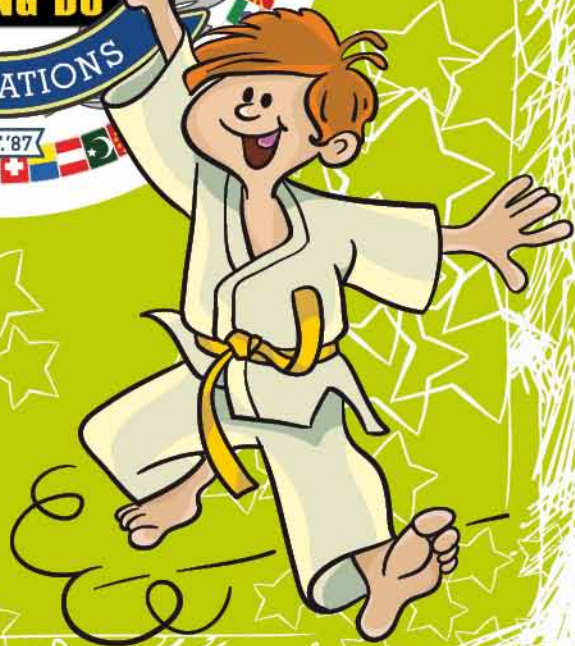


# CHOI KWANG DO





**"Be realistic - demand the impossible!",  
«Essential Solutions»**

It's a special day today. We invite you to follow us to boundaries of possibility. One of the most important choices in your life is now being taken.

## **WELCOME**

Since ancient times prosperity of the human race and tribes has been in the hands of the smartest, cleverest, bravest and strongest people.

You are a worthy heir of those great warriors, hunters and adventures who were able to lead people and whose memory remains a legend.

You are one of a kind. "Essential Solutions" is giving you the right to be a member of a modern age private caste.



**CHOI KWANG  
DO martial art  
Children here are  
training for free**

International Master Instructor  
Nikolay Skipalskiy

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Prepared by Pavel Novikov





## OBJECTIVES:

To develop free CKD trainings organized by OFME. Essential Solutions in order to improve the Russian gene pool and its self-defense skills for the Homeland protection. In addition, to prepare a sports team for the Russian and international CHOI KWANG DO championships.

## Professional Duties:

Individual trainings and free group classes. Teaching theory and its practical application.

Student's participation in championships held all over the globe.

Assistance in organizing and conducting competitions.

## Disciplines:

CKD martial art for health improvement

CKD martial art for fitness

CKD martial art for productivity improvement

## Best Results:

- Student
- Instructor Assistant  
(Instructor Leonid Rummyantsev)
- 1st place winner in the Moscow Championship
- 1st place winner in the Moscow Championship
- 1st place winner in the World Championship among black belts participants aged 13-15 years (June 2013, London, UK).
- Gave seminars, specific trainings and master classes.
- Trained sportsmen of the Astrakhan Region team to participate in the World Championship Choi Kwang Do - UK 2013.
- Gave seminars and trained sportsmen of the Khabarovsk Region team, which participated in the Far East Taekwondo Championship 2012 and took the 1st team place.
- Prepared 34 Taekwondo WTF champions/winners.
- Prepared 2 medalists and 1 Taekwondo WTF Russian champion/winner.
- Prepared 1 champion/winner of Taekwondo WTF tournaments, championships and cups who participated in the Olympic Games and took the 6th place.





### About Instructor:

Was born on February 28, 1972.

Became involved in sport activity in 1978.

#### Sport Achievements:

- Winner/champion of the Astrakhan Region in Sambo, Judo and Karate.
- Silver medalist of the Open International Karate Championship (Finland, 1992). Master of sports of international class.
- Taekwondo WTF winner/champion of the Astrakhan Region, the southern Russia, Russia and USSR. Master of sports.
- Winner/champion of the Astrakhan Region in Athletics. Master of sports.
- Winner/champion of the Astrakhan Region in Acrobatics. Master of sports.
- Chief Instructor of the European Choi Kwang Do.
- International Master Instructor of Choi Kwang Do and Taekwondo. Black Belt - 5th dan.
- International Instructor of Hapkido. Black belt - 3rd dan.
- Instructor of Shotokan Karate. Black belt - 2nd dan. Judo. Black belt - 2nd dan.



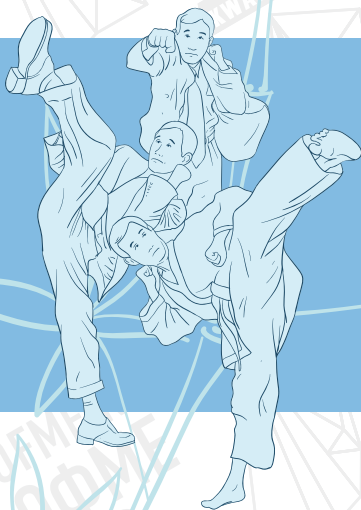
## Place of Work:

Choi Kwang Do Martial Art International headquarters -  
Atlanta, Georgia, USA.

Choi Kwang Do Martial Art European headquarters -  
Lisbon, Portugal.

OFME. Planet Earth, "Stalnye Yaytsa" ("Balls of Steel")  
private club.





# Evolution of Choi Kwang Do Martial Art International

Grandmaster Kwang Jo Choi (or simply Choi), the founder of Choi Kwang Do, was born on March 2, 1942 in Daegu City, Korea. He began his formal study of martial arts at the age of 12 under the famous Master Instructor Dong Ju Lee.

Driven by the need to survive in the war torn streets of South Korea and innate desire for perfection, young Kwang Jo Choi soon became one of the star students (and the 9th dan holder) of Grandmaster Choi Yong Sool, founder of Hapkido and citizen of Daegu City.

During his tenure in the Korean Army, the Grandmaster Choi began his study of Taekwondo under General Choi Hong Hi, his remote relative and the founder of this martial art. Through Kwang Jo Choi's diligence and dedicated training at the age of 25 Choi was awarded the prestigious title of Chief Instructor in the "**International Taekwondo Federation**" (ITF).



Motivated by his desire for self-improvement and dedication to the advancement of the martial arts, Grandmaster Kwang Jo Choi searched for ways to improve techniques and teaching methods of his predecessors.

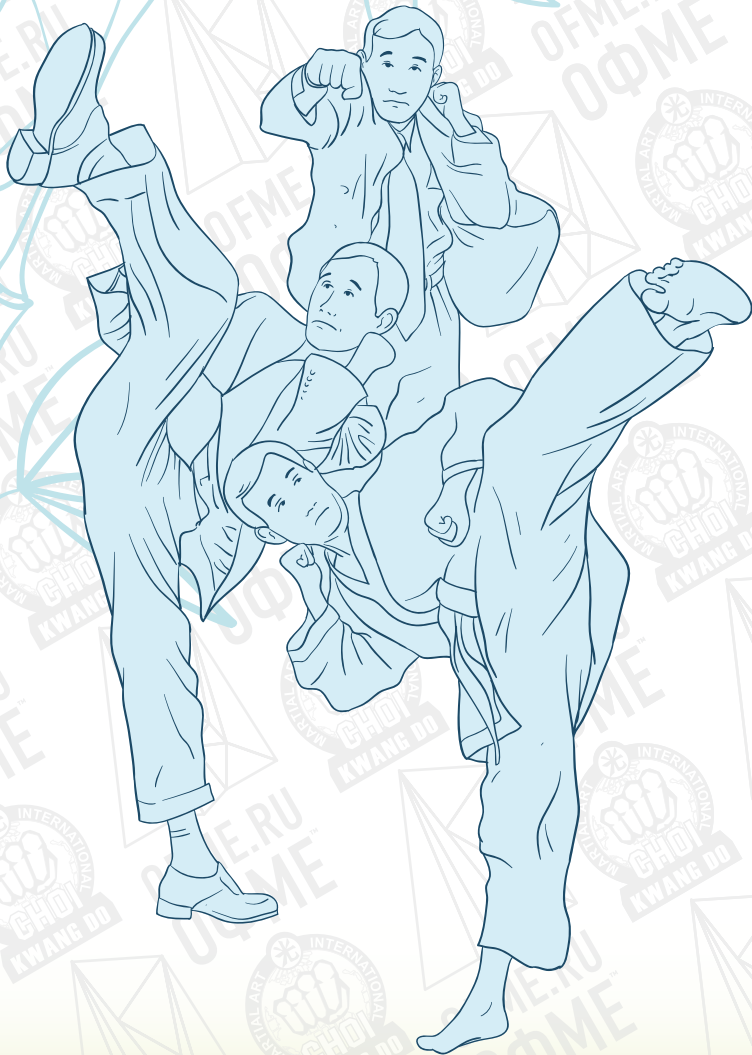
He felt that many traditional techniques (used in martial arts) were too stylized and rigid for practical self-defense. Moreover, many of them could harm the body and over the long term be detrimental to one's health.

Based on these observations, coupled with years of research and practical experience, Grandmaster Kwang Jo Choi had fully redeveloped the theory of martial arts. On March 2, 1987 he officially introduced an entirely new martial arts form "Choi Kwang Do Martial Art International".

The basic Choi Kwang Do techniques include basic punches and kicks, as well as strikes and basic elements to extract oneself from an attacker. Much attention is paid to work with a partner, as well as to practicing patterns, using various sports equipment. Protective gear helps avoid injuries, while technique itself, based on biomechanical principles, minimizes impact of dangerous elements use.

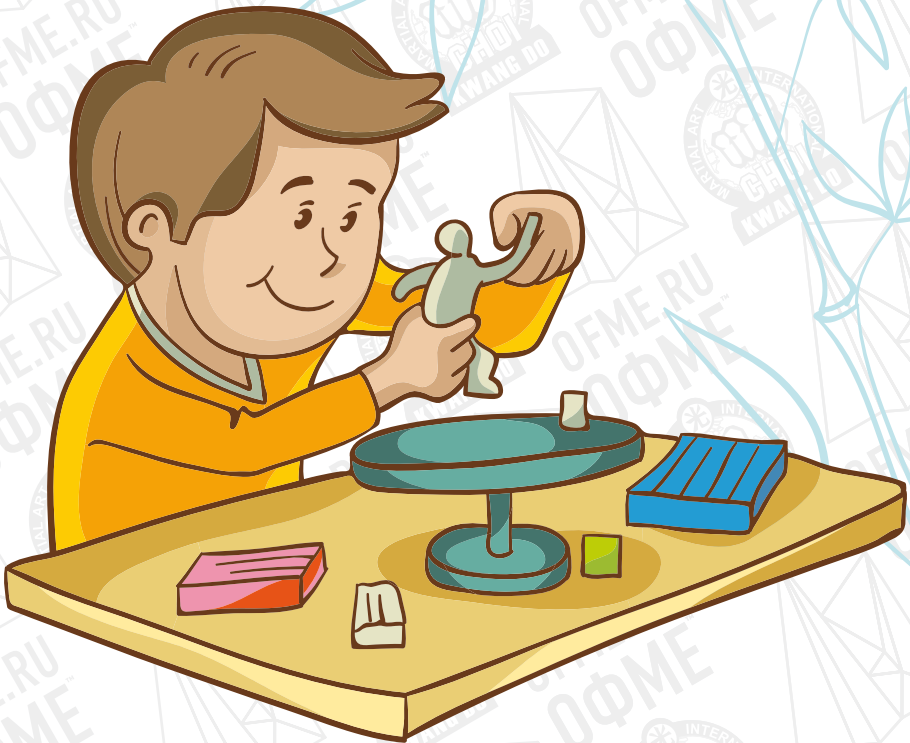


This new martial art was introduced for police, army and sports centers teaching self-defense. Today, Choi Kwang Do is officially accredited in 54 countries and is considered the fastest growing martial art in the World.



# Homework #1

Using colored plasticine, make a sculpture of yourself executing Ahp Chee-gee strike.

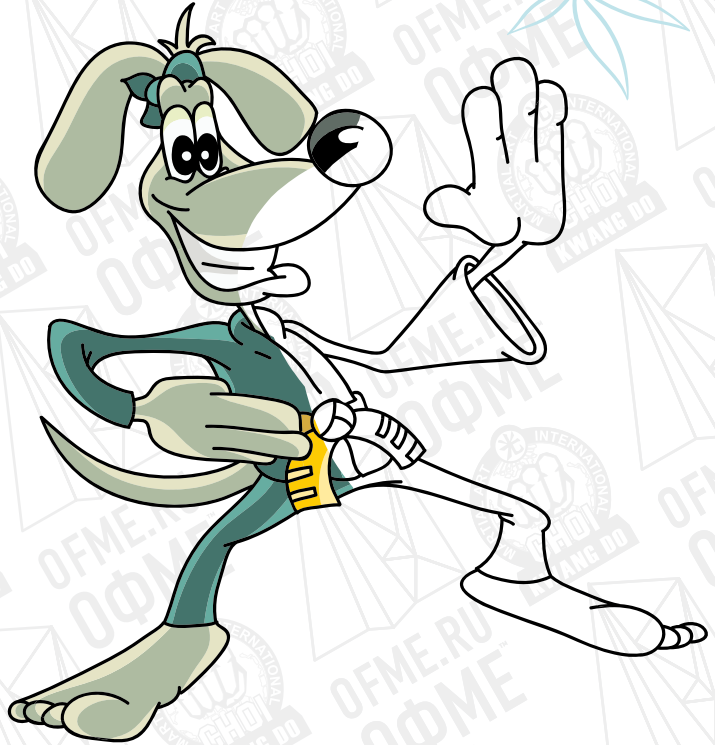


Bring your work to the class, show to your teacher (instructor) and get a "star".



# Homework #2

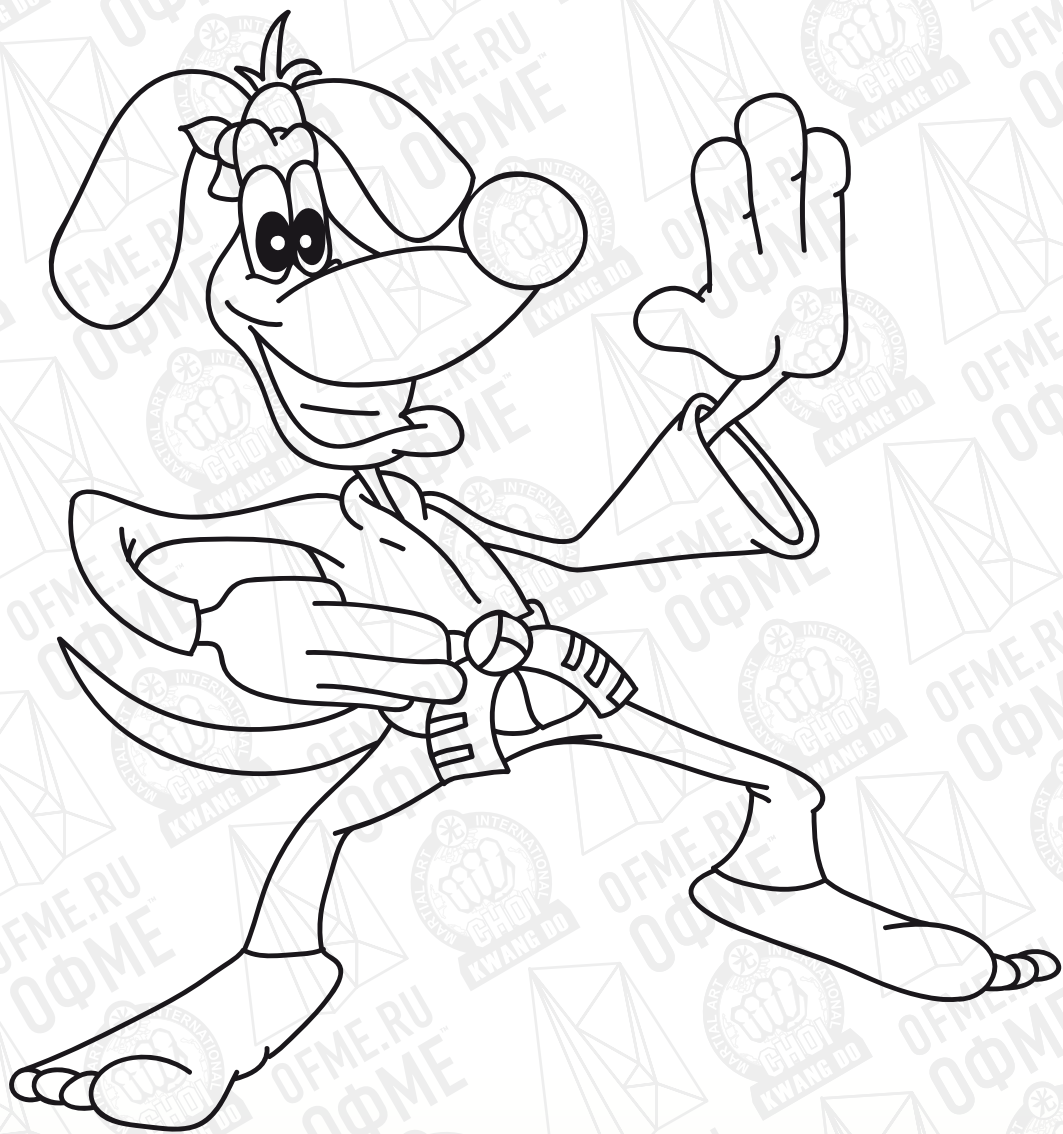
Colour Master "Sharik" (use colored pencils).



Strike: \_\_\_\_\_

Fill in the blank space under the picture (or ask your parents to do it) with the name of the strike Master "Sharik" is executing.





## Homework #3

Show your parents how physically strong you are. For this:

1. Do 10 push-ups on the floor (bend your arms until your chest almost touches 1. the floor) \_\_\_\_\_

2. Do 10 sit-ups (to do sit-ups, bend your legs) \_\_\_\_\_

3. Do 10 squats \_\_\_\_\_

Your parents should give you a grade (from 1 to 5) for each exercise you have done.

For the well done task you will get a "star".



# Yellow Belt Grading Syllabus (2nd gup)

What the student should know to pass the exam:

## 1. Choi Kwang Do etiquette and discipline

- What should the student do when Instructor makes remark to him/her or punishes him/her?
- How should the students greet each other?
- What should the students do when Instructor comes into the drill hall?

## 2. Terminology

- General commands
- Counting to 5 (in Korean)

## 3. Theory

- Evolution of Choi Kwang Do martial art

## 4. 4. Techniques

The student should know how to execute:

- Three hand strikes
- Knee strike
- Gyum-sohn Ee Juhl pattern

## 5. Mentality

- The student should think over one of the CKD's principles

## 6. General physical drill



## Homework #4

Learn "Children's promises".

There are only 5 of them, aren't there?

Your task is:

To recall these promises and show your parents what you have learned. Your parents should give you a grade (from 1 to 5) for each well described promise.

1st promise

2nd promise

3rd promise

4th promise

5th promise



For a well done task you will get a "star".



## Homework #5

Colour Master "Sharik" breaking the wooden block (use colored pencils).



Bring your work to the class, show to your teacher (instructor) and get a "star".





# Homework #6

PAGE FOR YOUR DRAWING

(Draw yourself executing Sohn-kahl Chee-gee strike and cutting banana into two pieces).



# Homework #7

## ACHIEVEMENTS DEMONSTRATION

You have attended several classes so far and have learned some hand and leg strikes.

Show what you have learned to your parents or relatives. While demonstrating your achievements, explain to your parents what exactly you are doing and how the strike should be executed (with what part of hand or leg).

### Information for parents.

Please tick the strikes that your kid has shown you:

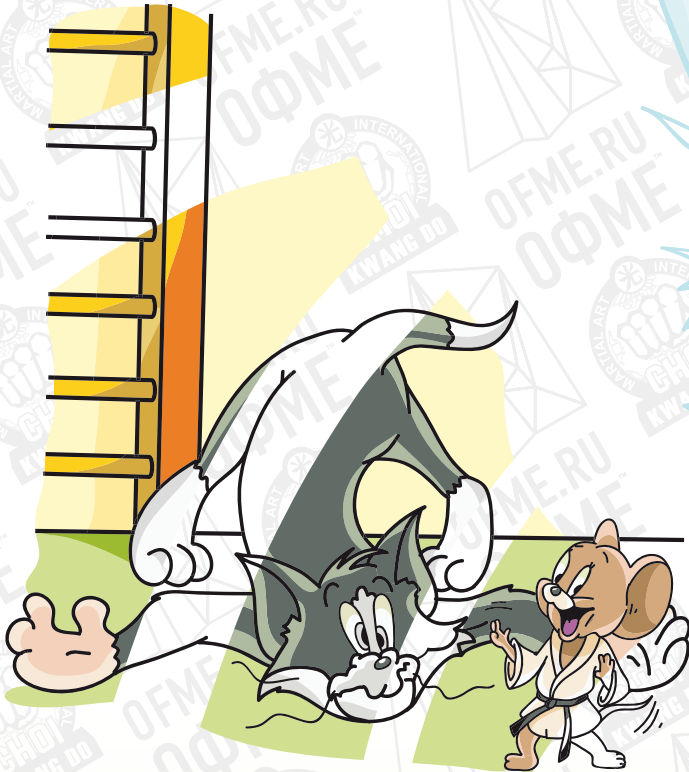
Name of strike	V
1. Hand strike "YUP JOO-MUHK CHEE-GEE"	
2. Hand strike "DONG JOO-MUHK CHEE-GEE"	
3. Hand strike "SOHN-KAHL CHEE-GEE"	
4. Leg strike "DEE MOO-REUP CHEE-GEE"	



# Homework #8

Colour Master "Mouse" who won the fight with annoying cat.

In case you don't remember how Master "Mouse" looks like, watch "Tom and Jerry" cartoon once more, then perform the task.





# ANSWERS TO QUESTIONS

## Yellow Belt Grading Syllabus (2 gup)

### I. Etiquette and discipline:

1. When Instructor makes remark to the student, the student should bow him respectfully and perform the task (punishment). Once the task is fulfilled, the student should bow him once again.

2. When greeting each other, the students shake their (right) hands. The left hand should be supporting the right elbow.

3. When Instructor comes in the drill hall, the students should face to him, and saying "Pil Seung" bow him respectfully.

### II. Terminology

- Main class commands
  - a. See-jahk - begin
  - b. Doh Bohk Chun-doh - fix dobok
  - c. Bah-roh - back to ready

### III. Theory

- Evolution of Choi Kwang Do martial art is described on the page #7.

### IV. Hand strike techniques

Student should know how to execute:

- Three hand strikes.
  - a. Side fist strike - Yuhp Joo-muhk Chee-gee
  - b. Back fist strike - Deung Joo-muhk Chee-gee
  - c. Knife hand strike - Sohn-kahl Chee-gee



## V Leg strike technique

- **Two leg strikes.**

a. Knee strike - Moo-reup Chee-gee.

- **Gyum-sohn Ee Juhl pattern**

a. From the ready stance (Naa-run Hee Suh-gee) the student shifts to the "Dwee Dong-juhk Deh-bee Suh-gee" stance, while executing a front outward block (Bah-guh-roh Mahk-gee). After this, he/she executes a rear inward punch (Dwee Joo-muhk Ahn-uh-roh Gee-reuh-gee). Then turns to the left, and - stepping back - repeats on the left side.

b. This pattern is executed on all (4) sides.

- **General physical drill**

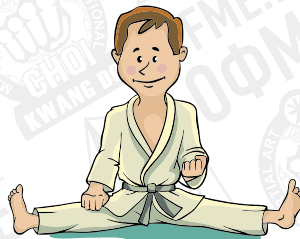
To pass this discipline the student should do the following exercises:

- **Power exercises**

- Push-ups - 10 times
- Sit-ups - 10 times
- Squats - 10 times

- **Stretching exercises**

- Cross splits and side splits
- Crab exercise



### **ATTENTION!!!**

The perfect split is not required to be done.



# Homework #9

Ask your mum or dad to help you learn the counting in Korean.

1. One - Hah-nah
2. Two - Dool
3. Three - Set
4. Four - Neht
5. Five - Dah-suht

At the next class show your teacher (instructor) what you have learned.

Get a "star" for your diligence.



# Homework #10

Colour Master "Panda" (use colored pencils).



In case you don't remember how Master "Panda" looks like, watch "Kung Fu Panda" cartoon once more, then perform the task.





# Homework #11

Ask your mum or dad to help you learn some commands in Korean.

1. **See-jahk** - begin
2. **Doh Bohk Chun-doh** - fix dobok
3. **Bah-roh** - back to ready

At the next class show your teacher (instructor) what you have learned.

Get a "star" for your diligence.



# Homework #12

Colour Master "Panda" (use colored pencils).



In case you don't remember how Master "Panda" looks like, watch "Kung Fu Panda" cartoon once more, then perform the task.





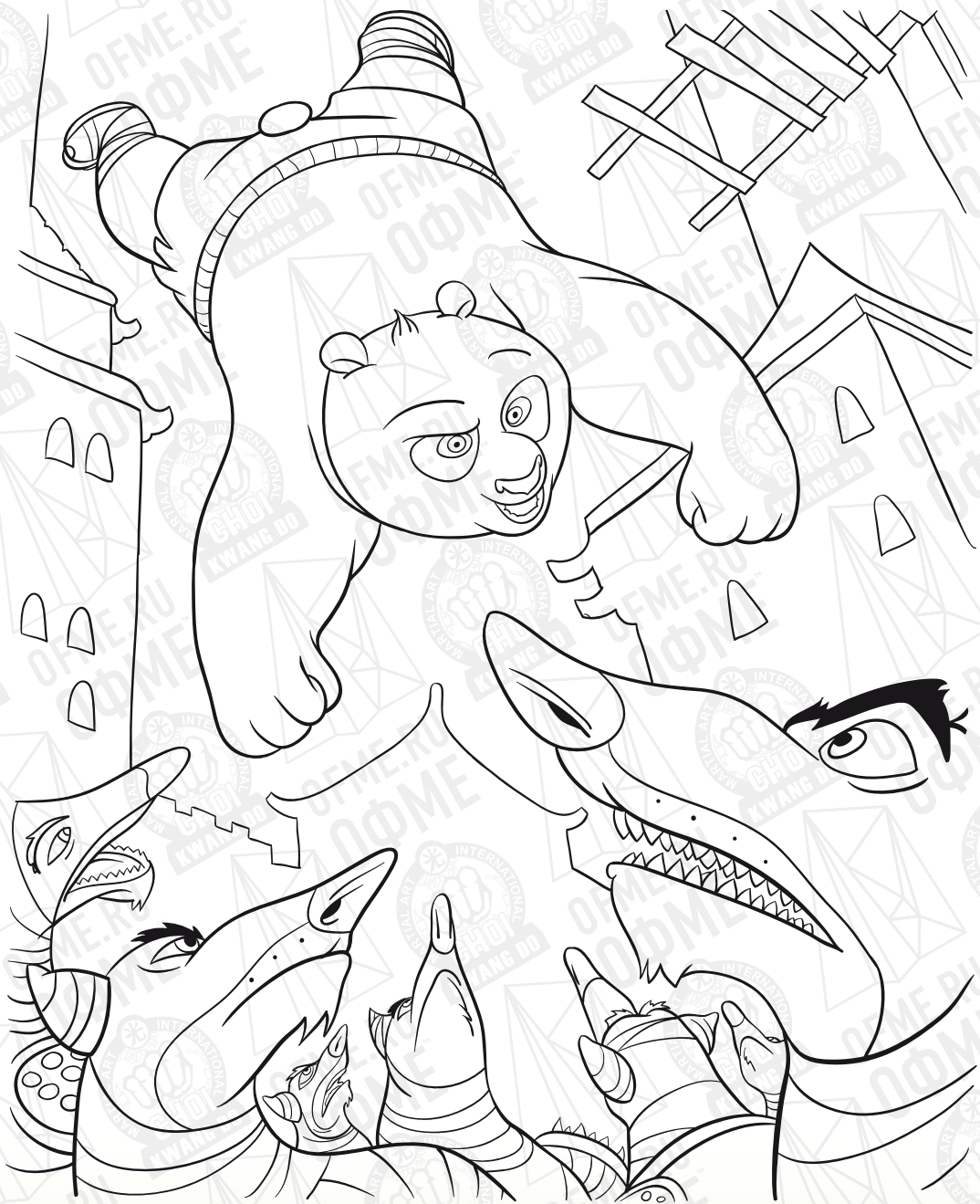
# Homework #13

Colour Master "Panda" (use colored pencils).



In case you don't remember how Master "Panda" looks like, watch "Kung Fu Panda" cartoon once more, then perform the task.





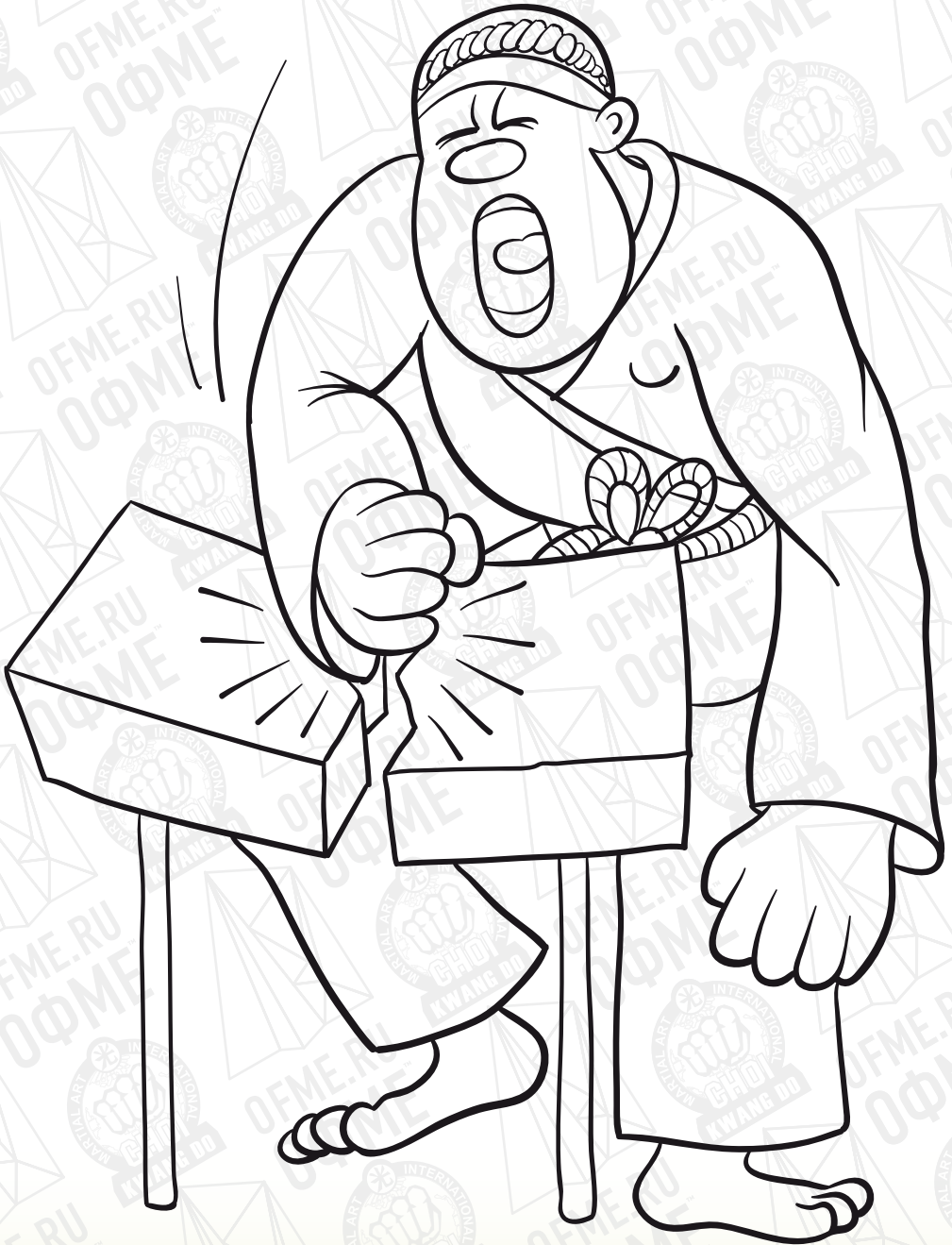
## Homework #14

Colour the Master breaking a block of stone (use colored pencils).



Bring your work to the class, show to your teacher (instructor) and get a "star".





# Homework #15

Ask your parents to read for you about evolution of the Choi Kwang Do martial art. Find this story on the page #7.

Listen to the story with attention. In order to pass exam, you will need to answer the following questions:

1. What is the name of Choi Kwang Do founder?
2. How old was he when he began his formal study of martial arts?
3. How many martial arts is he good in?

Show your teacher (instructor) what you have learned and get a "star" for your diligence.



# Homework #16



Draw your Choi Kwang Do Instructor  
(trainer).



# Homework #17

Colour the picture showing a boy practicing Choi Kwang Do (use colored pencils).





# Homework #18

Using colored plasticine, make the sculptures of yourself, your friends and your teacher (instructor) to show what you have been training at the class.

These can be sculptures of yourself and your friends showing how you were playing or perfecting the strikes using pad or makiwara pad.

Bring your work to the class, show to your teacher (instructor) and get a "star".



# Homework #19

Colour the Assistant Instructor. Do you remember the color of dobok the Assistant wears?





# Homework #20

PAGE FOR YOUR DRAWING  
(draw yourself executing Ahp  
Chee-gee strike)



# Find 10 differences



# Choi Kwang Do

Any person who wishes to be engaged in the martial art should understand that the main purpose of it is to form the human character (gain personal development), while learning self-defense techniques and other technical elements take here the second place. In many ways this purpose is gained through the martial art's principles and philosophy. Choi Kwang Do is no exception. It helps people develop in three main directions.

## **Mentality**

Mental principles, being the basis of CKD, help the student have a mentally healthy and adequate personality. When applying the CKD principles, the person learns to develop and maintain interpersonal relationships, understand the meaning of permanence, as well as commitment and loyalty to his/her promise. This knowledge reflects in the student's worthy behavior, in his/her respectful relationships with parents and elder people, in his/her patience to people, ability to forgive and take responsibility for his/her life.

## **Technique**

During the CKD classes the student learns the basic martial art techniques and develops not only physically but intellectually, as training is related to learning fundamental truth of psychology and anatomy. Therefore, when training the punches and kicks, as well as strike techniques and techniques to extract oneself from an attacker, the students use reasonable health care principles. Much attention is paid to work with a partner, as well as practicing patterns and using various sports equipment. Thanks to clear sequence of movements, the CKD techniques help achieve fast results in the implementation of defense and attack elements, which is so essential for any

martial art. The availability and simplicity of equipment makes it possible to quickly teach basic elements of self-defense to the untrained people.

### **Health improvement and treatment**

There is one more aspect that distinguishes CKD among the other martial arts - the positive impact that CKD has on the human body. Due to the fact that CKD is based on modern scientific principles of human anatomy, psychology and biomechanics, it allows the student not only to remain in a good physical shape, but treat his/her entire body. Regular trainings help significantly improve your health.

If you have decided to connect your life with CKD, may God help you explore in it not only effective techniques, but also the spiritual principles able to change your life.

**Pavel Novikov**

**Moscow Choi Kwang Do school "DARI"**

**President**



# ACHIEVEMENTS

Month Week	Behavior	Diligence	Techni- que	Activity	Attention
3 rd month	1				
	2				
	3				
	4				
2 nd month	1				
	2				
	3				
	4				
1 st month	1				
	2				
	3				
	4				

