



E- Newsletter

Number Twenty Four: June 2009

To all Students and Parents of Choi Kwang Do.

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Welcome

Hi everyone, welcome back to our latest newsletter. A big thank you to everyone for your support as we continue to expand the school. A warm welcome to all the new members.

We now have a total of four Chief Instructors, six Assistant Instructors and nine SWAT members (Students who assist Teachers) involved in taking over twenty three classes each week plus one on one training and introductory lessons. It is great to see so many of you step up into these roles. If you are interested in becoming an instructor or simply assisting in classes then please talk to us about the application process.



Birthdays



Happy birthday for May and June to: Liam M, Aiden V, Carl R, Amelia G, James C, Sandra W, Hetty B, Danielle H, Callum D, Jacob B, Samuel G, Melanie H, Alicia M, Mackenzy B, Hamish M and Libor B.

Special Congratulations

Belt Grading

Congratulations to everyone who recently graded. You all did very well and results are displayed on the reception counter wall.

Assistant Instructor

Congratulations to Miss Jen Hojem, Mrs Miriam Waaka and Mr Rewi Waaka who are now Assistant instructors. Look out for them in upcoming classes.



Important Dates and Activities

See our 2009 Calendar of Events for Aug-Dec details.

- Monday 8 & Tuesday 9 June. Belt Grading Red Stripe
- Friday 19 June. Black Belts only stripe testing
- Saturday 20 June. Choi Mums and Lady Students Dinner. Venue to be confirmed
- Saturday 4 July. Launch of Cub Tigers Class
- Saturday 25 July. Mid Winter Pot Luck Dinner at Dojahng. Cost \$5 per family to cover entertainment. Bring along your favourite dish.

General News

New Classes for 2-3 year olds – Cub Tigers

After many requests to provide classes for younger children we are pleased to announce the launch of Cub Tigers. This is a “Parent and Me” class designed for children 2-3 years. It has a focus on motor skill development, social interaction and parent-child bonding. Classes commence Saturday 4 July from 1030am to 1100am. Bookings essential.

Car Stickers

Don't forget to get your Choi Car Sticker, (provided in your welcome pack) or ask us for one. Simply stick it on your back window, every month we will select one vehicle we see with the Choi sticker displayed. The number plate will be shown on the whiteboard at belt testing time with the winner receiving \$15 Dojahng Dollars.



Belt Testing

A reminder that Belt Testing forms must be completed and returned at least 5 days prior to your test. This process ensures we can complete your testing on time with the maximum attention to you.

Uniforms and Safety Equipment

Just a reminder that it is important for all uniforms to be kept clean and tidy. Also note that safety equipment is necessary to protect yourself and others you partner with. Gloves are required from yellow belt and foot equipment from gold belt. We have recently sourced a lower cost glove option and these are available in stock now.



Ladies only classes

These are going well and now building. Classes run every Monday and Thursday morning and this is an easy way to try Choi Kwang during the day. See us for more details.

Choi Kwang Do in New Zealand

Don't forget that there are two internationally affiliated Choi Kwang Do schools in New Zealand – ours and Mr Palmers in Christchurch. If you are ever in Christchurch feel free to contact Mr Palmer and join in one of his classes.

Article of Interest

Self Defense and Mental Awareness

During Adult Choi Kwang Do classes, students are learning how to be in control of their mind, body and emotions with the intent, direction and skills to 'take care of business' with the aim being to protect themselves and their loved ones with confidence.

In addition to learning the most effective kicks, punches, knee strikes and grapples, students are also learning how to escape from attackers of all sizes. In conjunction with physical techniques, students are also taught how to apply what is arguably the most vital component of practical self defense – Mental Conditioning.

Mental awareness is very important because it may save your life! The following provides an insight into this key skill.

It is important to understand that self-defense situations are threatening and highly stressful to all human beings. The limbic system and autonomic (involuntary) nervous system have instantaneous, instinctive responses to real and perceived threats that are not consciously chosen.

Once a threatening incident is over and/or a fight or flight dilemma has been solved, the release of cortisol halts the alarm reaction and the production of epinephrine/norepinephrine, allowing the body to return to a normal, unstressed state.

There are five conditions of awareness possible in threatening situations:

1/ **Condition White.** People in a white emotional state are daydreaming, ignoring what's happening around them and are not aware of their surroundings. These individuals can easily be overcome and victimised.

2/ **Condition Yellow.** This is the ideal emotional state to be in throughout daily life. Your body is relaxed and you feel comfortable, but your mind is slightly elevated and aware of your surroundings. Your body is not stressed, so you could likely perceive and avoid accidents or threats. This state can be easily maintained.

3/ **Condition Orange.** People in this emotional state may feel some danger, or sense something in their surroundings that raises their concern. Their body is somewhat alarmed and their heart is pumping faster than normal, but the person is not overstressed. In this condition, it is important you understand the chemical changes in your body caused by the threat. Breathe deeply, stay as calm as possible and mentally prepare to defend yourself in case an attack commences.

4/ **Condition Red.** This emotional state, commonly known as fight or flight crisis, is the state most people enter just before a physical confrontation. Your body chemistry changes instantaneously and you can sense that the situation is dangerous. Your heart is pumping much faster than normal and more blood is moving to major muscles (predominantly thighs and arms). The secondary gastric intestinal track actually shuts off, and the skin becomes cold as blood moves away from it and into the major muscle groups.

Epinephrine/norepinephrine is released into the bloodstream, which causes major chemical changes in the body. The brain's ability to control its fine motor skills (small precision movements) is inhibited. In this state of excitement, only gross motor skills (large movements) are available. Attempting to hit small targets such as nerves or vital spots is simply not practical.

5/ **Condition Black.** This emotional state is also known as freezing or tonic immobility. In this condition, people are unable to defend themselves. Often, this is experienced by those who have never had martial arts training. Someone in this state cannot run or fight because they are completely overwhelmed with stress. You see, the nervous system actually has three automatic survival responses: fight, flight and freeze. Without self-defense training, freezing is a highly likely response in a threatening situation.

Regular Choi Kwang Do training can help you avoid this response by helping you learn how your body actually feels in self-defense situations. And, with practice, your body can be trained to respond to self-defense situations in a more competent and controlled manner.

**See you at your next class.
Mr & Mrs Hazelden**