

## **Media Release**

**2 July 2008**

### **Martial Arts for Pre Schoolers Launched**

Browns Bay, North Shore Based Family Martial Arts School, Choi Kwang Do ([www.choi.co.nz](http://www.choi.co.nz)) is delighted to announce the opening of a dedicated Martial Art Program for Pre Schoolers.

“The new Tiny Tigers Program will help children develop life skills that will benefit them for the rest of their lives. Our unique pre-schooler Choi Kwang Do classes for 3 to 5 year olds will teach children about fitness and basic martial arts through fun activities they enjoy like games.” Says School Owner and Chief Instructor Caroline Hazelden.

“We believe this is the first dedicated Pre School Martial Arts program in New Zealand.”

After discussions with Martial Art School owners in Atlanta, USA and Townsville Australia who have run successful Pre School programs for a number of years, we are creating a new training area specifically for this new program.

The pre-schoolers program will encourage social interaction and develop improved learning and focus abilities. Our dedication to our children’s promise, promotes positive behaviour beyond the classroom and, as our class numbers are limited, children receive personal attention and positive encouragement to keep them motivated.

Young students are treated with respect and are taught to return that respect to others. We believe in praise, encouragement and positive reinforcement. We teach students the value of making goals and working to meet them. They also learn the Choi Kwang Do promise.

#### **MY PROMISE**

**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**

As a family orientated school we utilise practical movements and equipment training to enhance inner confidence and peace of mind. All this is taught in a non-competitive, non contact environment by instructors who care about their students.

For more information call Caroline Hazelden 0800 000 124 or email [caroline@choi.co.nz](mailto:caroline@choi.co.nz)

**ENDS**