



February 2019 Newsletter

5th Anniversary Year Classes

As you know Saturday March 2nd marks Berkshire CKD's 5th anniversary. We will be holding classes at the usual times (1030 and 1130) but we hope as many of you will be there as possible to help us celebrate this milestone.

We are arranging to have a professional martial arts photographer taking pictures during the anniversary classes. Unfortunately the photographer will not be able to take requests for pictures but we will be selecting around 2 dozen photographs to use on the website and in adverts, so if you do want to be in with a chance of featuring in a professional photograph you'll need to be in class on March 2nd and bringing your A-game! We will be taking a group photo in between the first and second class so everybody who attends will feature in at least one photograph.

We hope as many students as possible can make it to the anniversary class so even if you only normally do one class a week on a Wednesday, feel free to come down and join us on the Saturday as well.

Anniversary Social Outing to Gravity Force Trampoline Park

After the success of last years bowling event we are arranging another social outing to help us celebrate our 5th year anniversary. We will be going to Gravity Force Trampoline Park in Camberley on Saturday March 2nd 3pm-4pm, if you've never been before its great fun.

The cost is £10 per person plus another £2 if you need to purchase some Gravity Force friction socks. You will not be permitted to jump on the trampolines without a pair of these socks but if you already own a pair from a previous visit to Gravity Force you can wear these.

If you wish to join us at Gravity Force we will require payment before we make a booking. We will be booking the session on Friday 8th February so please make sure if you wish to attend that you have made payment by Thursday 7th February at the latest. Payment can be made using the usual methods in class or online via PayPal.

£10 – 1 hour jump session

£12 – 1 hour jump session & pair of Gravity Force friction socks

Curriculum Videos on YouTube

As promised the first of many videos are now available to view on the Berkshire CKD YouTube channel. The first video is a curriculum video showing all the white belt junior techniques and pattern. Please check out the video and subscribe to our channel to make sure you don't miss out on any upcoming videos. We will be concentrating on all colour belt curriculum to begin with before branching out to other content. White belt senior and yellow belt junior curriculum have already been filmed and will be appearing soon.

➤ [White Belt Curriculum Youtube Video](#)

Events Calendar

Following an excellent suggestion from Kyosunim Taylor you can now find all of the years events in calendar format in the student area of the website. The calendar can even be copied over to google calendar on your phone, desktop, tablet etc for easy access. The events list is also still available in its old format in the student area.

➤ [Student Area](#)

Non-Dobok Classes

It's been a while since we last did them but non-dobok classes make a return on Wednesday 13th and Saturday 16th February, this means that you can attend class outside of your uniform and wear your normal everyday clothing. The reason behind this is to give students an idea of how the clothing you wear on the street can affect your ability to perform techniques and defend yourself in a real life confrontation i.e. how much harder is it to kick with the added weight of a pair of trainers? How does wearing a pair of tight jeans affect my flexibility? Etc.

This is not compulsory but we highly recommend anyone attending classes on these days takes the opportunity to wear their street clothes and see the difference. The only thing we ask is that if you normally wear tight jeans and a button up shirt whilst out and about please do not turn up to class wearing a nice pair of baggy tracksuit trousers and a t-shirt as this will defeat the objective of these classes.

Korean Terminology Challenge – February

The words for this months' 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:

1. Round Punch
2. Side Fist Strike

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	Theo Williams	Marnie Williams
Robert Hull	Olly Mercieca	Anthony O'Donnell
Edward Johnson	Lukas Johnson	

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.

Emma Dineen – 01/03/19	Dermot Dineen – 01/03/19	Evan Ghedia – 01/03/19
Nathan Bullingham 06/03/19		

Colour Belt Grading

This month's colour belt grading will be taking place on **Sunday 24th February** 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 Belts**
- 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 23rd February the fees will be £30 per student grading.**

Confirmed List

Bernadette Miklos	Chris Olet	Dominic Regnes
Emma Dineen	Gerard Menking	Hannah Louise Prangley
Henri Regnes	Jack Mitchell	Lucien Simmons-Hodge
Maria Roldan	Tony John Gristwood	

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.

Nathan Bullingham	Ryan Crane	Anthony O'Donnell
Bogdan Jentimir	Marnie Williams	Theo 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.

Black Belt Grading

The next black belt grading will take place on **Sunday 3rd March** at **Farnborough Sixth Form College** with fellow instructors and students from many CKD schools. Please note that the time table below is only an approximation and is liable to change slightly on the day depending on numbers and belt ranks for the Dan graders.

09.00am-10.00am – Hall Setup/Dan graders to stretch and warm up

10.00am-13.00pm – Dan Grading
13.00pm-15.00pm – Colour Tag Grading

If you are on the colour tag 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 2nd March the fees will be £30 per student grading.** For all Dan graders please ask a Chief Instructor for the fee amount for your belt rank and ensure it is paid prior to the grading day or you will not be permitted to grade.

Dan Graders - All Dan graders please talk to a Chief Instructor ASAP to confirm grading fee amount!

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Confirmed Colour Tag Graders

Caiden Taylor	Jason Taylor	Raymond O'Brien
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Potential Colour Tag Graders

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.

Kieran Darby	Nicole Kowalczyk	Marcel Kowalczyk
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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!