grading or not. Those not grading use the session as a 'dummy grade'. This is very important as a learning experience because it highlights a students strong and weak points ready for their next grade. Also, attending shows respect for your martial art and your fellow students.

Make sure your membership and training fee's are up to date, otherwise HQ will not endorse your grade promotion, and I'll look stupid submitting it !

Finally, all grades up to Black belt cost £20 PLEASE don't embarrass me, please bring it with you.

Next grading date
2nd September 2007
Children & Instructors 6.30 - 7.30 pm
Adults 7.30 - 9pm
Those not grading please turn up and join in the fun !

A sobering thought.....

Like everything worthwhile a certain amount of commitment is required to achieve our goals and realise our ambitions. Choi Kwang Do is like any other discipline, be it sport, dancing, music, performing etc. It suits best those that enjoy improving their lives through effort and determination. True rewards and personal satisfaction only comes through effort. Something easily gained will never provide the satisfaction and feeling of achievement as that gained through effort and self sacrifice.

Our Eltham Choi Kwang Do school membership is growing, and this is wonderful. However, we do have limited space at our venue, so health and safety matters are important and have to be considered. We are very fortunate at Eltham Choi Kwang Do as the majority of students attend regularly, however we have a few that attend 'add hoc' when they have nothing better to do. Choi Kwang Do is not compatible with this attitude because it follows a very carefully crafted scientific approach to stimulate and improve the mind & body, coupled with the ultimate easy to learn self defence skills required by today's lifestyle. It is a 'modern' martial art in every way ! The Choi Kwang Do syllabus is designed to be followed for life ! The syllabus is designed to bring 'long term' health and mental benefits to the practitioner. Even if they leave Choi Kwang Do they will continue to benefit in private practising what they have learnt.

Students who have no commitment, and 'turn up' intermittently do Choi Kwang Do and fellow students a disservice. This behaviour disrupts the forward learning curve of keen students, because instructors are 'tied up' teaching the same unmotivated students the same things over and over again ! When their time would be better spent teaching those who want to learn and move on. Also, instructors are unpaid, their joy of practicing and teaching Choi Kwang Do will soon fade spending time with "here today - might be tomorrow" students ! Many schools are very particular on this point, and long absences from class often leads to an invitation to resign !

I am delighted however, that many students do call me when they cannot attend, and this is really appreciated. It helps me greatly in deciding what to teach, tailored to those I know will be there. Choi Kwang Do is about teaching the individual, and adapting techniques to suit them. It is very difficult not knowing who will attend a class - then deciding 'on the spot' what to do ! Besides, regular attendance, and notification of absence demonstrates respect for Choi Kwang Do and fellow students. So, because we have limited space at our school lets fill it with keen, motivated students..... *hopefully, enough said !*

I look forward very much to seeing each and everyone of you on the 2nd September.

Regards and best wishes from

John Edwards

EE Dan 2nd degree
&
SDF founder member