

Media Release

16 April 2007

New Self Defence classes on the North Shore

North Shore based Martial Art, Choi Kwang Do Albany-Bays (www.choi.co.nz), has extended its schedule at Murrays Bay School to now include self defence classes specifically for families. This is in addition to the already popular children only and adult only classes.

School owner and Chief Instructor Caroline Hazelden has recently returned from the 20th Anniversary World Conference and Seminar in Atlanta, Georgia, USA where she saw first hand the importance of parents and children having a practical understanding of self-defence.

"I was extremely impressed to see how many of the Choi Kwang Do School owners, families, local schools and community police worked together to ensure children and parents alike were able to not only recognise dangerous situations but were given the practical skills to avoid conflict and finally as a last resort be able to protect themselves." Says Caroline Hazelden.

"With over 2,500 students and school owners attending the conference, the importance of family orientated self defence training was highlighted with news organisations such as USA Today, Fox News and CNN all carrying stories on the benefits of practical self defence using the Choi Kwang Do system." Many of these news stories are available on the international website www.choikwangdo.com

"The local police statistics released earlier this month clearly highlighted that with over 13,500 recorded criminal activities on the North Shore for the year to 31 December 2006 and of this, nearly 1,800 being violent offences, it is extremely important that every adult and child has at least a basic understanding of self defence principles." Says Caroline.

Based on traditional martial arts philosophy, Choi Kwang Do emphasises the ideal of personal and social development being paramount, rather than sports competition. Choi Kwang-Do classes provide a safe and non-competitive environment for students that help 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.

For more information contact Caroline Hazelden 0800 000 124 or visit www.choi.co.nz

ENDS