

Choi Kwang Do

By Grandmaster Kwang Jo Choi



Our need to move is biological—movement is essential for health! But society has changed and exercise must suit the needs of 21st century living. We need a progressively challenging, yet noncompetitive and enjoyable form of exercise that will produce the complete results we need in a shorter time. It must also provide us with the opportunity to get our social needs met (rather than working out in isolation), and to keep us healthy for the long term. Choi Kwang Do as a way of life meets this need.

By choosing to exercise regularly in Choi Kwang Do, and by monitoring levels of intensity, frequency and duration, people can achieve optimal levels of health. Because the techniques are based on biomechanics, muscles, tendons, and ligaments all can work together and become stronger. Choi Kwang Do training also positively influences the functions of the organs and systems in the body, stimulates the brain, helps balance brain chemistry, increases production of antibodies and activates more Natural Killer Cells which improves the immune system. Intensive training, on the other hand, suppresses the immune system.

When first beginning Choi Kwang Do training, students need to put their bodies through an adaptation process. While it may take some time for an unfit person to see physi-

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Mrs. Gyum Ja Kong has been training in Choi Kwang Do for nine years. She took up the martial arts at age 81!



for Health & Longevity!

ological changes, this is easily overcome because the system is exciting and fun from the first class. After a few months, you will see major physical progress: Your blood sugar levels, blood lipid levels, blood pressure, blood supply to muscles, brain neurotransmitter balance, and the ability of muscles and the liver to store glycogen can all improve. These changes also elicit changes among other systems and positively influence the functionality of those systems. It is these modifications that help your body become stronger, function better and dramatically reduce the risk of developing hypokinetic diseases.

Among some of the early changes beginners may experience with Choi Kwang Do are heightened energy levels, improved confidence and self-esteem, lower anxiety, and an overall ability to cope with the stresses and strains of everyday living. Soon the heart rate and blood pressure can lower, and the sympathetic and parasympathetic autonomic nervous systems rebalance.

In order to bring about long-term health benefits, the nervous system must be trained in a multi-sensory environment, and in a multi-planar fashion. Training in a noncompetitive environment ensures

safety when working with a partner. Because contact is removed, the Choi Kwang Do system also is more stimulating than most forms of exercise and requires greater levels of attention and concentration than training on your own.

Anaerobic and aerobic training are also a part of Choi Kwang Do classes because there is the need for both types of exercise. Aerobic training improves the heart's endurance by increasing the blood stroke volume, which enlarges the left chamber of the heart. Anaerobic training makes the left chamber walls of the heart thicker because of increased pressure on the left chamber of the heart. With proper cardiorespiratory training, blood capillaries actually extend and resting heart rates can lower. Without proper exercise training, blood pressure can rise as blood capillaries shrink.

The system of Choi Kwang Do is designed to stimulate and to influence us physically and mentally. Since human beings are essentially social creatures, we also need interaction with others; we need to nurture and be nurtured; play, and reduce

stress. Choi Kwang Do's noncompetitive surroundings provide the environment for all of those life preservers. We understand that all of these factors can help us to learn better and live more enjoyable, longer lives.

Choi Kwang Do movements are performed in a relaxed, soft manner when they are performed in the air, but when performed on targets, they can produce incredible power because they use proper biomechanical patterns. When combined with target training, these patterns are a powerful tool to develop bone and joint strength. Both the left and right sides of the body are worked evenly, and the body is exercised in all three planes of motion.

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For the brain, there is always something new to learn and enjoy, and its principles (adult pledge and children's promise) engage the mind in a positive way. By removing competition when training,

Choi Kwang Do for Health and Longevity!

stress, anxiety and fear is nonexistent. Although Choi Kwang Do is a martial art for self-defense, its goal is to avoid self-defense situations, not because its practitioners are insecure or lack confidence but because they forgive opponents with compassion.

Because Choi Kwang Do was designed in conjunction with the science of human movement (kinetics) and is systematically progressive, its techniques are much more effective for force-production and self-defense than those programs designed without scientific principles. At the same time, they are more effective for enhancing health and longevity.

The sophisticated movements are ideal for activating NGF (Nerve Growth Factor) in the brain, which is important to make neurogenesis possible and more successful. Choi Kwang Do stretches are performed gently, so are an excellent way to reduce stress. The complete system helps avoid deterioration of joints, muscles, tendons, ligaments, and the brain. Striking targets correctly will help prevent diseases such as arthritis and osteoporosis. Bone-loading has been shown to prevent bone loss as well as to encourage new growth, and Choi Kwang Do can help keep your bones and joints strong and healthy for a lifetime.

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“The complete system helps avoid deterioration of joints, muscles, tendons, ligaments, and even the brain.”

At 90 years of age Mrs. Kong is living proof that Choi Kwang Do can help those who practice it to live a long and healthy life!

For exercise to benefit the body and mind, it needs to be enjoyable, and Choi Kwang Do training can be very pleasurable and gratifying. Just the act of training with people of like mind can create a feeling of connectedness. Friendships among Choi Kwang Do students can be life-long because of the

love its practitioners feel for their art and because people quickly feel welcomed. Choi Kwang Do is a friendly, caring martial art that works both the mind and the body—the ideal 21st century exercise!

The following are true accounts of Choi Kwang Do students whom have come to realize the amazing benefits of practicing this martial art.

My problems started when I went for my first physical after my dad recommended that I should get periodic physicals starting at the age of 40. I thought I was in good, but not great health until I received the results from my doctor. His conclusion was that I was overweight and a prime heart attack candidate because my cholesterol and triglycerides levels were way above the limit. I needed to exercise!

Going to a fitness center was not my idea of fun, as I never really enjoyed running on a treadmill or riding bicycling machines. I knew that I needed some activity that would not only work my heart aerobically, but also would be beneficial to my joints and general health.

At the time, my oldest daughter was involved in Choi Kwang Do so I thought that this could be a good alternative to the dull exercise programs I was facing. After training in Choi Kwang Do for over four years, I am happy to report that not only is my weight down, but my cholesterol and triglycerides have been reduced significantly.

And, I have more energy and flexibility than when I was 20 years old!

Darrell Brown, Age 48



Grandmaster Choi and Mrs. Kong

“Choi Kwang Do... works both the mind and the body—the ideal 21st century exercise!”



In his book, Grandmaster Choi explains in detail the science behind Choi Kwang Do and how its practitioners can live more productive, longer and healthier lives.

In addition to Congestive heart failure, I have been diagnosed with several ailments. In 1992, I was diagnosed with Lupus disease and a year later with Fibromyalgia. In 1998, I had six metal rods surgically placed in my lower back and in 2003, I had triple heart bypass surgery.

After training for over two years, Choi Kwang Do's unique system has proven very therapeutic, has helped my mood, increased my confidence in myself and in others, and allowed me to regain my life despite my ongoing symptoms and daily struggles. I would encourage all who suffer from ailments to try Choi Kwang Do as it can improve your mental and physical health regardless of age.

Lynn Ferguson, Age 57

At the age of 52, I felt physically and mentally exhausted on an almost daily basis. I had been struggling with asthma, hypertension and type 2 diabetes, not to mention past knee surgeries. Then, I enrolled in Choi Kwang Do and my mental and physical health began to change. After training in Choi Kwang Do for several months, my doctor began admiring my blood sugar tests. My cholesterol had gone down, my blood pressure and heart were good and I was much more flexible. Now, six years later, my blood tests determine that I am non-diabetic and my physician says my EKG and cholesterol are excellent. They did bone density testing this year and it was concluded that from the perspective of bone density, I was only 35 to 40 years old.

Margaret Moore, Age 55