



I achieved my Black Belt! but this is just the start.

One of the many great aspects of training in Choi Kwang Do is how progressive it is, you never stop learning! Now at 1st Degree Black belt it is considered you know the basics, however, as I learn a whole new range of techniques, target zones and drills along with

double techniques my life learning Choi is considerably different as I progress through to 2nd Dan. Because Choi Kwang Do is based on sequential motion, I'm learning to use my body efficiently and in a friendly manner, - a great holistic exercise. The health benefits are very comprehensive. I also know that if I am ever in a situation, I can keep my cool, self control and only defend myself if my life is threatened. Thankyou Grandmaster Choi for sharing your knowledge of this amazing martial art. *Anne Stevenson, Head Instructor Christchurch Choi Kwang Do*

