

Media Release

3 October 2008

Kiwi woman martial arts world leader

Auckland wife and mother, Caroline Hazelden, has become a martial arts leader both in New Zealand and Internationally. The Choi Kwang Do Black Belt is believed to be the only fulltime professional female martial arts school owner in New Zealand and leads the world with the fastest growing school in Choi Kwang Do.

Choi Kwang Do was established 20 years ago by Grandmaster Kwang Jo Choi who had previously been the Tae Kwon Do instructor for the Korean Army and had trained directly under the Tae Kwon Do Founder. After seeing some of the negative physical effects of long time Tae Kwon Do exponents Grandmaster Choi set about designing a new martial art. Drawing on yoga for stretching, eliminating competition that can cause emotional stress and adding a true family atmosphere Choi Kwang Do was born.

Choi Kwang Do is believed to be the fastest growing martial art in the world and Hazelden's Browns Bay school leads the world in school growth. The school was opened in February 2007 however its popularity saw fulltime premises officially opened by Member of Parliament Murray McCully in March 2008. Given her unprecedented growth Caroline was honoured with a visit by Grandmaster Choi in August this year for a second official opening.

"To have the founder of your martial art visit your school at such an early stage and recognise the success you have achieved is a true highlight and makes all the hard work worthwhile" says Hazelden.

According to Hazelden, Choi has a positive community aspect with children learning about confidence, self respect and general wellbeing in addition to keeping fit and learning self defence techniques. It is often the positive experience of their children that leads many parents to join themselves making Choi a true family activity.

"Many adult members tell me they hadn't thought of martial arts for their regular exercise because they were worried about getting hurt" says Hazelden. "But being non-contact the adults are finding Choi much more exciting than repetitive gym workouts" she says.

Choi Kwang Do is open to all ages from 3 year olds and has members who are well into their senior years. With the many physical benefits on offer this may be one activity the whole family can share in an age where finding quality family time is a real challenge. More information about Choi Kwang Do and class schedules are available at www.choi.co.nz.

ENDS