

# PRACTICAL SELF DEFENCE HEALTH & LONGEVITY



At last! An exercise program that incorporates practical self defence and proper use of the body. So, you don't have to worry about damaging your body with

sharp snap out movements and full contact. Choi Kwang Do is based on bio-mechanical principles. All instructors are fully qualified and the school owner is a Kinesiologist and Natural Therapist! A safe & positive Program!



**ALL AGES FROM 6 YEARS  
FAMILIES WELCOME**

**Mon & Thurs nights  
5.30 - 7.30 pm**

**Foundation for the Blind Hall  
96 Bristol St, Merivale  
[www.choikwangdo.co.nz](http://www.choikwangdo.co.nz)**

**FREE TRIAL PROGRAM**

To book your FREE Class  
and Info Pack

**Ph 0800 581 481**

Choi Kwang-Do is the world's fastest growing Martial Art. Choi Kwang-Do is a non-competitive, non contact self defence that is designed to be fun, practical and suitable for all ages. Choi Kwang Do has been scientifically developed in conjunction with Kinesiologists, Sports Physiotherapists & Doctors to be friendly to the body and does not have injuries that are often associated with other Traditional Martial Arts.



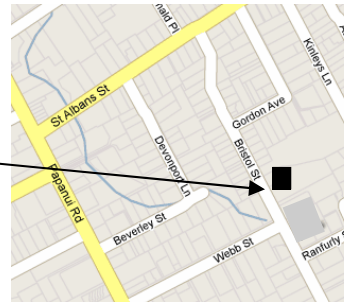
Founder: Grandmaster  
Kwang Jo Choi  
9th Degree Black Belt



**Your Instructor:** While living in Australia Mark Palmer learnt the art of Grandmaster Choi and returned home in 2006 to spread the word of Choi Kwang Do. Mark is a qualified Bowen Therapist and just completed his qualification in Kinesiology. He has witnessed first hand from many of his clients the injuries that can be caused by

improper use of the human body during Martial Arts, sports and lifestyles. Mark continues to pursue his interest in the field of human movement and brain function with his Martial Arts, Kinesiology & Natural Therapy Practice - "Bowenz". He and the assistant instructors are dedicated in ensuring a safe and friendly atmosphere for all students who come to train at the Choi Kwang Do school.

We  
are  
Here



**PHONE 0800 581481**



**Christchurch  
Choi Kwang Do**

*Balanced Outcomes for Body, Mind & Spirit*

**For more information visit  
[www.choikwangdo.co.nz](http://www.choikwangdo.co.nz)**