



CKD STUDENT EXPRESS

Helping students of all ages grow both mentally & physically since 1987!

Overcame ADHD and Dyslexia



From an early age we knew our son, Jordan, had problems with his fine motor skills. When Jordan started school he realized that he had other problems such as being unable to stay focused on tasks and completing class assignments. Jordan would be punished repeatedly for not finishing his work which was a constant frustration for him. When I asked why he couldn't get his work done he simply replied, "There is too much noise and I can't concentrate." It broke my heart when he told me he wanted to be normal like other children. I expressed my concerns to his teacher and principal regarding Jordan's emotional state and self-esteem.

In 1998, Jordan was tested and found to have ADHD, Dyslexia and a writing disability even though he had a high IQ. He was put on Ritalin and placed in special education classes in school. This resulted in him being taunted by other children

and called names such as retarded or slow. The special Ed classes did help Jordan but it was Jordan that was his own worst enemy because of his desire to please everyone and be a perfectionist. He would often make himself sick anticipating a test the next morning and needed to be calmed down and reassured.

When Jordan started Middle school the problems got worse. He felt lost and showed signs of being afraid because of the much more hectic schedule. He then started suffering from bad anxiety attacks and on one particular school morning refused to get out of the car. After a school counselor contacted an Intervention program, he was put on an anti depressant drug and was put in the care of a psychologist and psychiatrist for a few months. It wasn't easy for my husband and me to make the decision to home school Jordan, but we felt like we had to give it a try in order to help our son. It's been two years and since that day in middle school and I'm proud to say that Jordan isn't under the care of any doctor other than his medical doctor and doesn't take any medication for his ADHD or anxiety.

Jordan, at the age of five loved watching Chuck Norris movies. He always imitated his moves saying, "one day

I'm going to be a Black Belt." Four years ago, my husband enrolled Jordan in Choi Kwang Do and he was so excited. The main reason was to build his self-confidence and self-esteem. On September 13, 2003 Jordan accomplished his goal of becoming a Black Belt. On that very day his entire life changed. Everything started to fall into place for Jordan. Not only is Jordan a Black Belt, but he is also on the demo team and in September of 2004, he became an Assistant Instructor. Jordan, now 14, can be found everyday at Choi Kwang Do except on Sunday because Choi Kwang Do is closed on that day. My husband and I thank God for bringing Choi Kwang Do into our son's life. I feel in my heart that God has a special plan for Jordan to encourage all people to "Do your best and never give up"

Jordan Leiva, 3rd Degree Black Belt and Head Instructor, Kennesaw Choi Kwang Do,
www.kennesawckd.com



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Volume I Issue 4
October 2011

Choi Kwang Do Georgia's Newest Students

On behalf of Grandmaster Choi, we would like to welcome all our new members. We look forward to sharing in the benefits of your Choi Kwang Do training, Pil Suhng!

- Carl Periera
- Colin Periera
- Beth Periera
- Austin Truman
- Holden Cardon
- Suzann Benefield
- Scott Voss
- Kelli Voss
- Joey Voss
- Jake Vos
- Madison Davis
- Riley Davis
- David Sayers
- Olivia Sayers
- Jay Sayers
- Katie Sayers
- Kelly Sayers
- Bond Almand
- Anna Russell
- Schoch Weaver
- Declan Johnson
- Nico Potasz
- Griffin Mays
- Sara Ryan
- Brandy Buchanan
- Hunter Brodgen
- Faith Butler
- Sarah Nsah
- Samuel Coan
- Joe Wilder
- Mykle Brown
- Kurt Price
- Wesley Price
- Rose Seibert
- Graham Ard
- Nicolaus Ard
- Drew Chase
- Baxter Keib
- Madelym Keib
- Amy Melonakos
- Connor Fitch
- John Watson White
- Alex Strupp
- Omar Ramani
- Connor DeFrost
- Sophia Faucher
- James King
- Spencer Markwald
- Emily Webb
- Tyrese Turner
- Mason Crankshaw
- Keeley Taylor
- Stephen Smith
- Grant Smith
- Johnathan Meaders
- William Lines
- Walker McBride
- Nancy McBride
- Grayson Rodgers
- Nathan Berry
- Nathan Clark
- Cameron Ivey
- Katie Beth Ullmer

Halloween Holiday Fun & Safety

I am sure all the parents and children know Halloween is on its way! In this section we will go over some general rules for a safe holiday. We urge all parents to actively participate in all holiday activities with ALL children under 12 years old. Children should practice these six safety rules while “trick-or-treating”.

Rule one: STAY IN GROUPS! Groups of three or more are very important for safety. I am sure everyone has heard the term “safety in numbers.” Well, its true. Children are less likely to be abducted when they stay in groups. Also, the possibility of escape from abduction is greater when in a group.

Rule two: Only go into areas that are well lit. Criminals usually like to operate in darkness to hide their crimes, so street lamps and porch lamps can help keep the “bad guys” away. You should also keep a flashlight with you, just in case!

Rule three: Look for the welcome signs. In our world today people actually leave “welcome” signs out for “trick-or-treaters.” The sign that you are welcome is the outdoor lamp in front of homes being lit. When you see an outdoor lamp lit, the family is saying that they have treats and you are welcome to come to the door. If the lamp outside is turned off, it usually means that the family is not participating in the holiday fun or is away.

Rule four: Always have an agenda for the night. You and your friends should pick your path for the night and stay on that path. Make sure your parents know the path you will be taking, so if there are any problems someone will know where to look for you! Have reflective clothing or bags to make yourself more visible to people driving.

Rule five: Check you candy. Get your parents to help you inspect your candy. Get rid of any candy that looks like it has been tampered with in any way.

Rule Six: HAVE FUN!

Remember, if you get candy say, “Thank you.”

Be kind to those with the porch lamp out; they may have a sleeping baby so do not disturb them!

Remember the student promise on Halloween:

- 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



October 2011

* denotes an event that day, see page 5 for details on events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1*
2	3	4	5	6	7	8*
9	10*	11	12	13*	14*	15*
16	17	18	19	20	21	22*
23	24	25	26	27	28*	29*
30*	31* Halloween					

Birthdays for October

- 3rd—Jade Najarro
- 3rd—Alex Lantrip
- 3rd—Tim Weatherby
- 4th—Chase Clark
- 4th—Asa Shepard
- 6th—Kaylee McGiveran
- 6th—Jason Anderson
- 10th—April Ellis
- 11th—Judy Anderson
- 11th—Madison Kitner
- 15th—Vaughn Fletcher
- 16th—Michael Coopriider
- 17th—Austin Fletcher
- 18th—Connor DeForest
- 22nd—Suzann Benefield
- 22nd—Ian Johnson
- 23rd—Mark Turner
- 22nd—Makayla Harring
- 24th—Will Boswell
- 26th—Lily Akins
- 26th—Nicholas Campanga
- 28th—Andrew Key
- 28th—Riley Butler
- 28th—Jacob Loughman

Local Academy Dates of Interest

International CKD:

- Actively preparing and planning the 25th Anniversary Seminar and Events, Stay tuned.

Canton CKD:

- October 8th—Color Belt Testing
- October 10th—Belt Promotion Ceremony

Cartersville CKD:

- October 1st—Demo Team Practice
- October 8th—Color Belt Testing
- October 10th—Belt Promotion Ceremony @ 6:30
- October 13th—Demo Team Practice
- October 15th—Euharlee Festival & CKD Demonstration
- October 15th—Instructor Training in East Cobb
- October 28th—Halloween Parents' Night Out Party

Kennesaw CKD:

- October 8th—Color Belt Testing
- October 10th—Belt Promotion Ceremony

Smyrna CKD:

- October 8th—Color Belt Testing
- October 10th—Belt Promotion Ceremony

East Cobb CKD:

- October 8th—Color Belt Testing
- October 10th—Belt Promotion Ceremony

Acworth CKD:

- October 8th—Testing @ West Cobb CKD
- October 14th—Testing @ Timothy Ministries
- October 22nd—NO CLASSES, Service project @ Shiloh Food Pantry
- October 29th & 30th—Trick or Treat Street Eagle Pointe Church

West Cobb/Paulding CKD:

- October 8th—Color Belt Testing @ Boots Ward

Towne Lake CKD:

- October 8th—Color Belt Testing

There may be other Choi Kwang Do or community events happening in your area that have not been reported! If you know of an important upcoming event in your area of training, please bring it to the attention of the CKD Student Express staff by emailing the information to info@exploitedimages.com

We welcome your feedback! Please let us know what you think about this issue and what you would like to see in future issues. We would love to hear from you, just email us at info@exploitedimages.com.

Don't see your school information here? Ask your instructor about getting involved with the CKD Student Express. We look forward to reaching all students in the Georgia area and providing friendship, camaraderie, important information and events to all!

Recent Event Highlights

Choi Kwang Do host movie night

Cartersville Choi Kwang Do hosted a free action movie night for all the students and their families. There was no shortage of explosions, action, martial arts, and excited Choi Kwang Do families! Stay tuned for the next movie night!

Electric!!

Another fantastic Black Belt testing was held in September. It would be an understatement to say that the air was “electric” with the excitement of those testing and their loved ones cheering for them. Those new Black Belts sure do look good on those who earned them last month!!!



Instructors Learning Clinic

September took us back to Kennesaw to learn under the guidance of Grandmaster Pereira.

Fundraiser Choi Kwang Do Cookbook

The Choi Kwang Do Cookbook is being headed by Mrs. Abby Smith of Cartersville. It is being put together as a fundraiser for the Choi Kwang Do schools. Being an international organization we are hoping to get many recipes from different cultures as well as classics from right here in the USA! If you would like to submit a favorite recipe, please send them to Mrs. Abby by email: abbysmith@yahoo.com

Safety First!

Cartersville CKD hosted a CPR/AED/First Aid training and certification seminar. Mr. Duane Johnson (US Army Sergeant Major) trained the staff at Cartersville CKD to be safe and to save lives. Thank you for your dedication and helping the students of Choi Kwang Do to learn even more about bettering the lives of others.



We would like to welcome new Black Belt Club members Gordon Ezey, Mackenzie Gillum, Luke Gunter, & David Hall. A big congrats also goes out to new STORM Team members Dakota Denson, Austin Floyd, Tyler Mabey and Caitlin Moore! Way to set positive goals, keep up the good work, and stay focused.

Your Choi Kwang Do Questions Answered

Random students/parents:

I thought Black Belt was the highest level. What else is there to learn once you are a Black Belt?

CKD Student Express :

This question is much older than Choi Kwang Do and would likely go back as far as there were belts to earn or martial arts to learn!

In Choi Kwang Do there are 9 Degrees of Black Belt, the highest to be held only by its founder, Grandmaster Kwang Jo Choi. While a student studies Choi Kwang Do as a color belt (White—Brown Senior), they are learning all the basic movements and concepts that the art has to offer. The color belt levels offer great self defense skills and a fantastic workout but the lessons are far from over at Black Belt! At First Degree Black Belt a student is said by many instructors to be someone who has mastered the basics and is ready to learn the advanced movements, patterns, and drills.

You may or may not be aware, but our brains and bodies are able to adapt to many things including a workout or movement. Once the body adapts to a physical exercise, it stops responding to it because it feels it is already prepared for such activities. Once you get to the Black Belt level and beyond, you learn more challenging variations of your basic movements along with new drills to not only work your body but to re-stimulate your mind. Simply re-stimulating your mind can be all it takes to get over what is called a physical plateau and begin seeing results again. Also at the higher ranks a student usually begins to develop a greater understanding of the movements and the way the body is designed to move. The higher ranks are also where many of the finer aspects of martial arts begin to be better understood and practiced, like patience, gentleness, and humility.

There are also special titles given to certain ranks to show the hard work, P'il Suhng spirit, dedication, skill level, and seniority of those who attain them. Members become an international instructor at 4th Degree, Master instructor at 5th degree, Senior Master Instructor at 7th Degree, and Grandmaster at 8th Degree.

When you stay the path and move further up in the Black Belt levels, you will continue to receive more benefit. The sky is the limit! How far can you go?

Please send any questions you have wondered about and they may end up answered here! Send your Name and question to info@exploitedimages.com with CKD Question in the subject line.

We would like to welcome these members to Choi Kwang Do Black Belt Excellence! Way to go everyone!

1st Degree Black Belt (IL Dan) 2nd Degree Black Belt (EE Dan) 3rd Degree Black Belt (Sam Dan)

- | | | |
|------------------------------|----------------------------|-------------------------|
| • Jahsiah Carter | • Ethan DiBlasi | • Daniel Packard |
| • Jonathan Carter Sr. | • Clay Reid | |
| • James Crawley | • Christine Jackson | |
| • David Lopez | • Tony Jackson | |
| • Ty Beaty | • TJ Jackson | |
| | • Areanna Jackson | |

25th Anniversary of Choi Kwang Do



The details and itinerary for the 25th Anniversary of Choi Kwang Do have been announced. The CKD Student Express will be kept up to date with the latest plans and dates for all events. The event will last from Monday March 25th, 2012 all the way until Tuesday April 3rd 2012. That's more than a week of celebrations, so make sure you keep your calendar free to come and join in the festivities.

Monday March 26, 2012:

- Welcome All Students, Instructors, and Families.

Tuesday March 27, 2012:

- Black Belt Tests: 1st Degree-3rd Degree
- 4th Degree and Above [Times TBA]

Wednesday March 28, 2012:

- Choi Kwang Do Contest Individuals and Teams

Thursday March 29, 2012:

- Choi Kwang Do Contest Individuals and Teams

Friday March 30, 2012:

- Sightseeing- Coca Cola, CNN, Martin Luther King, Aquarium, and Downtown Atlanta

Saturday March 31, 2012:

- 25th Anniversary Seminar, Contest Finals and Dinner Banquet
- Grandmaster Kwang Jo Choi's 70th Birthday Celebrations

Sunday April 1 2012:

- Fun Day/Picnic

Monday April 2, 2012:

- Choi Kwang Do Business Meeting for School Owners

Tuesday April 3, 2012:

- Goodbyes and Farewells to the Choi Kwang Do Families from Around the World!

Name _____

Word Search



- At Attention (CHAR-RIOT)
- A yell brining out energy (KI-HAP)
- Pattern (HYUNG)
- House of discipline "The school" (DO-JANG)
- Degree (DAN)
- Grade (GUP)
- The art (or way) of Grandmaster Kwang Jo Choi (CHOI KWANG DO)
- Bow (KYUNG-YAE)
- Ready (JOON-BEE)
- Begin (SEE-JAHK)
- Back to ready (BAH-RO)
- Stop (GUH-MAN)
- Dismiss (HAE-SUN)
- Switch stance (BAL BA-KWA)
- Punch (JIRUH-GEE)
- Strike (CHEE-GEE)
- Block (MAK-GEE)
- one (HANAH)
- two (DOOL)
- three (SET)
- four (NEHT)
- five (DASUT)
- six (YUH-SUHT)
- seven (ILGOP)
- eight (YUH-DUHL)
- nine (AH-HOP)
- Ten (YUHL)

I want to be in the Black Belt Club in my Choi Kwang Do Class

Thank you for inviting me to be in the Black Belt Club. I enjoy Choi Kwang Do because it is lots of fun. I like getting good exercise and staying healthy while I learn new skills with my friends! I also enjoy Choi Kwang do terms because I enjoy learning the Korean language. It is fun to learn a new language.

I also like the physical exercise in class. I like hitting things! And I like knowing self-defense. I also like learning more about flexibility and how to keep my muscles strong and healthy. It is interesting to me that in Choi Kwang Do, we are taught to move as our body naturally moves. For example, I enjoyed learning the proper way to do a head roll. If you do a head roll moving all the way around, you will hear cracking, that is because this is not a natural roll for the spine. I got to show my Mom and Dad how to do head rolls properly, and my parents thanked me for that!

I enjoy the ceremonies when we learn new belt levels. I like the nickname, "Bumble Bee" for my belt level, because I am a Yellow Senior Belt. A Yellow Senior Belt is yellow, with a black stripe, so it looks like a bumble bee, so it is nicknamed "Bumble Bee Belt". I like feeling the new accomplishment of earning a new belt level. It feels good to do my best and earn new levels while I learn new things. I like power moves and learning about sequential motion.

I felt very proud when I earned my safety gear. I like doing defense drills. I like Dodge Pad and I like standing in the circle and slapping pads so I won't be all stiff. I like The Dark Alley Game, I like fighting off criminals in a dark alley. I guess I just really like getting the bad guys!

I apply myself to have energy, humility, honesty, gentleness, perseverance, self-control, and unbreakable spirit. I like Timothy Ministry and I like serving on The Food Committee, we make meals for people in the Timothy Ministry who are going through a hard time. I also assist my volleyball Coach in her class this year. I also serve at church, we make breakfast for our brothers every last Saturday of the month and we go serve breakfast to the people in Canton who might not have enough to eat. I am going to help my Mom with devotionals at Master's Fine Arts Academy this year and I am one of the older girls in my American Heritage Troop this year so I will get to help out there as well. Last year I earned The Bronze Presidential Service Award for Service to my community. One of the reasons I know how to serve is because of the things I learn from Choi Kwang Do. The things I learn in Choi Kwang Do help me to serve in my church and in my homeschooling routine.

My Mom is sick. She has a Chronic Pain Illness. So she really teaches us a lot of P.E. and how to be physically fit. My mom makes sure we get P.E. classes and I've taken volleyball for two years and this year I am an assistant to my volleyball coach. We also ride stationary bikes and we swim. We try to make healthy choices in our meals and our family rule is that we must have a serving of vegetables and a serving of fruit with every meal. My mom really tries to make sure we stay healthy! So, we are excited that The Black Belt Club will be part of our homeschooling this year.

My Mom taught us Proverbs 31:17, it is a Bible verse that says women need to stay strong and be physically fit. My Mom is a good Mom with this, even though my Mom sick, My Mom works very hard to stay fit. My Mom lost 60 pounds last year and she is working on getting healthier this year, too. So, we are working at getting healthier together.

Thank you for inviting me to join the Black Belt Club. My goal is to get to Blue Belt and then to Black Belt.

11 Year Old Acworth CKD Yellow Belt Senior

How I ended up in Choi Kwang Do

I cannot begin to describe how excited I am about martial arts. Let me begin with my first experience in martial arts. I started when I was about 11 years old and began training in Tae Kwon Do where I completed in tournaments and achieved Black Belt. Later after a break from martial arts, I did a small amount of training in Japanese Shito Ryu style Karate.

Finally, I joined Choi Kwang Do, unsure of what to make of a "Health Art". As I quickly found out, the health isn't the core that everything pivots on, but a mindset that is behind every portion of the art. I have fun learning a martial art while strengthening my body at the same time all while knowing that what I am doing is healthy for my body. It has been a long hard road, even for me, but I cannot wait to test for Black Belt.

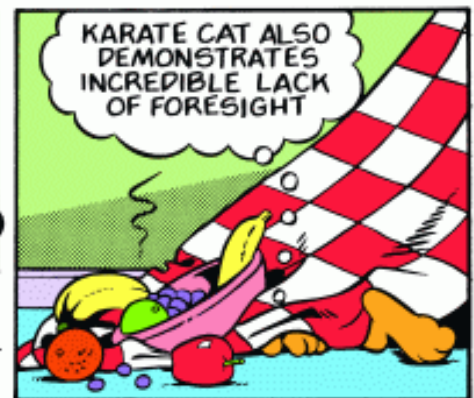
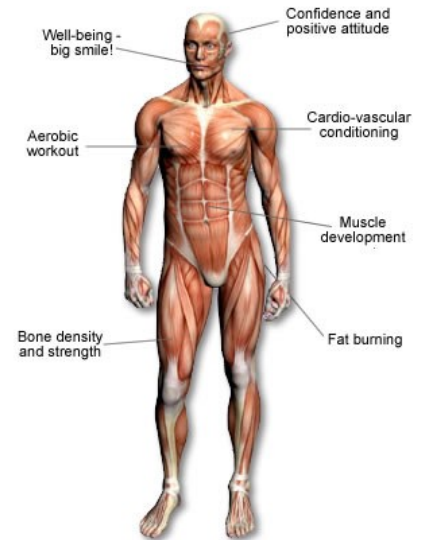
More importantly though: I cannot wait to welcome many of you, my fellow students, to the rank of Black Belt. I know many of you have set Black Belt as your goal and I want to be there to welcome you and congratulate you on your hard work that has been an inspiration to me as I worked on my Black Belt. So keep studying and helping other you meet in CKD and in life. Best wishes to all from Macon, GA

Pil Suhng!

Mr. James Crawley - Head Instructor IL Dan

[Choi Kwang Do Study Aid of the Month](#)

This months Choi Kwang Do training aid is the official Choi Kwang Do book by Grandmaster Kwang Jo Choi! The hard back first edition is 720 pages of history, science, technique, stretching, biomechanics, research, nutrition and much more all with full color illustrations. This book is a must for all instructors and anyone else who is serious about getting the most out of their training. Featuring the Choi Kwang Do curriculum up to 2nd Degree Black Belt as demonstrated and explained by Sahjonim Choi himself. See your instructor today to see about getting your own copy of this fantastic book or to see about getting one to give to someone you care about during the holidays!



[Choi Kwang Do Fun-raiser!](#)

Abby Smith from Cartersville Choi Kwang Do is putting together a cookbook that will be used as a fundraiser for the upcoming 25 year Celebration. We are looking for the best recipes around to include in the cookbook! We are an international organization so we would like to see some good Southern food but are also looking for international dishes to be included from different cultures and parts of the world. If you would like to submit a recipe, please email it to abbynsmith@yahoo.com. Stay tuned for more details on the Choi Kwang Do Martial Art International Cookbook as they develop.

[Congrats to the Tiny Tiger graduates of Cartersville Wyatt, Brandon and Houston! Be on the look out for these three in class with the big kids!](#)

[Choi Kwang Do Family Martial Art Academies of Georgia](#)

Atlanta Choi Kwang Do - www.atlantackd.com - 770-413-1770

Acworth Choi Kwang Do - www.acworthckd.com - 770-833-9890

Buford Choi Kwang Do - www.bufordckd.com - 770-271-8822

Canton Choi Kwang Do - www.cantonckd.com - 770-345-8045

Cartersville Choi Kwang Do - www.cartersvilleckd.com - 678-721-5166

Conyers Choi Kwang Do - www.conyersckd.com - 404-556-3931

Decatur Choi Kwang Do - www.decaturchkd.com - 404-556-3931

Dacula Choi Kwang Do - www.daculackd.wordpress.com - 770-237-3330

Kennesaw Choi Kwang Do (Head Quarters) - www.kennesawckd.com - 770-422-1020

East Cobb Choi Kwang Do - www.ckdeastcobb.com - 770-875-5157

West Cobb/Paulding Choi Kwang Do - www.ckdwestcobb.com - 770-356-6993

Smyrna Choi Kwang Do - www.ckdsmyrna.com - 770-875-5157

Snellville Choi Kwang Do - www.snellvilleckd.com - 770-982-4253

Stone Mountain Choi Kwang Do - www.greateratlanta.com/ckd - 770-469-8379

Suwanee Choi Kwang Do - www.suwaneekd.com - 770-354-1510

Tucker Choi Kwang Do - www.tuckerckd.com - 770-876-7049

Woodstock Choi Kwang Do - www.townelakeckd.com - 770-928-8557

Lawrenceville Choi Kwang Do - 770-712-3107

Lithonia Choi Kwang Do - 770-714-0725

Gainesville Choi Kwang Do - 678-410-8503

Lilburn Choi Kwang Do - 404-578-0125

There are also many after school, daycare, private school, community center and church Choi Kwang Do programs available, check out the locations page @ www.choikwangdo.com to see a full list of all satellite Choi Kwang Do school both here in Georgia and around the world.

The CKD Student Express is an Ei production.

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