

Description of Choi Kwang Do

Choi Kwang Do (CKD) was developed by Grandmaster Kwang Jo Choi between 1978 and 1987. Now in his 80's, GM Choi's physicality is testimony to his art. He has retained the agility, strength and mental vitality of someone a fraction of his age. Choi Kwang Do (The Art of Grand Master Kwang Jo Choi) is a dynamic, innovative approach to martial arts training that is recognized as one of the fastest growing martial arts in the world.

The CKD system uses natural, easy-to-learn, sequential movements maximize your body's force-producing capabilities, to be used as a practical and effective means of last line protection against a physical assault.

However, for most people, avoidance of confrontational disputes leads to a more peaceful existence. Hence, the larger part of CKD training is there to enhance your physical and mental wellbeing. Developing confidence to handle daily challenges and building a belief of positive 'can-do' attitudes.

CKD is not designed for competition and does not have the intensity of sports training. The system is meant for the average individual who wants to learn real-life, practical self-defence skills and achieve a greater level of health and well-being, not people solely interested in winning trophies. Because it's a non-contact, non-fighting, non-competitive art that stresses mental, physical, emotional and social development, CKD promotes nonviolent resolutions to conflict, practical solutions to cardiovascular improvement, and enjoyable methods of exercise. In addition, with competition removed, students can continually develop—not against each other, but with each other. With a progressive system from White belt to highest level of Black belt, Choi Kwang Do always offers you something new and challenging to learn, experience and enjoy.

Our training is based on individual needs, capabilities, skill levels and age. Our students range in years from 3 to 90, and some of our instructors are over 70. Since our primary goals are to prevent or reduce illness and disease and to promote optimum health and longevity by minimizing degeneration of body and mind, we also welcome those with limitations.

Choi Kwang Do is a dynamic art that continually evolves. As new information on health, fitness, and improved training methods are discovered and developed, it may be formally integrated into the Choi Kwang Do training system. As students in Choi Kwang Do, it is welcoming to know that you are not training in a system that is static or based on outdated training methods.

Everyone is welcome at Choi Kwang Do!

Choi Kwang Do Activity

The sessions run will include an active warm up utilising all different muscles and joints in the body. A description of what we are doing, an explanation and guidance on how to do it correctly. We will then run a basics session teaching how to block and punch, we will use shields and focus mitts to hit and block. We will then have a self defence talk and demonstrate and teach some basic close range release techniques.

Timings

Day/ Time	Session	Focus	Instructors
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Friday 1pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Friday 1.45-3pm	Open – Discussions, Demo, Shield and Focus Mitts, Booking onto sessions		All Instructors
Friday 3pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Saturday 1pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Saturday 1.45-3pm	Open – Discussions, Demo, Shield and Focus Mitts, Booking onto sessions		All Instructors
Saturday 3pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Sunday 11am	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Sunday 11.45am- 1pm	Open – Discussions, Demo, Shield and Focus Mitts, Booking onto sessions		All Instructors
Sunday 1pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other
Sunday 1.45-3pm	Open – Discussions, Demo, Shield and Focus Mitts, Booking onto sessions		All Instructors
Sunday 3pm	45 minute CKD Session	Warm Up – Basics (Block, Punch) – Self Defence	Mark and Dan + Other

Social Media

Winchester Choi Kwang Do – Facebook

SotonandWinchCKD – Instagram

[Winchester Martial Art Choi Kwang Do, Hampshire](https://www.facebook.com/WinchesterChoiKwangDo/) | [Winchester CKD \(choikwangdowinchester.co.uk\)](https://www.instagram.com/SotonandWinchCKD/)