

Grand Master to visit Browns Bay dojahng in August



A North Shore dojahng is setting the pace in a new martial art, according to one of the world's most respected masters.

Caroline Hazelden, chief instructor and owner of Browns Bay Choi Kwang Do, says seventh-degree black belt and senior master instructor Marshall Pereira described the establishment as "the fastest-growing Choi Kwang Do school in the world."

At 21 years old, Choi Kwang Do is a fledgling martial art compared to traditional philosophies which can be traced back over two thousand years.

"It's both non-contact and non-competitive," says Caroline.

"It's about fitness, life skills and instilling respect. And it's also a good form of self defence."

Despite being non-competitive, Choi Kwang Do still operates a belt-based grading system.

"It goes white to black like karate but there's a few more belts in between," says Caroline, a second-degree black belt.

"People are graded on sequential movements which can involve kicks, punches and blocks, but there's no combat involved meaning anyone of any age can take part."

Caroline is New Zealand's sole fulltime instructor, running one of only two dojahngs in the country.

The other dojahng is in Christchurch.

Thanks to its rapid development, the Browns Bay school has earned the right to host a seminar with a highly distinguished guest.

"The founder of Choi Kwang Do, Grand Master Kwang Jo Choi, is going to visit us in August," says Caroline.

"The Grand Master will be here for five days in which time he'll perform some teaching, but the main benefit will be the experience of seeing him.