



Eltham Choi Kwang-Do Newsletter December 2007

From Sabumnim John Edwards

Dear Students,

Congratulations and well done to all students who graded Monday December 17th. Everyone worked hard, and displayed true martial art spirit. You should all be proud of achieving your new belt grade - credit to you all. The grades have now been submitted to head office in Atlanta, so log onto www.choikwangdo.com and check out your membership details.

Monday 17th December 2007 promotions...

Promoted to Yellow belt.

Daniel Klingels
Tommy Richardson
George Richardson
Charlie Richardson
Helen Innis
Max Austin
Jack Austin



Promoted to Yellow Senior belt

Robert Thompson
Josh Cage
Paul Carroll
Tara Baker



Promoted to Gold belt

Leo Filby
David Baker



Promoted to Orange belt

Ray Bioletti Snr
Ray Bioletti Jnr



Promoted to Green belt

Instructor Michael Rodgers



Promoted to Blue belt

Philip Rodgers
Instructor Kirsty Kelly



Promoted to Purple belt

Instructor Richard Kear



Promoted to Purple Senior belt

Instructor Jamie Middleditch



Promoted to Red belt

Instructor Jack Moore



Congratulations to you all !

2008 will be an interesting and exciting year for Eltham Choi Kwang Do. Firstly, to celebrate Choi Kwang Do's 20th Anniversary, we have the 1st ever European Seminar. Schools from all over Europe - and further afield will be attending. I am delighted that Eltham Choi Kwang Do will be represented by such a good turnout of students. Don't concern yourselves about your role in the celebration, simply join in with the spirit of the occasion, mix and talk with whom ever you want to (any grade level), and enjoy the fun. I hope to join you all on the floor listening and following Grandmaster Kwang Jo Choi's direction.

Secondly, on a sadder note -due to the shocking statistics recently announced by the National Statistics Office which reported that 'violent' crimes increased in 2007 by a massive 15%. (*in the London area alone*) ! Particularly awful was the killing of 27 children under the age of 17, and 457 reported 'major injuries' due to knife and gun use. I was shocked to read that on average 1 in 3 children / teenagers are armed with knives ! Most stated they 'carry' for self protection purposes. The problem of course is that without training their 'self defence' weapon can be used against them !

A major new problem is the increasing use of guns (pistols) being easily obtained and used by teenage gangs. The consequence here, as has been proven, is that innocent bystanders are killed or maimed just by being in the vicinity of a fight !

School bullying is on the increase - that's official ! Despite the government (and most schools) denying that this is so. Bullying is a heinous crime -yes, it is actually a criminal offence -whether perpetrated on children or adults it is damaging both mentally as well as physically.

So you may be thinking 'why have I dampened the new year festive spirit by including the above in this newsletter' ? Here's why.....Choi Kwang Do, and specifically "Eltham" Choi Kwang Do does not believe that the art of self defence as taught hundreds of years ago, or even 10 years ago will be effective in today's world. We live in a world where the aggressor cares nothing for combat 'rules', and has no respect for their victim - a world where the winner takes all no matter what distress or hardship becomes the victim. Because of this fact, I have made it my business in 2008 to continue to learn the latest techniques as taught and used by the 'Special Forces', Police Forces (mainly USA), Senseininja (USA, FBI academy teacher), 'selected' techniques from other martial arts, and continue to train with respected professionals such as Jeff Thompson, (author and respected street fighting / security coach) and David Taunton (UK Self Defence Federation founder). All I learn will continue to be adapted and 'handed down' to Eltham Choi Kwang Do students. As far as Eltham Choi Kwang Do students are concerned, this simply means you will be learning the latest, effective, 'proven' techniques that *with practice* will hold you in good stead, no matter what type of confrontation you face. These new techniques will not be part of your normal grading syllabus, so you won't be tested on them, but rather as an 'add on benefit' for you to take away and practice if you want to. Which of course I hope you do.

Finally, a brief word concerning the children's class. I don't want parents to think we are introducing 'over the top' 'gloves off' fighting techniques for the kids - far from it. I want the children's session to remain a little informal and lots of fun. However, I would not be doing my duty if I did not teach the more 'mature' children some of the easier but no less valuable 'add ons'. After-all, modern, effective self defence is as pertinent to their world as it is to adults. I would like to take this opportunity to ask parents to actively encourage practice and discussion of Choi Kwang Do at home with their children. This will enforce the importance of what they are learning, and help nurture the necessary 'self discipline' in the Dojan that is required to train safely. Choi Kwang Do is not just about 'kicking 'n' punching', it's about self development and self discipline. Its about teaching focus, setting positive goals, having respect for others and developing good character.

I am looking forward very much to seeing you all on Monday 7th.

Regards and best wishes for 2008

from

Sabumnim

John Edwards

1st Degree black belt

2nd Degree EE-Dan black belt

SDF (Self Defence Federation)

Pil Suhng!

(certain victory through determination and effort)