The Martial Art for Life

Student Guide
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Choi Kwang Do Martial Art International

Mission Statement

Choi Kwang Do Martial Art International’s aim is to improve the health, productivity, and quality of life of its members. To promote Choi Kwang Do as a martial art based on scientific truth, rather than mysticism. To continually evolve as a martial art and exercise program with a continued commitment to incorporating science for the benefit of the practitioner and mankind.

Standards & Ethics

CKDMAI is the only official organization promoting Choi Kwang Do, run by the Founder of Choi Kwang Do, Grandmaster Kwang Jo Choi.

Choi Kwang Do Martial Art International has an international focus: building, maintaining, and improving its Standards and Ethics to further promote Choi Kwang Do professionally, while providing value added benefits to its members, students and instructors.
The international purpose of the CKDMAI is to:

1. Promote Choi Kwang Do.
2. Protect Choi Kwang Do’s standards.
3. Educate national and international individuals and organizations about CKDMAI.
4. Provide research to its members relating to martial arts, health and personal development.
5. Be a source of information to members and the public regarding how Choi Kwang Do training can be usefully applied to anyone’s life.
6. Provide a Choi Kwang Do forum for its members.
7. Represent Choi Kwang Do to statutory bodies, governments of this and other countries, professional associations and the media.
8. Build and maintain the one and only, all-encompassing International Database of official Choi Kwang Do instructors and schools.
9. Continually improve the art of Choi Kwang Do for the benefit of mankind.

Choi Kwang Do Martial Art International will not work in competition with other organizations, but will cooperate with and support any other organization that has the same purpose in mind: human health, happiness and life!

CKDMAI Instructors are expected to act with an ethical and moral code of professional conduct in day-to-day decision making.

CKDMAI is a responsible and professional organization that aims to create a positive public identity, which will lead to an increased level of public awareness and confidence, along with trust among fellow instructors, students and members.

If any instructor is found not to be acting in accordance – morally or ethically – with standards set out by CKDMAI, his/her membership may be terminated, and his/her school may be removed from the international database.
A Message to New Students from Sahjonim

As President and Founder of Choi Kwang Do Martial Art International, I would like to welcome you, the student, to the study of Choi Kwang Do. From a lifetime of studying and teaching martial arts, I have developed Choi Kwang Do as a superior form of exercise, self-defense training, and as a means towards realizing one’s highest mental and physical potential. With time and dedicated training, I am sure that you will find the benefits from your commitment to Choi Kwang Do to be great and the rewards many.

As a member of an international association, you can take pride in the fact that you are receiving the most thorough and professional martial arts instruction available. You will find each of my Instructors to be helpful, courteous, and glad to answer your questions. Through your Instructor, you will have access to dvd’s, books, videos and written literature being developed, as well as information on seminars, workshops, and other events sponsored by your organization. If your goal is to become a professional Instructor, consult with your Instructor concerning eligibility requirements and special training regarding this.

In closing, I again welcome you and give my best wishes for a long and rewarding membership.

Pil Seung!

Kwang Jo Choi, 9th Degree Black Belt, President and Founder
Overview of History, Philosophy and Concepts

What is Choi Kwang Do?

Choi Kwang Do (The Art for Life) is a dynamic, innovative approach to martial arts training that is recognized as one of the fastest growing martial arts in the world. Founded by Grandmaster Kwang Jo Choi, 9th Degree Black Belt, Choi Kwang Do is the culmination of Grandmaster Choi’s more than 50 years of martial arts experience and is the most effective martial art system in the world.

Choi Kwang Do is based on traditional martial arts philosophy that emphasizes the ideal of personal and social development being paramount, rather than sports competition. Choi Kwang Do classes provide a safe and noncompetitive environment for students that helps them to grow not only physically, but mentally as well. The development of good manners, courtesy, self-discipline, self-confidence, and good social adjustment can be considered primary objectives of this art, along with the development of practical self-defense skills.

The techniques and concepts of this art can be considered very non-traditional. Principles of modern science, derived from psychology, plyometrics, kinesiology, and biomechanics, form the basis for Choi Kwang Do. Conventional martial arts methodology is more often based on mysticism, impractical traditional techniques, or sports competition. Choi Kwang Do is not designed nor optimized for athletic competition. Instead Choi Kwang Do is designed to be a devastatingly effective self-defense system that can be used in real street situations. Furthermore, Choi Kwang Do has been designed to enhance the student’s overall health, fitness, and well-being rather than cause the injuries and damage that many competitive activities do.

Finally, 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.

Grandmaster Kwang Jo Choi and the Evolution of Choi Kwang Do

Born March 2, 1942 in Tae Gu City, Korea, Kwang Jo Choi began his formal study of martial arts at age 12 under the famous Master Instructor, Dong
Ju Lee. Driven by the need to survive in the war torn streets of South Korea and an innate desire for perfection, Kwang Jo Choi soon became one of Master Lee’s star pupils.

After his tenure in the Korean Army, Kwang Jo Choi began his study of Taekwon-Do (Korean hand and foot fighting art) under its founder, General Choi Hong Hi. Through Kwang Jo Choi’s talent and dedicated training, he was awarded the prestigious title of Chief Instructor under General Choi’s International Taekwon-Do Federation before he was 25 years old. In addition to teaching self-defense to the Korean Army and National Police, Kwang Jo Choi was personally selected by General Choi to serve as an elite member of a group of experts chosen to spread Taekwon-Do throughout the world. Through his mission, Kwang Jo Choi became one of Taekwon-Do’s most prominent ambassadors and was directly responsible for its spread throughout Southeast Asia, Australia, New Zealand, Canada, and eventually, the United States.

Motivated by his continuing dedication to the advancement of the martial arts and his desire for self-improvement, Grandmaster Choi searched for ways to improve on techniques and teaching methods of his predecessors. It was during his first years in Hong Kong, where he settled twenty years ago, that Grandmaster Choi began consolidating his revolutionary martial arts theories and concepts.

For some time, Grandmaster Choi had felt that many of the traditional techniques were too stylized and rigid for practical self-defense. He discovered that many of these same techniques could actually harm the body and, over the long term, could be detrimental to one’s health and longevity. In fact, Grandmaster Choi had completely injured his body due to the lock out movements found in traditional martial art techniques, which forced him to move to North America in order to seek medical treatment. It was during this recuperating period that Grandmaster Choi created new techniques that would later form the initial foundation for Choi Kwang Do.

Grandmaster Choi also witnessed too much importance being placed on sports competition with the winning of trophies taking precedence over the ideals of personal and human development. The Instructor-Student relationship, which is crucial to the development of a student in the martial arts, was quickly fading into a coach-athlete relationship where the only goal was to win.

Based on these observations, coupled with years of research and practical experience, Grandmaster Choi pioneered one of the most revolutionary changes in recent martial arts history by announcing the introduction of an entirely new martial arts form - Choi Kwang Do.
Named after its founder, Choi Kwang Do was officially introduced on March 2, 1987. Grandmaster Choi has since founded his own world organization, Choi Kwang Do Martial Art International, and spends his time teaching, training Instructors and giving seminars at his many schools throughout the world. In addition, he is currently involved in producing DVD’s, books, and written literature from his headquarters in Atlanta, USA.

Student Pledge, Promise and Principles

The development of mental strength and a positive attitude is important for all Choi Kwang Do students. The student promise, pledge and the principles of Choi Kwang Do were established to help serve this purpose and are recited prior to each class. Adult students recite the pledge and children recite the promise, (which is easier for our younger students to understand). All students are encouraged to apply the statements in the promise and pledge, and the principles of Choi Kwang Do to their lives, both in and out of the Dojahng on a daily basis.

ADULT PLEDGE

To set positive goals and strive to achieve them
To apply self discipline to further my personal development
To stand for justice and honor my word
To promote friendly relationships among all people
To use what I learn in class in a constructive manner

JUNIOR PLEDGE

To always do my best and never give up
To obey my parents and teachers
To tell the truth and honor my word
To always be polite
To never misuse what I learn in class

THE PRINCIPLES OF CHOI KWANG DO
- Aims to Achieve -

HUMILITY
INTEGRITY
GENTLENESS
PERSEVERANCE
SELF-CONTROL
UNBREAKABLE SPIRIT
The Belt Rank System

In the Choi Kwang Do Belt Rank System, Ninth DAN (9th Degree Black Belt) is the highest rank and is held at present, only by Grandmaster Choi. Fifth DAN and above denotes a Master, while Eighth and Ninth DAN indicates the Rank of Grandmaster.

The purpose of the belt rank system is to demonstrate progressive levels of seniority and proficiency in the skills of Choi Kwang Do and to distinguish junior from senior students. This provides positive incentives as well as establishing a hierarchy of command from senior to junior. This hierarchy encourages feelings of personal achievement and also develops the student’s social skills. By learning to give and take orders, students at any level or age group learn cooperation as well as leadership qualities and skills. Furthermore, students learn that in order to be respected, one must respect others.

The belts below are broken up into two major groups, the solid and the senior belts. These represent the belt system up to 1st Degree Black Belt. The solid belts are just as described: a belt that is entirely one color. The senior belts are the indicated color with a horizontal black stripe through the center of the belt for the entire length.

Basic Orientation

Beginning Classes

New students without prior training will start at the rank of White belt. An Assistant Instructor or senior student will give each new student individualized instruction in the early stages of training. Since each student may progress at a different rate, initial lessons will be set up for the student on an “as needed” basis. Please feel free to consult your Chief Instructor regarding scheduling or any other questions concerning introductory classes.

Attendance

Class attendance two or three times a week is generally recommended in order to learn and develop skills properly. Light training and stretching may be performed on a daily basis. However, it is a good idea to allow a day of rest in between classes in order to allow your body to recuperate fully. If, for whatever reason, you cannot attend your scheduled classes, it is considered good etiquette to call your Instructor in advance to let him or her know that you will be absent or will be late.
Dress Code

Students are required to wear the regulation Choi Kwang Do uniform during classes or at official events, such as demonstrations, seminars, or promotional exams. The official Choi Kwang Do patch is to be worn on the student’s left side over the heart, and the Pil Seung patch on the right side. The country flag is determined by the country your school is located in and should be worn on your right sleeve. In addition, your school may have a patch indicating the location of the school within the country you train in or the name of the school. This patch is to be worn under the country flag on the right sleeve. The Korean flag is worn on the left sleeve. Any other patches or emblems or items such as jewelry, watches, headbands, T-shirts, etc. are not to be worn unless specifically authorized by your Chief Instructor through International Headquarters.

Defense Drills and Safety Equipment

Starting at the White Senior (1st Senior) level, students begin practicing blocking properly in defense drills. These drills are designed to enhance the development of self-defense skills by teaching the student how to apply movements learned in basics, patterns, and combinations to self-defense situations. In keeping with Choi Kwang-Do’s basic philosophy, these drills are noncompetitive. Students work with one another as partners, rather than against each other as opponents. Although contact, or actually hitting another student is prohibited, safety equipment must be purchased and worn during these drills to help prevent accidental injury. Students are to purchase this equipment from their instructors and bring this equipment with them to all classes as well as promotional exams, seminars, etc.

At White Belt Senior hand mitts must be purchased, and at Yellow Belt feet mitts must be purchased from your instructor.

Policy on Equipment

All uniforms, patches, and safety equipment are to be purchased through the school from your instructor. This helps in maintaining uniform safety standards and promotes a consistent school appearance. Items such as uniforms and safety equipment should be personalized to help prevent loss or accidental theft (particularly for junior students). It is the school’s policy that each individual must keep up with their own belongings since we cannot be responsible for them.
Student Conduct

In order to maintain a safe and productive learning environment in the Dojahng, students are expected to conduct themselves in a mature and responsible manner. In keeping with this, students must observe all rules and regulations (listed in this guide), and display a proper martial art mannerism and attitude at all times when in the Dojahng. Outside of the Dojahng, students are expected to conduct themselves in a manner that will not discredit the school or themselves.

Observance of Oriental Customs

Aspects such as bowing, use of Korean terminology, demonstration of respect for senior students, etc. are an important part of Choi Kwang Do, and form the basis for the traditional atmosphere that Grandmaster Choi seeks to maintain in his schools. It must be understood, however, that these traditional customs have nothing to do with any religion and are not intended to conflict with anyone’s religious belief.

Progress in Choi Kwang Do

Students make progress in Choi Kwang Do by learning sets of skills, called belt assignments, which correspond with each level of advancement or belt color. As a beginner (White Belt), your assignment will generally consist of the basic movements practiced by all students at the beginning of class, a pattern, and a defense drill.
After repeating this basic assignment a sufficient number of times necessary to develop proficiency, your Instructor may determine your readiness to take a promotional exam or test through a pre-test process. The pre-test is used in order to evaluate your progress and to provide some feedback on what you need to work on before you can be permitted to test.

The Promotional Testing

Promotional testing is held periodically to determine the eligibility of each student to be promoted to the next higher belt rank. More importantly, this is also the process by which the Grandmaster and the Board of Examiners evaluate each and every student in order to provide for their continued progress. It is crucial that students approach testing with a proper attitude. Testing is an important developmental process for all students. However, to quote Grandmaster Choi, “You do not just train for the promotional test. You train for life!” With this in mind, students should endeavour to train on a regular basis. As mentioned earlier, you may be required to take a pre-test in order to determine your readiness to test. Trying to show up in class just a few weeks prior to a test will most likely result in having to wait for the next test.

Eligibility

In general, a student must have attended at least six classes in order to be eligible to test for White Belt Senior. From White Senior (1st Senior) through Brown Senior (9th Senior), generally at least 2 months training is required to advance to a higher belt level, unless specifically authorized by your Chief Instructor.

Applying for the Test

A promotional test form is to be completed and turned in to the office, or to your Chief Instructor prior to the test along with the testing application fee. This fee covers the costs of the belt, materials, and certificates for the promotional test, as well as the travel expenses of the Examiner(s). The amount of the fee is determined by belt rank as shown on the test application.

Testing Protocol

Students should arrive earlier than their scheduled testing time so that they have time to stretch out and warm up prior to the test. In addition, students should observe proper Dojahng etiquette by sitting quietly until their name is called, by answering positively “Yes, Sir/Ma’am” or “No, Sir/Ma’am” to
questions or commands, and by moving quickly on and off the testing floor. Since the promotional test is a formal event, we ask that the spectators as well as the students please refrain from eating, drinking, and loud conversation during the test. However, it is appropriate and encouraged to applaud students.

**Testing Requirements**

During the test, students are asked to perform what they learn in class - their current belt assignment. This includes basic techniques, patterns, combinations, speed drills (Yellow Belts and above), defense drills, air shield attack drills, and target training. In addition, the Board of Examiners may request students to perform additional techniques or drills that may vary from one individual to the next. One reason for this is to discover areas requiring improvement in a particular student. Another reason is to ensure that all students practice regularly and thoroughly; not only on their current belt assignment, but on their previous material as well. Remember, even though a student’s techniques must be up to standards in order to test, the final evaluation is based on the student’s rate of improvement rather than a comparison of one student to another.

Terminology and questions asked of students during the test may be asked by the Board of Examiners on various aspects such as progress in school, obeying parents, basic Korean terminology, the history of Choi Kwang Do, or any other topic pertinent to the art of Choi Kwang Do. These questions not only test a student’s knowledge, but more importantly they help establish a personal relationship between the Grandmaster Instructor, the Board of Examiners, and the student.

Your Instructor may furnish literature (such as this guide) to you in order to help you answer questions and learn about the art. Remember that this is intended to be a guide, not a school textbook. Therefore, extensive study or memorization is not expected of students, particularly junior students.

**Testing Results**

You will be informed of your testing results usually within a week after the test. This is typically done during class on a personal basis or through an awards ceremony. It is improper etiquette for the student to telephone the school regarding test results availability or to be absent from classes after a test simply because the test results are not yet available. Please consult your Chief Instructor if you have any questions on testing results and the process your school uses.
Once you get your testing results, they will include some comments on how you are progressing along with one of three result designations:

**Pass, Special Training, and Retest**

**Pass**

A student that receives a Pass on their testing results is considered to be promoted to the next rank. You will receive your new belt (or stripe for some ranks of Black Belt) and will gradually be shown the next belt assignment by your Instructors while continuing to practice previous belt assignments.

**Special Training**

When the Board of Examiners feel that a student needs more work in a particular area, they may require a student to undergo a period of special training before advancing to the next belt assignment. In this case, the Board of Examiners will have indicated on the testing results precisely what needs to be corrected before moving on. It is in the student’s best interest to take this seriously and to really put forth an effort to correct the problems.

Please note that Special Training does not mean that the student failed his/her test. Rather it simply means more practice is required in a particular area before learning any new material. The policy varies from school to school but most Instructors will award the student their new belt, but make arrangements for them to receive some extra help in order to correct the deficiencies.

**Retest**

When the Board of Examiners decides a student is overall not progressing as they should be or has some severe technical deficiencies, they may require a student to retest. This is the most severe of the testing results, and should be treated very seriously by the student and the Instructor. As in the Special Training case, the Board of Examiners will have indicated precisely what they need to correct and the reasons as to why the student needs to retest. This will require that the student remain the same rank and continue to practice the same belt assignment until the deficiencies are corrected. The student must then test again in order for the Board of Examiners to evaluate if they have corrected the necessary problems.
Please note that the student does not have to pay an additional test fee if retesting is required. Once a student pays for a test, they do not have to pay again until they pass the test with a Pass or Special Training result. If you have any questions concerning special training or retesting please consult your instructor.

**Our Philosophy of Teaching Junior Students**

Parents play a very special role in our school. It is important that we work closely together to help a child develop to his or her fullest potential. If at any time you have questions or concerns, please feel free to consult your child’s Chief Instructor. Below are some topics that may be of special interest to you as a Choi Kwang Do Parent.

**Basic Philosophy**

Children are our future. Our goal as a martial arts organization is to train children to defend themselves against actual physical attack and to better prepare them to cope with the pressures and problems of growing up. As a result of Choi Kwang Do training, the martial arts student develops confidence. This means confidence in their ability to defend themselves, confidence in setting realistic goals, and confidence in the decisions they make in order to achieve the goals they have set. Confidence is fundamental in the development of leadership.

Leadership training is important in teaching the student to realize his or her own self-worth and unique role within a group. The student learns that leadership must go hand in hand with respect and the ability to cooperate with others. This means respect not only for their senior and fellow students in the Dojahng, but also respect for their parents, their teachers, their country, and themselves. The traits of confidence, respect, cooperation, and leadership are developed and reinforced through constant discipline and encouragement from both parents and Instructors.

**Class Scheduling**

A schedule will be given to you regarding your child’s initial visits as well as general times of the classes. Any changes will be announced in class and/or posted on the school bulletin board. Please check the bulletin board periodically for testing dates, holiday closings, and other special announcements. In order to help us conduct classes in an orderly manner, we ask that you try to bring your child to class on time (no more than 15 minutes early) and to pick them up promptly after classes. We appreciate your cooperation regarding this matter.
Promotional Testing

As covered in the section on “The Promotional Test”, the purpose of testing is to evaluate the student in order to provide for their progress. In keeping with our basic philosophy of human development, we want to emphasize that the promotional test is not a high pressure, win or lose competitive event. Rather, it is intended to be a positive learning experience for the child. We ask that parents try to relay this as much as possible to the child by giving your support and encouragement in order to ease some of the fear and nervousness regarding the test. Please help us by filling out the testing forms correctly and turning them in as early as possible. Check the bulletin board or consult with the Instructors concerning any questions you may have about either the test or the testing form.

Discipline in the Class

Within the class, Instructors are trained to motivate the children through positive encouragement towards better standards of technique, attitude, and behavior. By learning self-discipline and self-control, martial arts students are able to motivate themselves to act appropriately both inside and outside of class. However, disciplinary action may, at times, be necessary in order to correct a child’s lack of attention, bad behavior, or laziness. Discipline may be given in the form of sitting down for a period of time, having the student miss a game activity, or push-ups. None of the above harms the child and tends to motivate them not to repeat mistakes. However, if a child’s repeated bad behavior cannot be corrected by these actions, an Instructor may request a conference with the parents. With the Instructor and the parents working together on these or any other matters, the child can better grow as a martial arts student and as an individual.
Education

It is the sincere goal of Choi Kwang Do to encourage children to excel, not only in Choi Kwang Do but also at their school. The concentration skills learned in class, along with encouragement by Instructors, usually brings a definite improvement in this area. In general, junior Black Belt candidates must hold above average grades and conduct reports before being eligible for promotion, although it does depend on each child’s rate of improvement. In keeping with this, please let us know if there are any problems regarding your child’s grades or behavior in school so that we may work together towards the child’s improvement.

Self-Defense

As parents, you naturally want your son or daughter to be able to defend themselves against physical abuse or other harm. Likewise, you do not want your child to become a bully by using their skills in an aggressive manner towards others.

In keeping with our school’s basic philosophy, all students are taught to resolve conflicts with other people in a mature way, relying on diplomacy and good manners rather than physical violence. Students are also taught and constantly reminded that skills imparted to them can be very dangerous and are only to be used for self-defense, and only then as a last resort. Examples of situations are frequently given within the class in order to help all the children better understand how to effectively deal with different situations they may encounter at school or in the neighborhood. Other areas such as abuse or harassment from adults or what to do if lost are further dealt with in a frank, yet basic manner to which a child can relate and understand. Again, it is important that the parent communicate with the Instructor on these or any other matters concerning your child’s welfare and improvement.

Defense Drills and Safety Equipment

Children begin practicing blocking in defense drills at the White Belt Senior level, which requires the use of safety equipment. Even though these drills are not competitive and no hitting contact is allowed, the safety equipment is necessary to prevent injury due to accidental contact. This equipment must be purchased from the school.

At White Belt Senior hand mitts must be purchased, and at Yellow Belt feet mitts must be purchased from your Chief Instructor.
On Children’s Items

We suggest that you write your child’s name in permanent ink somewhere inconspicuous on their uniform and their safety equipment with a magic marker or paint pen. We also recommend that all students leave jewelry, money, or other valuables at home. It is the policy of our school that each student keep up with their own belongings since we cannot be responsible for them.

On Maintaining Your Child’s Interest Level

Children, by nature, do not have the same level of commitment as adult students, and therefore tend to lose interest in Choi Kwang Do from time to time as in any other activity. In order to deal with this problem, here are some things a parent should consider.

A. It is important that the parent and the Instructor take a firm and encouraging stand in not letting a child quit simply because they may be temporarily tired or bored with Choi Kwang Do. Gentle yet firm guidance is sometimes necessary in helping children realize the importance of following through with commitments.

B. Even though a child must understand that this is an important commitment, Choi Kwang Do practice must never be made to become a chore. Parents should not put excessive pressure on a child to practice too much, nor too often. It is recommended that two to three classes a week are sufficient for progress, and that more frequent attendance is unnecessary, and can lead to problems when trying to balance Choi Kwang Do with a child’s other activities. The main idea here is that Choi Kwang Do training should be fun, enjoyable, and individually rewarding in order for a child to stick with the program. Excessive pressure to progress quickly and/or excel (i.e. little league syndrome), will cause more harm than good, and is against the entire philosophy of our system.

C. If your child is having a problem with motivation, always consult with the Instructor who is trained in dealing with these matters. In this way, both parent and the Instructor can find the actual reason for a child’s lack of interest, and work together towards re-motivating the individual and ensuring the child’s continual progress.
Getting the Most from Your Training

The Choi Kwang Do Class

Regular Class attendance is the single most important factor towards your development as a martial artist. In class, you are able to have your movements corrected and developed by a qualified Instructor, as well as having both technique and mental aspects enhanced through group interaction. Therefore, Choi Kwang Do literature, such as this manual, handouts, books, DVD’s, videos, etc., are to be used along with self-training to enhance your class experience, rather than taking its place.

In Choi Kwang Do, each individual is accepted for what they are, regardless of race, sex, creed, national origin, talents, or disabilities, with the basic premise that we all share a common goal; self-improvement. With this idea in mind, you should come to feel as if the Dojahng is almost like your “second home”, with a feeling of warmth and fellowship towards all of your Dojahng friends and Instructors.

“Emptying Your Cup”

Upon entering the Dojahng, try to empty your mind of the day’s worries and events so that you can better concentrate on the development of Choi Kwang Do techniques, principles, and philosophy. By this, you and your fellow students can derive more benefits from your classes, and leave feeling refreshed and invigorated, having put day-to-day life on hold for a while.
Basic Philosophy and Proper Attitude While Training

The basic philosophy of Choi Kwang Do is noncompetitive. Naturally, you should be inspired by the performance of your peers, particularly senior students. However, comparing your progress against that of another student with an attitude of competitiveness is not only stressful, but is also a waste of time and energy. Instead, you should devote your energies to enjoying your training. Let your accomplishments, as well as those of others inspire you towards higher goals in the techniques and the principles of Choi Kwang Do.

Enthusiasm

If any one trait could be considered the most important towards becoming a martial artist, it would certainly have to be enthusiasm. As far as physical training is concerned, intensity levels may have to vary according to your conditioning, experience, etc. However, each student is expected to put 100% mental and spiritual energy into every class. For example, Ki Haps (yells) or your “Yes, Sir!” or “Yes, Ma’am!” to the Instructors should be performed loudly and with lots of enthusiasm. Furthermore, your Instructors will appreciate your sincere eagerness to learn and ask questions. With this attitude, you not only motivate yourself and your fellow students, but you also motivate your Instructors, who consider enthusiastic and dedicated students to be one of the greatest rewards of their profession.

Your Instructor

Along with being able to demonstrate outstanding technical ability and leadership, the most unique trait of Choi Kwang Do Instructors is their genuine love of teaching and helping others. With this in mind, never hesitate to consult your Instructor regarding any problems you or your child may be having with motivation, attendance, or training in general.

During the course of your training, you may, from time to time, have different Instructors. This is perfectly normal and is necessary not only for other Instructors to develop their teaching skills, but also to free the Chief Instructor to perform other duties and functions of the school. With this in mind, you should give the same respect, enthusiasm, and support to other Instructors as you would your Chief Instructor, since they are conducting class on his or her behalf. You should further enjoy some of the individual differences of each Instructor’s class, rather than being alarmed by them. You will greatly appreciate the significance of this when you begin assisting or teaching later on.
Teaching and Helping Others

As you progress, you will find that one of the most gratifying aspects of Choi Kwang Do is the opportunity to share your knowledge with others. Through teaching, your own techniques are refined and brought to higher levels, while developing strong leadership and social skills. For this reason, and in the spirit of helping your school, adult senior students are expected and encouraged to help teach whenever possible, particularly in the children’s classes. Those who are interested in becoming regular or professional Instructors may consult with the Chief Instructor regarding special training and eligibility requirements.

Dedication to Your School

All students need to understand that practicing in Choi Kwang Do is not something that is simply “bought” in exchange for monthly dues. Likewise, Instructors should not be considered as simply “hired help”. Dues and tuition are a basic necessity in order for the school to operate and for the Instructors to make a living. However, proficiency in Choi Kwang Do can be gained only through sincere effort and, above all, dedication to the school, the Instructor, and to Choi Kwang Do as an organization. The old adage that “by giving, we receive” certainly applies to Choi Kwang Do.

For example, by volunteering to help teach or with clean-up duties, or by introducing new members to the school, you experience a deeper feeling of commitment to your art, and Instructor as well as to your school. By having such an attitude of dedication, you will derive more benefit from your training because you value it more.

Similarly, by seeing your attitude of devotion and sincere willingness to help, your Instructor will tend to value you more as a student and will naturally want to help you with your training as much as possible. This spiritual commitment between student and Instructor (junior/senior relationship) forms the traditional basis for the exchange of martial arts skills and knowledge as opposed to the strictly money-oriented type of attitude of “payment for services rendered”.

Proper Student Attitude and The Martial Art Spirit

The development of character and mental strength based on Choi Kwang Do’s principles is considered the most important overall goal in Choi Kwang Do training along with the attainment of proper technique. Listed on the next page are some helpful aspects concerning the development of this martial art character or spirit.
The Principles of Choi Kwang Do

Humility

There are many misconceptions about humility. Humility is not letting other people put you down, and it is not having low self-esteem. Humility is also not the opposite of confidence. In fact, a truly humble person walks with absolute confidence, with a gentle heart.

Humility could be described as: to project a low estimate of one’s importance, or to except ones ordinariness.

It is often true that a forever faithful and dedicated servant will become wiser than his master. By remaining humble one will feel no jealousy or envy, but remain open and loving.

Integrity

Many of the bad things that happen in the world are caused from lack of morals and honesty.

Like many life skills, integrity is a character trait, something that reveals your true self. Integrity forms the basis of both trust and respect. As we go through our day to day lives, we are all faced with choices that have an everlasting impact in our life and how people see us.

You see, when your words and deeds match, you have integrity. But if you say one thing and do another, you’re said to be “out of integrity”.

Integrity is the quality of being honest and having strong moral principles. We must all strive to have the highest level of Integrity.

Gentleness

Gentle people can be viewed as weak in a world that often sees power as external. However, those who choose not only in action but in temperament to be gentle, are without doubt, very powerful. A gentle person rather than being self-assertive is self-giving. They will always respond with a kind word, rather than a cutting remark. There is immense strength in gentleness, a quiet power.

If we can observe what it is to be gentle with the very young, very old, or weak and seek to become more like that in our relationships with everyone, we will develop the quality of gentleness.
Perseverance

The Greek word translated “perseverance” is *proskartereo*, meaning to adhere firmly to. To persist means to continue to do something in spite of obstacles, challenges, or in the face of adversity. To persevere is to have an uncompromising commitment. We will always come up short if we do not persevere till the end!

The mind determines *why* something cannot be done; the heart determines *how* something can be done. There will be times, indeed many occasions that it seems like giving in is the only rational (mind) thing to do, then, allow your mind to tire and let your heart take over. Persevere to the end.

Self-Control

Self-control: the power of directing or restraining oneself and one’s actions ie. one’s behavior, requires working on the innermost parts of your being, so that all of your behavior becomes under your control, especially your language.

Some people find food to be irresistible, and eat themselves into obesity. Others plunge themselves into debt, unable to restrain their impulse to buy anything and everything. Both obesity and unnecessary debt are born from an inability to control ones desire.

Modern advertising is not helping us, as it appeals not to our true needs, which in reality are basic and few. Instead it is aimed at creating wants and desires in us, which are of course, unlimited. We have a problem when we substitute our language of wants for needs: “I need a new car” or “I need a new dress”. We need to focus on our needs, rather than on our desires. Indeed, if the same energy and drive for accumulating money, power and status, were applied to pursuing honesty, gentleness and love for one another, this earth would change overnight.

Unbreakable Spirit

In any worthwhile endeavor, whether it is martial arts training, school or job related goals, setbacks, difficulties, periods of waning interest can invariably be expected. Realizing this, the good martial artist accepts and even welcomes adversity with an Unbreakable Spirit. By applying resourcefulness, analytical thinking, and patient resolve to overcome problems, the martial artist strives to turn mistakes into positive learning experiences, and failures into success.
Shock, horror and tragedy are a part of human life; it is essential that we have a support system in order to carry us through. Engaging with and developing honest friendships with students at your Choi Kwang Do school will help your spirit to stay strong, and to hopefully remain unbreakable.

Rules for the Dojahng

1. No jewelry is to be worn in the Dojahng.

2. Smoking, chewing gum/tobacco, eating, and drinking are prohibited in the Dojahng.

3. In matted Dojahngs, everyone must remove their shoes before entering. Shoes and other personal belongings are to be kept neatly in the dressing rooms or designated area and NOT left in the school lobby.

4. Students should bow toward flags when entering and leaving the Dojahng.

5. Students should always bow before and after speaking to the Instructor or other students, and use terms of respect such as “Yes, sir (or ma’am)”, “No, sir”, “Pardon me”, etc. Any Instructor’s commands or corrections should be answered with “Yes, sir!” or “Thank you, sir!” (or ma’am as appropriate). If a command or correction isn’t understood, wait for an appropriate moment, then politely ask the Instructor to clarify or explain.

6. All Black Belts will be addressed formally as Mr., Mrs., or Miss. Instructors are to be addressed as “Sah-buhm-nim” or Mr., Miss, or Mrs., and Grandmaster Kwang Choi as “Sah-jo-nim”. Students should memorize the names of their Instructors.

7. Students should bow and say “Pil Seung” as a formal greeting or farewell and not simply say “hello” or “good-bye”.

8. If Grandmaster Choi enters the Dojahng, the senior student will call attention, and everyone should turn towards the flags.

9. Students should not face the Instructor or the flags when adjusting their uniforms.

10. Students should observe common standards of hygiene, such as keeping one’s uniform (Doh Bohk) clean and pressed, keeping one’s own body clean so as not to be offensive, and keeping nails short and clean.
11. Students should move quickly to line up and should stand at attention in order to await the Instructor’s commands.

12. Profanity, obscene gestures or actions, unnecessary roughness toward a fellow student, loss of temper, or other actions unbecoming a martial artist are strictly prohibited.

13. If accidental contact is made during training, students should stop and bow to one another as an apology, and for the other to show acceptance.

14. Loud conversation, laughing in excess, and other horseplay has no place in a Choi Kwang Do school.

15. Leaning, especially on walls or rails, sprawling on the floor, and other slouchy behavior will not be tolerated.

16. Never be disrespectful towards the Instructor. Though a student is allowed to disagree with the Instructor, the student must first follow the Instructor and then discuss the matter later.

17. All belt promotions must be authorized through your Chief Instructor, International Headquarters, or Grandmaster Choi only.

Always remember that what you are learning is potentially a deadly martial art. Choi Kwang Do students are never to initiate violence and must conduct themselves in a responsible and courteous manner both inside and outside the Dojahng.

**Choi Kwang Do Terminology**

**Class Commands:** *(Goo-Ryung)*

- **Attention:** Chah-ryut
- **Bow:** Gyung-yeh
- **Ready:** Joon-bee
- **Begin:** See-jahk
- **Back to ready:** Bah-roh
- **Stop:** Guh-mahn
At Ease: Shee-uh

Without command (in your own time): Goo-ryung Uhp-see

With command (by the count): Goo-ryung Aeh Mah-choo-uh

About turn: Dwee-roh Doh-rah

Dismiss: Heh-sahn

Move forward: Ahp-uh-roh Gah-myuh

Move backward: Dwee-roh Gah-myuh

Switch Stance: Bahl Bah-gwah

**Stances: (Suh-gee)**

Attention: Chah-ryut

Bow: Gyung-yeh

Ready: Joon-bee

Ready Stance: Joon-bee Suh-gee

Back to Ready: Bah-roh

Parallel ready stance: Nah-rahn-hee Joon-bee Suh-gee

Closed ready stance: Moh-ah Joon-bee Suh-gee

Forward Stance: Ahp Suh-gee

Forward guard stance: Ahp Deh-bee Suh-gee

Forward dynamic guard stance: Ahp Dong-juhk Deh-bee Suh-gee

Forward dynamic reverse guard stance: Ahp Dong-juhk Bahn-deh Deh-bee Suh-gee

Backward dynamic guard stance: Dwee Dong-juhk Deh-bee Suh-gee

Side stance: Yuhp Suh-gee
Guard: Deh-bee
Natural: Jah-yuhn
Dynamic: Dong-juhk
Switch Stance: Bahl Bah-gwah
Back to ready: Bah-roh

Body Areas: (Mom wee-chee)
Low Area (Below Belt): Ah-rae
Body (Belt to Shoulders): Mom-tong
Face, Head and Neck: Uhl-gool

Kicks: (Chah-gee)
Front Foot: Ahp Bahl
Rear Foot: Dwee Bahl
Front Foot Front Kick: Ahp Bahl Ahp Chah-gee
Rear Foot Front Kick: Dwee Bahl Ahp Cha-gee
Front Foot Side Kick: Ahp Bahl Yup Chah-gee
Rear Foot Side Kick: Dwee Bahl Yup Chah-gee
Front Foot Swing Kick: Ahp Bahl Hoo-lyuh Chah-gee
Rear Foot Swing Kick: Dwee Bahl Hoo-lyuh Chah-gee
Front Foot Reverse Swing Kick: Ahp Bahl Bahn-deh Hoo-lyuh Chah-gee
Rear Foot Reverse Swing Kick: Dwee Bahl Bahn-deh Hoo-lyuh Chah-gee
Front Foot Heel Front Kick: Ahp Bahl Dwee-goom-chee Ahp Chah-gee
Rear Foot Heel Front Kick: Dwee Bahl Dwee-goom-chee Ahp Chah-gee
Front Foot Downward Kick: Ahp Bahl Neh-ryuh Chah-gee
Rear Foot Downward Kick: Dwee Bahl Neh-ryuh Chah-gee
Front Foot Crescent Kick: Ahp Bahl Bahn-dahl Chah-gee
Rear Foot Crescent Kick: Dwee Bahl Bahn-dahl Chah-gee
Front Foot Twisting Kick: Ahp Bahl Bee-tuhl-uuh Chah-gee
Rear Foot Twisting Kick: Dwee Bahl Bee-tuhl-uuh Chah-gee

Spinning Side Kick: Dohl-myuh Yup Chah-gee
Spinning Reverse Swing Kick: Dohl-myuh Bahn-deh Hoo-lyuh Chah-gee
Spinning Downward Kick: Dohl-myuh Neh-ryuh Chah-gee
Spinning Twisting Kick: Dohl-myuh Bee-tuhl-uuh Chah-gee

Stopping Kick: Bahd-dah Chah-gee

**Blocks**: (Mahk-gee)

Outward Block: Bah-guh-roh Mahk-gee
Inward Block: Ahn-uh-roh Mahk-gee
Low Block: Ah-reh Mahk-gee
Dodge: Pee-hah-gee

**Punches**: (Gee-reuh-gee) and ** Strikes**: (Chee-gee)

Punch: Gee-reuh-gee
Fist: Joo-muhk
Front Fist: Ahp Joo-muhk
Rear Fist: Dwee Joo-muhk

Front Fist Inward Punch: Ahp Joo-muhk Ahn-uh-ro Gee-reuh-gee
Rear Fist Inward Punch: Dwee Joo-muhk Ahn-uh-ro Gee-reuh-gee
Side Fist: Yuhp Joo-muhk
**Back Fist:** Deung Joo-muhk

**Knife Hand:** Sohn-kahl

**Rear Fist Round Punch:** Dwee Joo-muhk Dol-lyuh Gee-reuh-gee

**Forward Dynamic Stance Front Fist Round Punch:** Ahp Dong-juhk Suh Ahp Joo-muhk Dol-lyuh Gee-reuh-gee

**Backward Dynamic Stance Front Fist Round Punch:** Dwee Dong-juhk Suh Ahp Joo-muhk Dol-lyuh Gee-reuh-gee

**Rear Fist Upward Diagonal Punch:** Dwee Joo-muhk Sah-Suhn Ohl-lyuh Gee-reuh-gee

**Forward Dynamic Stance Front Fist Upward Diagonal Punch:** Ahp Dong-juhk Suh Ahp Joo-muhk Sah-Suhn Ohl-lyuh Gee-reuh-gee

**Backward Dynamic Stance Front Fist Upward Diagonal Punch:** Dwee Dong-juhk Suh Ahp Joo-muhk Sah-Suhn Ohl-lyuh Gee-reuh-gee

**Rear Fist Upward Punch:** Dwee Joo-muhk Ohl-lyuh Gee-reuh-gee

**Front Fist Upward Punch:** Ahp Joo-muhk Ohl-lyuh Gee-reuh-gee

**Rear Inward Palm Strike:** Dwee Sohn-bah-dahk Ahn-uh-ro Chee-gee

**Front Inward Palm Strike:** Ahp Sohn-bah-dahk Ahn-uh-ro Chee-gee

**Rear Palm Diagonal Strike:** Dwee Sohn-bah-dahk Sah-Suhn Chee-gee

**Forward Dynamic Stance Front Palm Diagonal Strike:** Ahp Dong-juhk Suh Ahp Sohn-bah-dahk Sah-Suhn Chee-gee

**Backward Dynamic Stance Front Palm Diagonal Strike:** Dwee Dong-juhk Suh Ahp Sohn-bah-dahk Sah-Suhn Chee-gee

**Rear Round Elbow Strike:** Dwee Pahl-goop Dol-lyuh Chee-gee

**Forward Dynamic Stance Front Round Elbow Strike:** Ahp Dong-juhk Suh Ahp Pahl-goop Dol-lyuh Chee-gee

**Backward Dynamic Stance Front Round Elbow Strike:** Dwee Dong-juhk Suh Ahp Pahl-goop Dol-lyuh Chee-gee
Rear Reverse Knife Hand Strike: Dwee Sohn-kahl-dung Chee-gee

Forward Dynamic Stance Front Reverse Knife Hand Strike: Ahp Dong-juhk Suh Ahp Sohn-kahl-dung Chee-gee

Backward Dynamic Stance Front Reverse Knife Hand Strike: Dwee Dong-juhk Suh Ahp Sohn-kahl-dung Chee-gee

Rear Claw Finger Strike: Dwee Sohn-geut Chee-gee

Front Claw Finger Strike: Ahp Sohn-geut Chee-gee

Head Strike: Muh-ree Chee-gee

Knee Strike: Moo-reup Chee-gee

**Directions: (Bahng Hyahng)**

**Front: Ahp**

**Back or Rear: Dwee**

**Side: Yuhp**

**Right: Woo**

**Left: Jwah**

**Reverse: Bahn-deh**

**Inner: Ahn Uh-roh**

**Outer: Bahk Uh-roh**

**About turn: Dwee-roh Do-rah**
**Rank:** (Deung guhp)

Grade: Guhp

Degree: Dan

**General Terms:** (Il-bahn yong-uh)

Certain Victory: Pil Seung

The School – House of Discipline: Dojahng

Uniform: Doh Bohk

Pattern: Hyuhng

Self-Defense: Jah-gee Bahng-uh

Loud yell to bring out Mental and Physical Strength: Ki Hap

Founder of the art (Kwang Jo Choi): Sah-jo-nim

Grandmaster: Tae-Sah-boo-nim

Master: Sah-boo-nim

Deputy Master: Boo-sah-boo

Chief Instructor: Sah-buhm-nim

Deputy/Head Instructor: Boo Sah-buhm-nim

Assistant Instructor: Kyo Sah-nim

Student: Soo-ryun-seng

The Art for Life (Choi Kwang Do): Seng-myung Moo-do

Humility: Gyum-sohn

Honesty: Jung-jik

Gentleness: On-yu

Perseverance: In-nae
Self-Control: Geuk-gee
Unbreakable Spirit: Bool-gool

**Korean Counting:** *(Hahn-gook soot-jah)*

One: Hah-nah

**Two:** Dool

**Three:** Set

**Four:** Neht

**Five:** Dah-suht

**Six:** Yuh-suht

**Seven:** IL-gohp

**Eight:** Yuh-duhlp

**Nine:** Ah-hohp

Ten: Yuhl

**Patterns:** *(Hyung)*

*(White Belt) Humility 1 - One Direction:* Gyum-sohn IL Juhl

*(White Belt Senior) Humility Pattern 1:* Gyum-sohn IL Jahng

*(Yellow Belt) Humility 2 - One Direction:* Gyum-sohn Ee Juhl

*(Yellow Belt Senior) Humility Pattern 2:* Gyum-sohn Ee Jahng

*(Gold Belt) Humility 3 - One Direction:* Gyum-sohn Sahm Juhl

*(Gold Belt Senior) Humility Pattern 3:* Gyum-sohn Sahm Jahng

*(Orange Belt) Humility 4 - One Direction:* Gyum-sohn Sah Juhl

*(Orange Belt Senior) Humility Pattern 4:* Gyum-sohn Sah Jahng

*(Green Belt) Humility 5 – One Direction:* Gyum-sohn Oh Juhl
(Green Belt Senior) Humility Pattern 5: Gyum-sohn Oh Jahng
(Blue Belt) Humility 6 – One Direction: Gyum-sohn Yook Juhl
(Blue Belt Senior) Humility Pattern 6: Gyum-sohn Yook Jahng
(Purple Belt) Humility 7 – One Direction: Gyum-sohn Chil Juhl
(Purple Belt Senior) Humility Pattern 7: Gyum-sohn Chil Jahng
(Red Belt) Humility 8 – One Direction: Gyum-sohn Pahl Juhl
(Red Belt Senior) Humility Pattern 8: Gyum-sohn Pahl Jahng
(Brown Belt Pattern) Humility 9 – One Direction: Gyum-sohn Goo Juhl
(Brown Belt Senior) Humility Pattern 9: Gyum-sohn Goo Jahng

Appendix A: How to Tie Your Belt Properly

Step 1

Hold the belt with both hands, centering the middle of the belt at your waistline. Both ends should hang evenly.

Step 2

Bring both ends of the belt behind you letting them cross at the back. The left end of the belt should cross over the right end as shown.
Step 3

Now tuck the left end under the belt and the right end over the belt letting both ends cross at the front. The belt should now form one even line at the back and should not be twisted (as shown from the rear view). Belt should cross over in front as shown from the front view with both ends even.

Step 4

Now tuck the right end of the belt over and under both loops of the entire belt to hold together in the front as shown.
Step 5

Now bring the left-hand end of the belt over and under the right end and pull to make a square knot. Both ends should be even and the belt should not be twisted anywhere.

Appendix B: Uniform Patch Placement
The Pil Seung patch is to be sewn on the right side of the front of the uniform even with the Choi Kwang Do patch.

**Choi Kwang Do Patch**

The Choi Kwang Do patch is to be sewn on the left side of the uniform over the heart.
United States of America

Your Country’s Flag is to be sewn on the right sleeve just below the right shoulder seam.

Korean Flag

Republic of Korea

The Korean Flag is to be sewn on the left sleeve just below the left shoulder seam, red side up.