



KAIZEN!

Ilyokwan Black Belt Academy Newsletter - Q3 2019



Crikey, it's nearly July already, how did that sneak up so quick?

Just a super quick newsletter, so you've got the new password and a reminder of upcoming dates. *Please check they're all in your diaries ASAP!*



For Q3 2019 the members section password will be: **'pyujeon'**

Once again We're happy to be welcoming some new members to the Academy, mostly in the junior classes where we have several new students in both Little Ninjas and the junior beginners classes. These are so popular now they're nearly full up so we'll probably have a waiting list soon for little Ninjas and Junior Beginners. We're definitely open for new adult beginners though, as that class is a bit quiet at the mo. If you've got any friends who might be interested do please let us know, and remember *those VIP rewards are equally valid for the grown ups too.*

Parents - fancy a go? Now's the perfect time to try!

We've got a couple of the parents who've expressed an interest in training, and obviously we'd love to have you come and try a few classes with us. We have a couple of other adults joining us next week and we'll be having some special intro classes over the next couple of weeks to ease them in gently so if you fancy it yourself, let us know! As a special incentive just for the next month we're going to extend a very special offer to parents* who have at least one child training with us. You'll have to come along and try a class to find out just how special that offer is - and it will only be open for the next six weeks up to our summer break, so if you are interested, now's the time to give it a go so give me a shout ASAP!

Ooh Crikey, what a scorcher!

With the warm weather upon us we know it can get very hot in Everlands and that can make training a bit of a challenge at times. Hopefully we'll get some opportunities for training out on the field, but can we please ask everyone to ensure they bring a drink with them and ensure you've labelled bottles etc so they don't get mixed up.



**only applies to new beginners who enrol between 1st July - 8th August*

DATES FOR YOUR DIARY	
Aug	12th-26th Summer Break
Sep	22nd Grading Examination 26th Graduation
Oct	31st Kick or Treat Party Night
Dec	15th Grading Examination 19th Graduation 20th - 2nd Jan Xmas Holiday
Jan	6th Normal classes resume
2020 - Grading Dates	
Mar	22nd Grading Examination 26th Graduation
Jun	21st Grading Examination 25th Graduation
Sep	20nd Grading Examination 24th Graduation
Dec	13th Grading Examination 17th Graduation



"Sorry I didn't know about that..."

We still get quite a few people who'll message to ask what time something is or to say they didn't know about an event. That can be a little frustrating as it's all there on the web site!

Do please remember the first place to check will always be the members noticeboard, and there's also a calendar on there with all the important dates including gradings, holidays and school events etc. The new password for tomorrow is top right of this page..

<http://www.blackbeltacademy.info/members/noticeboard/>

All the grading dates right through to the end of next year are on there, plus a whole host of other information as well.

Whilst we'd love you all to join our Facebook group (just search for **Ilyokwan**) please don't rely on that as your main source of info as that is mostly for social/chat and odd last minute notices. Not everyone is on Facebook so the primary place for information will always be our website and email as everyone has access to those.

NEVER FORGET



"A Black Belt is just a white belt that NEVER QUIT"

The only way you can 'fail' in the Martial Arts is to stop trying..

FUSION

CROSS-TRAINING CURRICULUM

Exciting syllabus developments planned for our experienced students.

Ever since we left the GTI in 2001 and became an independent Academy we've been free of the constraints typical association politics and our curriculum has always included an element of cross-training from other styles. This includes things such as the Torite Jutsu pressure points training, close up/grappling from Ju-Jitsu and Hapkido, and weapons such as the Filipino Eskrima sticks etc.

Typically, we study these topics in our 'Masters' sessions which are more advanced in nature and as such we don't generally require those elements within the grading exams, except when occasionally we'll spend a whole quarter using the Eskrima for example, it's more often the case that we'll only work on them for a few weeks at a time to add a bit of interest to the formalities of the traditional Taekwondo syllabus.

Ongoing we plan to develop these topics as a more integral part of the curriculum. This means we'll take one as a theme for the whole quarter and we'll be able to spend more time to study them in more depth and add lots of training drills derived from other martial arts styles etc. It won't take anything away from our traditional Taekwondo training, rather it will just provide a bit more focus to the Masters sessions or Thursday night freestyle classes, and will allow us to define and document some actual required syllabus elements that we can include in the grading for that quarter.

Next quarter we'll start the ball rolling with another look at the Kali style training, with the Eskrima sticks etc. and ongoing, the plan is to develop at least 12 modules which means all students from green belt on will get to go through all of the topics at least once on their path to Black Belt.

Some of the topics we're already planning will include:

- Kali / Eskrima
- Filipino 'dirty' Boxing
- Western Boxing / Kickboxing
- Ju-Jitsu/Hapkido - Armbars, locks, takedowns etc.
- Muay Thai Kickboxing
- KEWAP / Weapons Defence
- Advanced Self Defence
- Pressure Points / TCM
- Creative Forms
and more...

That's just a few ideas for starters, and we're very open to further suggestions and special requests too so if you've got anything you'd like us to consider just let us know! I've set up a thread on the forum to discuss these ideas in more depth..

Grading Results June 2019

29 students promoted on this occasion

10 x 'A', 12 x '+' pass (including 7 students A+)

+ 12 Little Ninjas promotions

100% pass rate among those who attended.

Full results on the members section of the website



Contacting Us..

If you need to contact us for anything 'official' to do with the Academy please ensure you email us directly rather than posting on Facebook or using FB messenger etc. Whilst those are great for social interaction, they're not great for anything important.

Messages sent via other means may take much longer to arrive and can easily get lost or forgotten as they are not on the same system as our student records.

I check email several times per day, and will always check text, phone and emails at the school before class so this is always the most reliable way to send a message.

Feel free to use Facebook etc. for the other social/fun stuff, but do please ensure anything directly connected to the Academy is sent to us directly.

Interested in coaching?

Looking forward we potentially have an opportunity for a couple of new assistants in the school.

In a small school such as ours there's not always a lot of scope for those with an interest in coaching to get involved, as with smaller class sizes we really only need one main instructor plus an assistant so it's rare that these opportunities come up..

However, as Mr Hirst's work schedule and hopeful career aspirations are increasingly demanding of his time, he's often working shifts which mean he's not always able to make it to class, so on those occasions myself or Mrs Williamson will teach the junior classes which means there is an opportunity for another assistant (or two) in class to begin the path towards eventually becoming an instructor themselves.

If you're a senior grade and have an interest in coaching, even if you're not a black belt yet then let's have a chat.

Obviously it takes some time and a lot of experience to start teaching, but initially that path begins with coming along to assist with some classes, to get involved with group drills etc. working on the bags/pads with the kids etc.

If you have an interest in coaching and would like to get involved then let me know and we'll have a chat. Even if you've not got an ambition to become an instructor yourself in the future, there's plenty of scope for getting involved and helping other members as part of our leadership team.