



January 2019 Newsletter

Pil Seung all, we hope you have all had a great break over the holiday season and you're feeling refreshed and ready to continue you're training. Our first classes back are on Wednesday 9th January. If you haven't done much training over the break please make sure you do not push yourself too hard during the first few classes back to give your body chance to adjust and get back in the swing of things.

5th Anniversary Year

We are very pleased to say that 2019 marks the 5th anniversary of Berkshire CKD. To mark this occasion we will be holding some special classes on Saturday 2nd March 2019 and are planning a social outing to Gravity Force Trampoline Park that afternoon to celebrate the anniversary. Please see below for details of the outing to Gravity Force but we hope to see as many of you as possible in class that day and at Gravity Force to make the weekend a great success so mark it in your diaries now!

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

2019 Events List

The events list for 2019 is now available, detailing dates for all gradings, social events and special classes throughout the year. The list can be found in the student area of the website or by clicking the link below. Please be aware that dates may need to be changed during the year due to unforeseen circumstances but we will always provide as much notice as we can in these instances.

[> 2019 Events List](#)

Black Belt Academy

This will be our first full year of running our own Black Belt Academy classes and we've put a plan in place for how we want the Black Belt Academy to operate throughout the year. Black belt academy members will soon

be receiving a BBA stamp book, similar to the old little ninja stamp books but these will only need to be presented to the instructors at the start of the Black Belt Academy classes. These stamp books will form part of a competition running throughout the year and culminating in the final BBA class of the year in December.

Details of how the stamp book and competition will work can be found in the link below. We would like to stress that whilst we call this a competition it's really just a method for continuing to push the BBA members to develop to their fullest potential and to continue role modelling the excellent behaviours and attitude that got them in to the Black Belt Academy in the first place. We fully expect all BBA members to be encouraging and helping each other to do well and not to become upset if things don't go their way. We reserve the right to not present any awards or prizes at the end of the year if we feel the Black Belt Academy as a team have not performed well or put in enough effort to earn it.

[> Black Belt Academy Stamp Book & Competition Details](#)

Korean Terminology Challenge – January

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:

1. **Teacher/Instructor**
2. **Dismiss**
3. **Outwards Block**

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
Robert Hull	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.

Dominic Regnes – 02/02/19	Henri Regnes – 02/02/19	Jack Mitchell – 01/02/19
Kieran Darby – 12/02/19	Marcel Kowalczyk – 01/02/19	Nicole Kowalczyk – 01/02/19
Sean Fitzpatrick – 10/02/19		

Colour Belt Grading

This month's colour belt grading will be taking place on **Sunday 27th January** 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, Blue, Green & Orange Belts
11:45am – Gold, Yellow & 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 26th January the fees will be £30 per student grading.**

Confirmed List

Beniamin Rapcia	Callum Bartaby	Evan Ghedia
Hannah Louise Prangley	Henri Regnes	Jakub Kowalczyk
Olly Merciea		

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.

Lucien Simmons-Hodge	Nathan Bullingham	Tony John Gristwood
Ryan Crane		

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!