

Balanced Outcomes for Mind, Body & Spirit

April 2009

Welcome to our March Newsletter.

In this issue:

- **School holidays – *bring a friend for free!***
- **Gradings**
- **Around the world**
- **Choi Kwang Do Pledges**
- **Fundraiser T-Shirt nights**
- **Free Class Vouchers**

School Holidays

We train our normal schedule right through the school holidays. ***All students are welcome to bring a friend along for two classes to train for free!***

Gradings

Well done to Alison Taylor who graded to Gold Belt. Pil Suhng!

Around the World



The 22nd Anniversary for Choi Kwang Do was recently held in Atlanta. Students & Instructors from all over attended the event.

Grandmaster Choi continues to amaze everyone with his ability and techniques, living testimony that Choi Kwang Do keeps you young and healthy!

International Convention

Tae Kwon Do Instructors from Peru, Mexico, El Salvador & North Carolina have attended a ten days intensive training seminar under the founder Grandmaster Kwang Jo Choi at the international headquarters, in order to start the development of CKD in their own countries. The second Choi Kwang Do Convention for representatives of Spanish speaking countries will be held in June 2009. The invited instructors will represent Cost Rica, Panama, Nicaragua, Uruguay, Paraguay, Brazil, Ecuador, Colombia, Venezuela & Guatemala.

Choi Kwang Do Pledges

Honesty

Choosing to be honest is not only about being a decent person but it is also critical for your health. Because dishonesty is a very powerful negative emotion, it can cause a lot of stress, which scientific studies have shown is at the root of both mental and physical disease. Honesty allows a person to live with openness, sincerity and a natural straightforwardness that does not leave people guessing. Honesty means valuing people and remaining true to oneself.

Fundraiser T-Shirt Nites

April is the third month raising funds for SPELD, lets make it a big one.! Dyslexia touches many people's lives and at Choi Kwang Do we can help in two ways: raising funds and awareness for Dyslexia and encouraging those with Dyslexia to train in Choi Kwang Do. See you in your T-Shirt on Thursday April 23rd



SPELD provides assistance to people of all ages with learning problems, including dyslexia, dyscalculia, dyspraxia, aphasia, attention deficits (ADD and ADHD) and various degrees of autism.

www.speld.org.nz



See you at your next training class

Pil Suhng

Mark Palmer

