



December 2018 Newsletter

As we wrap up another year and head in to 2019, which will be Berkshire CKD's 5th Anniversary, there is lots of information to be aware of so please make sure you take the time to give the newsletter a thorough read through and make note of some important dates and upcoming events.

Welfare Officer

As some of you may be aware already, Mrs Taylor is currently taking a break from her Choi Kwang Do training. However, we can't get rid of her that easily as she will still have a strong presence in class and will continue to act as Berkshire CKD's welfare officer. Just a reminder that if you have any concerns about the safety or wellbeing of any Berkshire CKD students, whether that's inside or outside of classes (unsafe practices, bullying, sexual/physical abuse, substance abuse etc) then please make Mrs Taylor aware as soon as possible. Mrs Taylor will take any concerns seriously and will liaise with our insurers (NAKMAS) to make sure the relevant organisations are informed and the student can receive any help or support they require.

If you do have any concerns about a student's wellbeing please talk to Mrs Taylor in class or email her on gemma@berkshireckd.co.uk

Notice to all Parents and Guardians

Please can all parents/guardians of Berkshire CKD students take the time to read the below statement from NAKMAS about the drop off/collection of students at classes to ensure they are not unduly put at risk. We do not believe the issues described in the statement are an issue for any of our students but please read the statement to ensure you are aware of any risks.

[NAKMAS Statement](#)

Last class of the year & first class of the new year

Don't get caught out! Make sure you make a note of the dates for the last classes of 2018 and the dates of the first classes in 2019 following the Christmas break.

Last class of 2018: Saturday 22nd December (Special Xmas class, see below)

First class of 2019: Wednesday 9th January

Videos Incoming!

We are pleased to announce that we are dusting the cobwebs off our very empty YouTube channel and you will soon be seeing some video content coming your way from Berkshire CKD. Current plans are to provide curriculum videos demonstrating techniques, patterns etc for each belt rank (something I know students have been very keen to see) as well as a monthly update from Sabumnim O'Brien providing general feedback from the gradings and what to work on at home.

We will be looking to start releasing video content early 2019 once Sabumnim Taylor has mastered video editing. Please bare with us as it will take us some time to film curriculum videos for all the belt ranks and

these will be released gradually throughout next year but we are very excited to be providing you all with a new tool to assist your training.

Xmas Class 2018!

We will be holding our annual Xmas class during the last class of the year on Saturday 22nd December, as usual there will only be one class on this day but it'll be 1.5 hours long running from 10.30-12.00. This class is always a lot of fun and a great way to end the year, the class will include:

- **Lots of fun Choi Kwang Do games and activities** – Different drills and games to your usual Choi class, this will be a much more relaxed class with the emphasis being on having fun and celebrating the end of the year, the class will of course include the ever popular “Wrap an Instructor” competition.
- **Choi Kwang Do “Santa” will again be in attendance**
- **Small gift for all students present**
- **Xmas Charity Raffle** – We will again be running a charity raffle to raise money for the NSPCC, with the prize this year being a **month’s free membership!** For a chance to win please see Sabumnim Taylor who will be selling tickets for the raffle over the next few weeks at £1 per ticket and if you purchase 5 tickets you’ll receive another 5 completely free! The draw for the prize will be made during the Xmas class.
- **Prize for best dressed student** - Students must wear their dobok trousers and belt but other than that can wear whatever they like; silly hats, fancy dress, ugly Christmas jumpers or tinsel instead of a belt are all encouraged and there will be a special gift for the best dressed student.
- **Little Ninja Stamps** – Little Ninjas who attend the Xmas class will have the ability to pick which stamp they receive at the end of the class, the perfect way to try and finish off a tricky page in your stamp books.
- **Presentations** – We will be presenting a few prizes to our most dedicated students in a few different categories.
- **Bring a friend** – As this is a special Choi class student’s are more than welcome to bring a friend or family member with them to join in the fun!

Instructor’s Concerns

The instructor team are becoming increasingly concerned with a few different issues we have noticed in class during the past weeks/months and examples of students not following the rules of the Dojang. Please make note of the concerns listed below and discuss them with our younger students at home as you can expect them to be reinforced with push ups and other “fun” things over the coming weeks.

1. **Lining Up** – The Student Manual states that “Students should move quickly to line up. Upon lining up, stand in ready stance to await the instructor’s commands” however we are increasingly seeing students taking far too long to line up, often walking and dawdling towards equipment and milling about to get a partner. As soon as a student receives an instruction they should follow it immediately and with urgency, failure to do so not only costs training time but is disrespectful to both instructors and your fellow students who have made the effort to line up quickly.
2. **Correct Responses** – Without fail when a student is asked a direct question by an instructor (or any other student) they should ensure they respond with Sir or Ma’am at the end of their response, failure to do so is a breach of our most basic etiquette and very disrespectful.

- Correct Greetings** - Students should bow and say “Pil Seung” as a formal greeting or farewell and not simply say “hello” or “goodbye”. This is to encourage mutual respect amongst all students and instructors.

All of these points are also true for instructors who should be acting as role models and we encourage all students to challenge any instructor they see breaking any of these rules.

Korean Terminology Challenge – December

The words for this month’s Korean terminology challenge can be found below. Little Ninja students will have until the next newsletter is released to learn these words in Korean and repeat them correctly to a Chief Instructor. Students can take as many attempts as necessary during the month and once all words have been recited successfully they will receive a terminology stamp in their books (only one stamp per month). If you do not have a terminology sheet one can be found in the student area of the website. This month’s words are:

- House of Discipline**
- Block**
- Punch**
- Kick**

Passport Photos

We require 2 passport style photographs from the below students as soon as possible. Students in red have reached the rank of yellow belt but have yet to provide a passport photo and will not be permitted to grade until a photograph is received:

Ryan Crane	Maria Roldan	Anthony O’Donnell
Nathan Wilkinson	Marnie Williams	Theo Williams
Max Ludeman	Olly Mercieca	Jekaterina Sahura
Daniella Sahura		

Licence/Insurance Renewals

Please note that the licence and insurance for the below students are due to expire soon. If any details have changed in the last year please return a completed insurance form and payment (£25) to an instructor, or pay via the website, to ensure that your insurance does not lapse. If all details remain the same only payment is required. Insurance forms can be found in the student area of the website or by asking an instructor. Any student with expired insurance, highlighted in red, will not be permitted to train until it is reinstated.

Lucien Simmons-Hodge 01/12/18	Callum Bartaby – 02/01/19	
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Colour Belt Grading

This month’s colour belt grading will be taking place on **Sunday 23rd December** at **Brakenhale School, Rectory Lane, Bracknell, RG12 7BA**.

The day is scheduled to run to the below timetable but please make sure you arrive with plenty of time to spare before you’re due to grade in case the events run ahead of schedule and to give yourself time for a good stretch beforehand.

09.00am-10.00am – Instructors Class
10.00am-11.00am – Black Belt Academy

11.00am - Line up, pledge & principles

11.05am - Brown, Red, Purple,

11:35am - Blue, Green & Orange belts

12.05pm - Gold & Yellow belts

12.35pm - White belts

If you are on the grading list below please ensure that you have paid your grading fee (£25) prior to attending the grading to ensure you will be able to grade. **If payment for grading fees is made after 1pm on Saturday 22nd December the fees will be £30 per student grading.**

Confirmed List

Alexander Mitchell	Chester Taylor	Chris Olet
Dominic Regnes	Doreen Thompson	Emma Dineen
Evan Ghedia	Henri Regnes	Max Ludeman
Jack Mitchell	Lili Flitcroft	Katie Flitcroft
Thomas Flitcroft	Robert Taylor	Sean Fitzpatrick

Potential List

Please note students on the potential list may be eligible to grade but must continue with good attendance prior to the grading and demonstrate a thorough knowledge of their curriculum in class. Please talk to Sabumnim O'Brien closer to the grading date to confirm eligibility to grade.

Bogdan Jentimir	Joshua Taylor	Theo Williams
Marnie Williams		

If you think you should be on the grading list and are not, please let Sabumnim O'Brien know ASAP.

NB. Sabumnim O'Brien makes all final decisions regarding grading.

We hope you have a great month, Pil Seung!