



KAIZEN!

Ilyokwan Black Belt Academy Newsletter - Q2 2019

Graduation time again, so time for another quick newsletter.

First off I'd like to welcome our new students. We've had a few new members join us this quarter, and we're really pleased to welcome them aboard. I'd especially like to say well done to those who've joined us very recently as they've 'jumped right in at the deep end' when the more experienced students were getting ready to grade and that's a bit of a challenge for the new ones, which they've handled brilliantly!



For Q2 2019 the members section password will be: 'usu'

Last weekend's grading went very well and I'm pleased to report a 100% pass rate from those who attended. This includes two new first degree Black Belts, **Grace Munyard** and **Toby Coulsting**, plus our highest promotion to date, **Mrs Shirley Williamson** who is now promoted to 4th Degree Black Belt. Obviously black belt promotions aren't an every day occurrence, so I'm pleased to note that Mrs Williamson's promotion was actually our 50th since the I opened school and that's quite an achievement for a little school in Cam.. Over the page I've included a list of all current Ilyokwan Black Belt holders, and on the web site you'll find a full list of all current and former Ilyokwan Black Belt holders.

Grading Applications

On the subject of gradings I'm afraid I do also have to have a bit of a moan - about late applications. Once again we had several students who failed to get their applications in on time, and frankly that's a massive pain! I need to get all the grading admin done in advance of the pre-grading week, that includes reviewing and preparing all the notes, ordering all the belts etc. I also want to keep all the financial admin for the grading in one single bank transaction, both to simplify the admin and because I now have to drive to Stroud to do the school banking.

There's really no excuse for late submissions folks, you're reminded several times in class and know the grading dates, they're well publicised in multiple places and they follow exactly the same predicable pattern every year.

Please note that on the application forms there is a clear note that we're under no obligation to accept late applications, and that if we do they will incur an additional fee. In the past we've been very reasonable about that, but I'm afraid this has become something of an issue now, so in future we're going to be strictly enforcing that clause, and hopefully that will help reduce the admin headaches!

Keep in Touch!

Last thing for now - keep in touch! If you're on **Facebook**, do please join our private members group (just search for **Ilyokwan**) which is useful for daily notes etc. There's also a public page for promotional purposes, that's the one to share to promote the Academy.

We've also got our long-established **discussion forum** on our own site which is a brilliant resource for training information and our personal development team. If you don't have an account on there already let me know and we'll get you set up.

Finally, **please ensure we have at least one email on the members mailing list**, and that you do actually read any mails we send out. We only send them when there's important information to get out. You can add yourself on the website.

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

KAIZEN!

Master Olpin

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DATES FOR YOUR DIARY	
Mar	14 th Parents Evening - No Classes
	24 th Grading Examination
	28 th Graduation
Apr	1 st Combo classes - check your email!!
	2 nd NO CLASSES - School Production
	4 th Little Ninjas with Kids beginners..
May	12 th KEWAP instructor course (open to all red/black belts)
Jun	23 rd Grading Examination
	27 th Graduation
Aug	12 th -26 th Summer Break
Sep	22 nd Grading Examination
	26 th Graduation
Oct	31 st Kick or Treat Party Night
Dec	15 th Grading Examination
	19 th Graduation
	20 th - 2 nd Jan Xmas Holiday
	6 th Normal classes resume

T-Shirts / Hoodies. CLEARANCE PRICES!	
Varsity Hoody £20	XL 1
	L 1
Plain Hoody £20	XL 2
	M 1
T-Shirt £10	XL 2
	L 1
http://www.blackbeltacademy.info/members/hoodies/	

Thought for the day - Never use the 'C' word..

Please don't refer to the Academy as a 'Club', we hate that! There's a very different philosophy associated with a club vs an Academy where the focus is on learning and personal development. We want to focus on the latter and believe if you start with that understanding and mindset it has a subtle, but powerful effect on your attitude, and therefore your progress.. :-)

*Would you like to achieve some goals,
with the support of a team of like-minded friends?*

JOIN THE POWER TEAM!

Inspired by a conversation with Mr Coulsting a couple of weeks ago about avoiding the 'flat spot' that can occur after a black belt grading, we agreed that the best way to stay focused was to have a new set of short-term goals to work on.



It always helps when you've got others to share your goals with and to help support one another, so we're going to have a crack at kicking off another 'power team' group to support each other with some personal goals, and maintain our focus.

Note: *This is open to all, training or otherwise, including family members/friends or anyone who might be interested in a bit of personal development*

Whats it all about?

Simple, it's about committing to a bit of personal development, goal setting and planning, and sharing that with some like-minded friends to help motivate each other, to stay on target to achieve some personal goals. Similar to the process our black belt candidates follow on their path to black belt, though on a much simpler level. We're not dictating any particular goals, that's entirely up to the individuals, though I'm sure we can all have a chat and suggest some collectively if you like! All we ask is that you make an effort to check in on the forum regularly, to share your progress and to help support each other.

We have a single discussion thread for the group to chat about the project in general, and we'll each keep a training journal - with at least one weekly entry as per the black belt candidates.

The plan is to have these 12-week challenges in quarterly blocks, aligned with our normal grading schedule. We know from many years experience that 12 weeks is an effective time frame for goal setting, it's enough time to make some progress, but also short enough that you don't lose momentum.

Getting started:

First **you'll need to be on the forum**. If you've not got an account yet, drop me a message and we'll get you set up.

Then, **set up a journal** thread in the [appropriate forum](#), and write a simple introduction post with **an outline of your starting goals**. Of course they may change over time, but we need a starting point.

Finally, **check in regularly** (at least once/week) with an update on how things are progressing, add a bit of encouragement for the others and let us know if there's anything we can help you with.

Start simple, just two of three goals spread across different areas of your life is a good idea to get started.

Define your goals clearly.

i.e. "I'd like to do more exercise" isn't a great goal as there's no way to quantify it to know you've achieved anything, but "I will exercise for at least 30 minutes, five days per week, and record my workouts on the calendar" is much better.

We're looking forward to cracking on with this next week, so if you're interested let's all start by checking in on the forum and starting some discussion this weekend eh?



Student Ambassadors

Very well done to our first new Student Ambassador since we re-launched this in January. The first student to complete a VIP card & receive this award is our newest Black Belt **Grace Munyard 1st Dan**.
Thank you for your support Miss M. :-)

일여 무도관유단자

ILYO MU-DO KWAN

Black Belt Registry

The following persons hold a current black belt status with the Ilyo Mu Do Kwan.

----- Full Members -----

Master R Olpin VI Dan, Master Instructor
Mrs S Williamson IV Dan (Instructor)
Mr Robert Hirst III Dan (Asst. Instructor)
Miss Shona Thornhill III Dan †
Miss Kelly Dimery II Dan †
Mr Phillip Munyard I Dan
Mr Robert Standen I Dan
Mr Andrew Wheeler I Dan
Mr J. Martin Sinclair I Dan †

-- Probationary Members --

Mr T Coulsting I Dan
Miss Grace Munyard I Dan
Mr B Howells I Dan (suspended ‡)

No other person may claim Black Belt status within the Ilyokwan Black Belt Academy. The status of all former yudanja may be verified on the Academy website:

† *Granted honorary lifetime status for their past service / continued support of the Academy*

‡ *Granted 6-month extension to probationary period due to preparation for GCSE exams.*

BLACK BELT STATUS

It is important to remember that to wear a Black Belt is an honorary status, awarded on merit. It is not a trophy to simply be collected. As such it must be earned, and then maintained.

Black Belt status within the Ilyo Mu Do Kwan is only conferred on those students who, after demonstrating the requirements of the Black Belt examination, maintain their active participation in the martial arts and hold a current membership of the Academy.

All Black Belts (including BB candidates) are required to submit for a formal review of their standards twice per calendar year. If a student does not maintain regular participation, or fails to submit for a periodic review, their Black Belt (inc. candidate) status will expire.

This is detailed in the Black Belt Handbook available from the website, and all candidates agree to these conditions in writing when they apply for their Black Belt examination

Should a lapsed black belt wish to resume training at a later date, their status will be subject to a formal application for review to be assessed by the grading panel.