

CHOI KWANG-DO

Elementary After School Program

www.ckdwestcobbga.com

About CHOI KWANG-DO:

Choi Kwang-Do is a unique and innovative martial art that offers its students a comprehensive system to learn effective self-defense while optimizing their health and ability to achieve personal goals. Designed by Grandmaster Choi, **Choi Kwang-Do** is based on the most current scientific understanding of body mechanics and movement to optimize power, balance and mobility. In our classes, we will help students develop confidence, self-control and discipline, while improving physical coordination and the ability to follow instructions.

Many children who would greatly benefit from participating in martial art classes may never have the opportunity to do so. Often, with both parents working, reaching a martial art school in time for instruction can prove difficult. The **Choi Kwang-Do** after school program will bring instruction into the school for those in ASP as well as those usually going home. Classes will be held once a week from 2:30-3:15pm for Kindergarten through 5th grade. The cost of \$159 includes 12 classes and an official **Choi Kwang-Do** uniform (\$30 value). One FREE trial class will be offered for all interested students.

Your School's PTA will receive 10% of the total tuition collected

PROGRAM FOR CHILDREN:

Our children's program is an educational process. It is NOT an activity or sport such as baseball or soccer. We believe that fighting is NOT a game or a sport and should never be treated as such. With the elimination of "tournaments" and "free sparring", students are not subjected to the humiliation of defeat or the false confidence of "winning" in unrealistic activities. Instead, **Choi Kwang-Do** classes provide for a safe and non-competitive environment in which basic family values and character development are taught. Children are taught to show respect for others, especially parents and teachers. They learn the value of self-discipline and self-respect. Our students learn to focus their minds, to dramatically heighten their attention span, and to experience the rewards of simple hard work.

All of this is accomplished in a positive and FUN manner. Our program makes learning exciting, increasing a student's desire to learn. With a positive attitude towards learning comes an eagerness to set and achieve new goals.

THE JUNIOR PROMISE

To always do my best and never give
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

BENEFITS FOR CHILDREN

Increased self-confidence
Improved concentration
Respect for others
Leadership skills
Goal setting skills
Physical conditioning

PRINCIPLES OF CHOI KWANG-DO

HUMILITY
HONESTY
GENTLENESS
PERSEVERANCE
SELF-CONTROL
UNBREAKABLE SPIRIT

ABOUT YOUR INSTRUCTOR

Your instructor, **Master Beverly S. Busker** is a 5th Degree Black Belt who has trained under **Grand Master Kwang Jo Choi** for nineteen years. She is the first female Master in the art of **Choi Kwang-Do** worldwide. She also has a B.S. Degree in Physical Education from Georgia Southwestern College where she graduated Cum Laude in 1976.

Master Busker is a Chief Instructor, Certified Belt Promotion Examiner, Certified Self-Defense Instructor and the former Captain of the Georgia Area Demonstration Team. She teaches **Choi Kwang-Do** at her school on Hwy 120 in Dallas, GA, as well as other local schools and child care facilities.