



KAIZEN!

Ilyokwan Black Belt Academy Newsletter - Q4 2019

Graduation time again, so time for another quick newsletter to update your calendars, passwords and a couple of quick reminders :-)

First off I'd like to welcome our new students. Again, we've had a few new members join us this quarter, and we're really pleased to welcome them aboard.

With quite a few students changing classes this month, including Little Ninjas who are moving up to juniors, juniors who're moving up to the adults and green belts moving up to the experienced classes it's going to be a bit of a whirlwind over the next couple of weeks I'm sure. It does mean though we'll be ok for new members in the Little Ninjas and beginners classes too, so if you've got children or friends interested in getting started, now's the perfect time as we begin a new quarter.

If you're moving to a new programme, or your membership is due for renewal (having reached blue belt, black belt candidate etc.) then please see Mrs Williamson as soon as possible so we can get your new one sorted. Please remember also, if you've missed any gradings then the renewal date will apply rather than the target belt, so please check your membership agreements to confirm (we'll remind you in class too).

Once again I'm happy to say that last weekend's grading went very well and I'm pleased to report a 100% pass rate from those who attended. I can confirm that following their initial black belt review our two recent probationary Black Belts, **Miss Grace Munyard** and **Mr Toby Coulsting** are confirmed as full black belt members.

Please remember that all students with black belt, candidate or probationary status are expected to attend every grading exam for a review of their progress (and should apply for such as per a normal coloured belt grading). Full black belt holders must apply for a formal review twice per year as well. I would remind everyone with any kind of black belt status to review the information about reviews on the website:

www.blackbeltacademy.info/black-belt-reviews/

Use the Website!

The website will always be your first place for important information, including the **Academy calendar** with all the important dates, including gradings, school events, holidays etc. Also, in the **members section** of the website contains lots of useful information, from simple things for beginners such as how to tie the belt and where to put the star badges, through to information about the syllabus, progress testing, black belt requirements etc. If there's something you think would be useful, let us know and we'll add it. Please remember, the password (*just there for your privacy as we publish grading results etc*) changes every quarter after graduation. The new password for Q4 is printed in the corner above ↗

As always, any questions or anything we can help with, call any time!

KAIZEN!

Master Olpin

관장님 리차드

☎ 07973 368304 / 01453 549460
✉ rolpin@BlackBeltAcademy.info



For Q4 2019 the members section password will be: 'taedo' (태도)

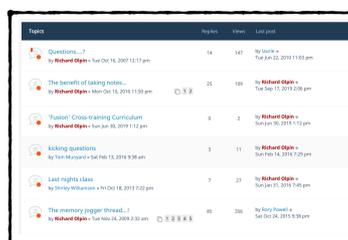
SELF DEFENCE COURSE

We'll be hosting another of our **FREE** adults self-defence courses starting mid-October for 6 weeks.

All adults welcome
Invite your friends!

DATES FOR YOUR DIARY

Sep	22 nd Grading Examination 26 th Graduation
Oct	14 th Self Defence Course (mondays) 31 st Kick or Treat Party Night
Nov	21 st Parents Evening - No Classes
Dec	15 th Grading Examination 19 th Graduation 20 th - 2 nd Jan Xmas Holiday
2020	
Jan	6 th Normal classes resume
Mar	12 th Parents Evening - No Classes 22 nd Grading Examination 26 th Graduation
Jun	21 st Grading Examination 25 th Graduation
Aug	17 th -27 th Summer Break
Sep	20 th Grading Examination 24 th Graduation
Dec	13 th Grading Examination 17 th Graduation 21 st -4 th Jan Xmas Break



The Ilyokwan Forum - An invaluable resource!

Yes, I know these days that old-school forums are largely out of favour since so many people live their lives on Facebook, and of course we have a page and a group on their which is useful for promoting the school and quick notes to students etc. but our own private discussion forum is still there, with a wealth of information and interesting discussions. It has over **800 topics** and nearly **13,000 posts**. If you'd like to join, head over to the website for info: <http://www.blackbeltacademy.info/discussion-forum/>

The most important thing you'll ever learn in the martial arts..

.. that's a pretty bold title I suppose, but it's true. If there is one simple secret to success in the Martial Arts it's this.

Perseverance is the key to Mastery

I'm sure we've all heard the saying that goes:

"A black belt is a white belt that never quit".

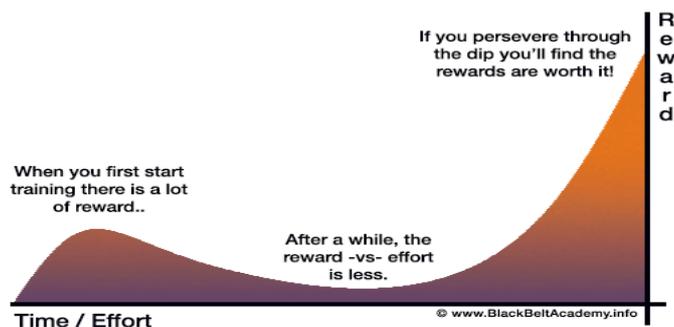
That's a great way to summarise a major key to success in the martial arts. **Perseverance.**

We all experience ups and downs in all aspects of our lives, and learning a new skill is no exception. To begin with, when you start training it's all new and exciting, initially the reward you get far outweighs the effort you need to put in.

After a while the initial excitement will settle down and you reach the stage where you realise that in order to progress you need to actually put some real work in to succeed. In these days where we're conditioned for instant gratification that can be a challenge to say the least!

Modern society has conditioned us, especially our children, to have an "I want it now" attitude. We are not willing to invest the time to achieve maximum results. Children are growing up with an entitlement mentality. I want it now, it is owed to me, everyone has one so I deserve one too. This is leading people into a dangerous future where they are simply not able to deal with challenges and the default answer is "I quit!".

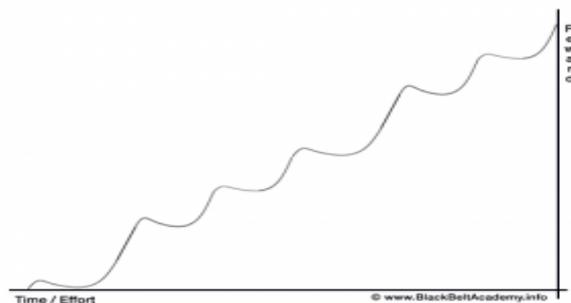
The real secret to mastery however is learning to recognise these dips and **persevere**, because when you push through the flat spot and come out the other side, the rewards are worth it. You'll often find your **ability**, your **confidence** and your **motivation** take a huge surge forward.



In addition to the obvious benefits to your martial arts training, by developing your perseverance like this you're developing **self-discipline** which will benefit you in every area of your life..

It's pretty much a certainty that every one of us will experience such a dip at some points, and it probably won't be the only one, eventually you'll find yourself facing another.

The key then is to remember the lessons learned before, and use that experience to build the certainty that you can push through it, onwards and upwards to greater progress.



This is one of the reasons it really helps to keep a journal to log your training progress, and to record the 'magic moments' that helped you through the challenges you've faced along the way. If you hit a challenge in the future, you can look back and remind yourself how you worked through it and the rewards you got for doing so.

Learn from the experience of others

If you're struggling to push yourself forward at times, remember that you're not the first person to experience this! Talk to some of the senior students and I'm sure they'll all be able to relate to how you feel. Just about all of the current black belts could give you examples of challenges, setbacks and 'flat spots' they've had in their own training. But they all share one common trait:

They never gave up.

*They used that key black belt skill of **perseverance** and it helped shape them into the Black Belt they became.*

Share your experiences with others.

For example, use the Academy forum to discuss your training, keep a journal and share motivational tips with your fellow students.

Parents – keep in touch, use our experience!

We know that sometimes you'll find it tough when your child goes through one of these natural dips, and of course they don't yet understand the benefit of perseverance that we as adults can appreciate. It's really important that we help them to learn this skill, and support and encourage them during those flat spots.

It's tricky sometimes to stick to your guns, especially when a child says "I don't want to go tonight" or worse still "I don't want to go any more!" but the key thing is to remember the reasons you enrolled them in the first place, think of the 'big picture' benefits that we can understand. After all, I'm sure they've said they don't want to go to school a few times by now too, but we understand the benefits to be gained from a formal education. In the martial arts we add in the many benefits of some really valuable life skills and character development too that contribute to success for life..

If you're having a challenge with your child's motivation, please let us know ASAP!

Having taught hundreds of children over the years we can almost always help.