

HARPER CHOI KWANG DO

WELCOME PACK



EXCELLENCE THROUGH MARTIAL ARTS





CKDMAI

WELCOME TO CHOI KWANG-DO

Thank you for visiting our school, we hope that you found our art interesting and that we were able to provide you with a better understanding about The Art known as Choi Kwang-Do. Your introductory pack contains the following information, which we hope you will find useful:

- **OUR MISSION STATEMENT**
- **OUR PHILOSOPHY**
- **WHAT IS CHOI KWANG-DO**
- **WHO IS GRANDMASTER CHOI?**
- **ABOUT MASTER HARPER**
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Choi Kwang-Do Martial Art International - UK

OUR MISSION STATEMENT

Our mission is to develop the mind, body and soul of all our students into astounding **BLACK BELT LEADERS**. We aim to make our students more successful in life through the practice of Choi Kwang-Do and to influence them in a positive manner.



To achieve this, we must instill the **LEADERS ATTITUDE** to set positive goals for self-improvement and to illicit the inherent unyielding spirit that is capable of accomplishing our highest dreams.

We aim to inspire our students with good human values so as to influence the student's overall well-being and **BEHAVIOUR**. This will develop their habits and lifestyle that will lead towards long-term happiness, which in turn will allow these patterns of behaviour and newfound self-discipline to permeate into every aspect of their being.

Finally, this will culminate into the forging of a solid **CHARACTER**. An ideal citizen who has cultivated a set of principles and standards that can be applied to daily living, whose quest for excellence will continue with the formation of the highest personal standards and demonstrate respect for all human beings.

We will constantly strive to be "Leading lights, shining examples" in the world today, whilst making our students and ourselves "**FIT FOR LIFE**".



OUR PHILOSOPHY

Our philosophy in Choi Kwang-Do is simple; we have a set of guiding principles and goals that we aim to achieve. These principles are best summarised in the form of 'My Promise' for children, the 'Pledge' for adults and 'The Tenets'. Together these make up the philosophical principles of Choi Kwang-Do for they state what our school stands for, the high standards, and the importance of right conduct, non-violence, and positive thinking. They also give an indication of the enormous strength; power, speed and increased capability the student will develop.

My Promise (Children)

To always do my best and never give up

To obey my parents and teachers

To tell the truth and honour my word

To always be polite

To never misuse what I learn in class

Pledge (Adults)

To set positive goals and strive to achieve them

To apply self-discipline to further my personal development

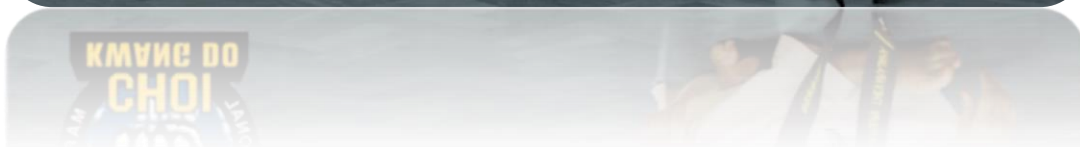
To stand for justice and honour my word

To promote friendly relationships among all people

To use what I learn in class in a constructive manner

Principles of Choi Kwang-Do

HUMILITY - INTEGRITY – GENTLENESS - PERSEVERANCE - SELF CONTROL - UNBREAKABLE SPIRIT



WHAT IS CHOI KWANG DO?



Choi Kwang-Do is a revolutionary new form of martial art designed and developed by Grandmaster Kwang Jo Choi. Choi Kwang-Do, literally meaning 'the Art of Grandmaster Choi', combines a practical method of street self defence and exhilarating cardiovascular work-out with fun and exciting easy-to-learn techniques. It is the most scientifically advanced martial art training course in the world



Choi Kwang-Do is a system which allows its practitioners to deliver much more powerful and effective punches, kicks and strikes, while reducing the risk of stressful hyperextension injuries to themselves (which is inherent in so many of the traditional martial arts styles available today). Choi Kwang-Do takes the philosophical aspects of traditional martial arts and applies modern day science and physics to shock the opponent more and the practitioner less. Think of Choi Kwang-Do as the philosophical essence of all other martial arts that has been 'turbocharged' to provide a leaner and meaner form of self-defense.



Choi Kwang-Do was created as a practical and realistic self-defence martial art with swift, correct, and hesitant-free responses in the event that effective defence is required. Grandmaster Choi devised it according to three basic concepts:

1. *The movements practiced must be natural, easy to learn and remember*
2. *The movements must be biomechanically correct in terms of power and efficiency*
3. *The movements must be repeated under gradually more realistic conditions.*

Choi Kwang-Do differs in many ways from other martial arts including having more dynamic stances and more fluid motions. Its rhythmic nature and biomechanical principles enables the practitioner to maximise one's power in kicking, striking, and punching techniques. Many people have benefited from the development of self-confidence, personal awareness and discipline, as well as the learned ability to tackle a potential adversary.

Choi Kwang-Do is practiced in many countries around the world (America, England, Russia, Greece, Barbados, Peru, Argentina, Australia, India etc.) and is one of the fastest growing martial arts in the world today.

WHO IS GRANDMASTER CHOI?

Grandmaster Kwang Jo Choi, is a 9th degree Black belt who is the founder and father of Choi Kwang-Do. He is the honorary president of Choi Kwang-Do Martial Arts International-United Kingdom (**C.K.D.M.A.I-UK**) as well as being the president of the international organisation based in Atlanta, Georgia - Choi Kwang-Do Martial Arts International **C.K.D.M.A.I.**

In 1954 and at the age of 12 Grandmaster Choi studied his first martial art called "Kwon Bup" (which means Kempo a form of Korean Karate), under Grandmaster Dong Ju Li. Having attained the rank of 4th Degree Black Belt in Kwon Bup and during his second year at college he enlisted into the Republic of Korea Army (R.O.K); where he was specifically appointed to teach Kwon Bup.



Whilst in the army another martial art known as Tae Kwon-Do was becoming popular. Grandmaster Kwang Jo Choi met with General Choi Hong Hi and demonstrated his Kwon Bup for him; and after rectification in his art he was appointed Chief Instructor for the International Tae Kwon-Do Federation and was soon teaching Tae Kwon- Do to the army.

Grandmaster Kwang Jo Choi was an internationally renowned master of Tae Kwon-Do under its founder General Choi Hong. However at the age of 30, he retired due to debilitating injuries caused by the lock-out movements (called hyper extension) of traditional martial arts. During his recovery, he set out to develop a new system of martial art that was less stressful to the body.

Through his research and the help of medical experts, he discovered new techniques that were by far safer and more effective than anything else known at the time. In essence, he maximized the benefits of martial arts training and while reducing the risk of injury.

Choi Kwang-Do, an entirely new martial arts system, was officially introduced to the world from Atlanta on March 2, 1987.



ABOUT MASTER HARPER



Master Hugh Harper is one of the UK's most senior and well-respected Choi Kwang Do Martial Arts Instructors, he is also a qualified Personal Training Instructor

Master Harper was a former professional dancer who turned to Martial Arts and started training Tae Kwon-Do martial in 1986. By 1989 he attained the rank of 1st Degree Black. In 1988 he also started learning the art of Choi Kwang-Do, a more practical and realistic form of self-defence, which is non-competitive. Apart from these two styles, Master Harper has also studied, Shotokan Karate, Judo, Aikido, Kempo Kai Jujitsu, Thai Boxing & Kick Boxing. He has trained with world renowned Martial Master's such as Grandmaster Kwang Jo Choi 9th Dan Choi Kwang-Do, Grandmaster Ri Ki Ha 9th Dan Tae Kwon-Do, Professor Remy Presas 9th Dan Modern Arnis (Filipino stick fighting). Master Jack Kwang, Tae Kwon-Do 8th Degree. Master Harper has also trained/taught; Police, Security and Retail personnel in "Conflict Management" and Personal Safety. Companies such as, Sabrewatch Security, Marks & Spencer, C&A, Topman Topshop and Harrods, have all had the pleasure of his expertise in this field. In 2000, Grandmaster Choi appointed him Co-Director of the 'UK National Choi Kwang-Do Demonstration team'.

Qualifications: Level 3 Personal Training Instructor, Level 2 Gym Instructor, Master FIGHT KLUB® Instructor covering MMA, Boxercise and Martial Arts to Music, 1st Dan Black Belt in Tae Kwon-Do, and a Choi Kwang Do 6th Dan Black Belt International Master Instructor/Examiner.

ENROLMENT PROCEDURE

Enrolment into Harper Choi Kwang-Do is on a referral basis. Initially you will be offered **1 FREE** class. If you decide that Choi Kwang-Do is not for you then you are under no obligation to take any further action. If however, similar to the thousands of students that are already studying and benefiting from the practice of Choi Kwang-Do around the world today, you would like to pursue your study of the Art, then all you'll need to do is follow the simple steps below: Prospective students and parents of young children should note the following: Please complete a Choi Kwang-Do class eligibility application form (included in this pack) and hand it in to your schools Program Director (**Master Harper**) If your application is approved then you will need to complete the following two forms: (if you are under 16 years of age then a parent or guardian will need to complete the forms on your behalf)

Choi Kwang-Do Membership Licence Form (included in this pack)

Your membership licence consists of two parts:

Membership Licence Card - *This entitles you to study, the Art of Choi Kwang-Do at an officially recognised Choi Kwang-Do school in the UK or anywhere in the world for an initial period of 1 year*

Insurance cover (issued by the Amateur Martial Arts Association)

A.M.A.A - *Covering you whilst training Choi Kwang-Do at an affiliated Choi Kwang-Do school in the UK*

Choi Kwang-Do Standing Order Form (included in this pack).

In order to complete this form you will need to have the following information available:

Your current bank account postal address

Your current bank account name, account number, and sort code

Our Program prices (included in this pack) explains clearly what current tuition charges are and what you will be expected to pay



STUDENT ELIGIBILITY QUESTIONNAIRE

In order to assess you/your child's suitability and to qualify for our classes please can you answer the following questions:

NAME(S): _____ SURNAME: _____ DATE: _____

1. Will you be living in this area for at least 1 year? Yes / No*

2. Have you read our Mission Statement, 'My Promise' (for Children), 'Pledge' (for Adults) and 'The Tenets of Choi Kwang-Do'? Yes / No*

3. Are you prepared to set a goal to develop your mental discipline and physical fitness? Yes / No*

4. Do you have a place where you can practice what you learn in class? Yes/No*

5. Are there any reasons why you cannot attend your Choi Kwang-Do classes twice a week? If yes please describe in the space below. Yes / No*

6. Do you suffer from any medical conditions? If yes please describe in the space below. Yes / No*

7. Can you afford to budget approximately £55.00 a month for your tuition fees? Yes / No*

* Please delete as applicable

TUITION PRICE LIST

At Harper Choi Kwang-Do we pride ourselves in providing the best form of quality tuition, classes in the London area for Choi Kwang-Do students (students who have made the commitment to attend classes twice a week or more are eligible to grade every two months provided regular attendance is maintained).

Our current pricing structure for our 'Programs' as of 1st January 2023 is as follows:

£55.00 per month (1 class per week)

£65.00 per month (2 classes per week)

There is a set £99.00 joining fee into our school, given FREE with this is International Membership and UK Martial Arts Licence, as well as a FREE uniform. Plus exclusive online access to Harper Choi Kwang Do & Choi Kwang Do International members area.

FAMILY DISCOUNTS & ALTERNATIVE PAYMENT OPTIONS

PROGRAM 1

1 person - **£55.00** p/m = £13.75 p/c

FAMILY DISCOUNT RATE:

2 people £100.00 p/m = £12.50 (per person, per class)

3 people £135.00 p/m = £11.25 (per person, per class)

4 or more £165.00 p/m = £10.30 (per person, per class)

PROGRAM 2

1 person - **£65.00** p/m = £8.12 p/c

FAMILY DISCOUNT RATE:

2 people £120.00 p/m = £7.50 (per person, per class)

3 people £155.00 p/m = £6.45 (per person, per class)

4 or more £185.00 p/m = £5.78 (per person, per class)

PRE PAY NEW OPTION

Our pay-as-you-train option allows students to only pay for the classes they attend. 'Class Passes' are sold in blocks of **4** (8 week shelf life), **8** (12 week shelf life), or **10** (16 week shelf life):

Pay as you train £15.00

Class Pass **4** £58.000 = £14.50 per class

Class Pass **8** £110.00 £13.75 per class

Class Pass **10** £125.00 = £12.50 per class

Pay as you train

£15.00 PER CLASS

Class pass 4

£58.00 = £14.50 per class

Class pass 8

£110.00 = £13.75 per class

Class pass 10

£125.00 = £12.50 per class

Joining Fee ALL Programs*	£99.00
Martial Art Licence/Insurance**	£70.00
Uniform***	£65.00
Grading fees****	£30.00
Hand Safety & foot Safety*****	£65.00

The items marked in grey do not have to be paid upon signing up. They reflect other costs encountered whilst training Choi Kwang Do over the course of the year.

*Joining fee applied to all Programs, uniform, Licence & Insurance FREE if joining fee is paid in full.

**Renewable yearly.

***Cost of additional uniform

****Examination fees for belt promotion, exams every 2 to 4 months depending on program.

*****Safety equipment required after first belt promotion

Discounts are given if 3 or more family members living in the same household are attending the same CKD School.

CONTACT DETAILS

If you are unsure about anything that you have just read, or maybe you would like to talk about the enrolment procedure and classes. Please do not hesitate to speak to our Program Director (*Master Harper*).

- ✓ *You can speak with Master Harper at our school.*
- ✓ *By phone on:* **07903 674 911**
- ✓ *Or e-mail him at:* masterharper@harperckd.com

For additional information, please feel free to visit our UK or International website:

www.harperckd.com – UK site



www.choikwangdo.com - International site



**Thank you for your interest in Choi Kwang Do.
The fastest growing martial art in the world today.**

**BLACK BELT EXCELLENCE SINCE
1987**

DIRECT DEBIT PAYMENT LINK

It's great to have you on board with Harper Choi Kwang Do. We are delighted to have you join us.

To make payments more convenient, we request customers set up a Direct Debit with us, so that we can securely collect payments on agreed due dates.

How it works

1. Follow the link above to our secure payment form: <https://pay.gocardless.com/AL0012QYKJCW9J> Enter your payment details, and you're all done.
2. We'll schedule payments to be collected automatically on agreed due dates. You'll be notified by email at least 3 days in advance of each new payment being taken.

Benefits for you:

- **Hassle-free:** Never worry about manually making a payment.
- **Secure:** Keep your payments safe with the Direct Debit guarantee, protecting you from payments taken in error.
- **Stay in control:** Get advance notifications of payments and cancel at any time - you're in charge.

Payments are powered by [GoCardless](#). If you have any questions, please visit these [FAQs](#) or get in touch on 07903674911.

Kind regards,

Master Harper
Harper Choi Kwang Do