

SPRINGTIME FUN

Volume 2, Issue 2

April 1, 2009

THE JOYS OF SPRING!

Welcome to springtime! Don't you just love this time of year? We get to wake up to and see all the fresh new growth on all the trees and shrubs, to listen to the birds chattering as they begin their springtime rituals, to have the sun shining more hours of the day, and we get to experience all of the flowers that are beginning to bloom. I just love this time of year! As I sit and think about what all of the spring signs and wonders, I can't help but also think of Choi Kwang Do. As fresh new leaves begin budding on trees I think of fresh new students getting the

hang of the basics of punching, kicking, and blocking. As I think of the birds gathering material to begin building nests for the new babies to be coming, I think of those nearing the end of their colored belt journey who have gathered so many colors and are now embarking on a new arrival of their black belt. As I think of those who have been doing Choi Kwang Do for some time I get to see them "shine" in their mastery of their techniques. And as the flowers begin to bloom I think of those who have struggled with things in their life and Choi Kwang

Do has helped them to begin flourishing in so many new ways. What an awesome time of year this is! Our days are getting longer, we are doing some spring cleaning in our homes, we are getting a bit of spring fever after being cooped up all winter. Why not take this time to spring into something new this spring? Why not set new goals? What better time than spring to begin Choi Kwang Do if you have not already! See you in the dojang.

Written by: Chris Jackson
Assistant Instructor

A WORD FROM MASTER BUSKER

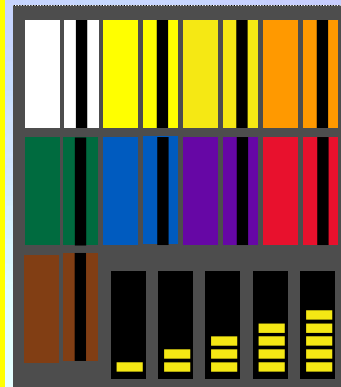
Spring is finally here and we are moving right ahead to summer. We see new beginnings all around us. Flowers are blooming, grass is growing and leaves are sprouting on trees. New life is everywhere! Before long, everything will be colorful, green and unfortunately, yellow with pollen. With new beginnings everywhere, maybe it is a time for all the parents to make it a new be-

ginning as well. We will make May "Parent's Free Month" for all parents and grandparents to come in and try Choi Kwang-Do classes. So many of you have wanted to try classes. You have thought about it, wondered about it, gotten nervous or anxious about it...why not just try it! Most of you already know the patterns from all the time you have spent watching and helping your

child! Right? Maybe now is the time to just jump right in with both feet! CKD has so many benefits, and not just for children. We help your children stay focused, learn to respect others, to show confidence in the things they do and to exercise regularly. Adult need to accomplish those things as well. Women, don't you want to ward off osteoporosis?

(Continued Page 2)

OUR BELTS



White, Yellow, Gold, Orange, Green, Blue, Purple, Red, Brown

II Dan, EE Dan, Sam Dan, SA Dan, OH Dan

INSIDE THIS ISSUE:

CKD AT IT'S BEST	P. 2
ACCOMPLISHMENTS	P. 3
ACCOMPLISHMENTS	P. 3
SATELLITE SCHOOLS	P. 4
BODY, MIND, SPIRIT	P. 4
ST. JUDE FUNDRAISER	P. 5
I LOVE CHOI KWANG DO	P. 5
PARTY TIME	P. 5
OLD DOBAKS	P. 6
Word Search	P. 7
Upcoming Events	P. 9

CHOI KWANG DO
WEST COBB EAST
PAULDING

HWY. 120 @ HILLSIDE TRACE
DALLAS, GA 30132

CHOI KWANG DO AT IT'S BEST!

About a year and a half ago Dave and Hannah started CKD, and approximately 6 months later Sydney and I started. We have always had concerns that raising girls we face specific safety issues. (In addition, Hannah does not like competitive sports, "why don't they share the soccer ball?") Before children, I worked as an educator, advocate and prevention specialist in the fields of domestic violence and sexual assault. I have seen and heard a lot. I specifically worked with children from preschool through high school, focusing primarily on prevention. What I found was there was at least one child in every class suffering from some type of abuse in their lives, no matter how old or young. Bullying was one of the most common complaints of the children. Now as a parent, I realize that bullying is far more prevalent than I ever realized.

At first, CKD was a way for us to teach the girls self defense so they could physically protect themselves.

However, we quickly realized, it was far more than that. There are many aspects to protecting yourself. Most importantly is your mind. The principles of Choi Kwang Do define this perfectly: **humility, honesty, gentleness, self control, perseverance and unbreakable spirit.**

None of these principles focus on physical strength but rather, mental strength and acuity. These principles point straight to **self respect.** We talk about these principles frequently in our home, relaying to our children how important they are to our ADULT lives as well as their lives. In addition we try to point it out when we see them apply these principles to their lives. This gives them a concrete example of what each principle means. Ultimately, it is these principles that will protect them in their lives.

One thing that we can do to help our children is to involve them in activities outside of their school/home environ-

ment. Choi Kwang Do is perfect for this. If they are bullied at school, they have another group of friends they can rely on. I have seen this with Hannah. She went through a particularly bad situation at school that culminated all in one very bad day. She showed up at CKD for testing that same night. When she left for testing her self esteem, self worth and confidence were damaged and nearly absent. She was a wreck. When she returned home, she relayed to me that Ms. Ali had complimented her on a particular move that she had been struggling with for some time. Her eyes were shining and I could tell her self confidence was back. She felt like a worthwhile, important person. Having a place to go away from the problems, where she is accepted, wanted and supported, and where she has other trusted adults to talk to is vital for my child, for any child, for any person.

(Continued page 4)

A WORD FROM MASTER BUSKER—CONTINUED

Men, wouldn't you like to lower your blood pressure? Parents, don't you need stress relief to help you be a more patient parent? Don't we all need to exercise more for a healthier life? We all need to commit to becoming healthier, so come on in and try class. I may be just what you are looking for!

Another way that I am committing myself to becoming healthier and to help you as well is by becoming a

Shaklee distributor. The values of this company compliment what I am doing with the Choi Kwang Do. In the same way the Grandmaster Choi works and studies to make CKD completely healthy for you and your family, Shaklee is also committed to making their product totally safe and "green". Whether you are looking for vitamins, cleaning products, makeup and skin care, or nutrition and weight loss products, Shaklee will have prod-

ucts that you can use on a daily basis. Please check out my website www.shaklee.net/ladythatkicks for information and ordering, and feel free to contact me if you are interested in learning more about becoming a distributor yourself. Exercise, health and a good life is what it is all about!

Written by: Master Beverly Busker
(Chief Instructor—OH Dan)

CONTINUING TO ACHIEVE NEW GOALS

NEW BLACK BELT CLUB & STORM TEAM MEMBERS

Black Belt Club: Kimberly Hadaway Brandon Lydick
Storm Team: Areanna Jackson

CONGRATULATIONS TO OUR NEWEST BLACK BELTS

Mr. Noah Owens - **1st degree** Mr. Shawn Ali - **2nd degree**



STUDENTS TO BE TESTING IN JUNE

Ethan Di Blasi - 1st degree	TJ Jackson- 1st degree
Lucas Wyatt - 1st degree	Tony Jackson - 1st degree
Matthew Wyatt - 1st degree	Steve Ostiguy - 1st degree
Dawanna Gibert - 1st degree	Sabrina Frost - 2nd degree
Areanna Jackson - 1st degree	Jade Glasgow - 2nd degree
Chris Jackson - 1st degree	

**What an awesome time for everyone
(especially those who have not tested for Black Belt yet)
to come and see a Black Belt Test!**

West Cobb / East Paulding CKD will definitely be represented!

CHOI KWANG DO AT IT'S BEST! (CONTINUED)

As an assistant instructor, I have seen amazing growth within our school. Each child is an absolute amazement. I have watched children that couldn't stand still, do just that. I have seen children that were shy and introverted start to come out of their shells and talk to other children at class. Hannah has also changed. I am

very proud of her. She is standing up for herself more and not apologizing for who she is. I applaud every one of these children for their accomplishments because I know the work it requires. It isn't always easy, but it is always worth it and that is essentially the first promise, "to always do my best and never give up". CKD pro-

vides the tools necessary for our children to protect themselves physically, but more importantly it gives them a sense of belonging and self worth and the mental strength to appropriately stand up for themselves.

Written By: Veronica Clark
(Assistant Instructor)

CKD WEST COBB / EAST PAULDING SATELLITES

Did you know Choi Kwang Do West Cobb / East Paulding has satellite locations?

Well, Master Busker currently teaches Choi Kwang Do at both Due West Elementary School as well as at the First United Methodist Church in Marietta. Chris Jackson is also teaching classes for homeschoolers at the Timothy Ministries at the First Baptist Church of Woodstock. These programs are allowing children who would otherwise not have the opportunity to learn this wonderful martial art, be able to do just that. Master Busker is always open to offering classes at other locations. If you know of any daycares, schools, or other facilities that might be interested having Choi be part of what they offer, please let Master Busker know.

CHOI KWANG DO: MIND, BODY, SPIRIT (ALZHEIMER'S)

There are many sicknesses that often are treated in ways that, because of all the side affects, can cause other sicknesses, that are worse than the ones originally being treated. This circle of sickness is not necessary. Choi Kwang Do could be the answer to the circle of sickness that is so often a part of life, yet should not be.

Alzheimer's Disease is a disease in which you slowly lose memory and become forgetful, there currently is not a cure for Alzheimer's disease. The loss of memory and forgetfulness from Alzheimer's disease is caused by a build up of abnormal protein and deterioration of and in the brain. Alzheimer's disease was named and identified by a German Doctor, Dr.

Alois Alzheimer. Dr. Alois Alzheimer found unusual clumps and tangled bundles of fiber while examining a woman who had died of an unusual mental illness. Later on these clumps were identified as amyloid plaques and the tangles called neurofibrillary tangles. The amyloid plaques and neurofibrillary tangles are now symptoms of Alzheimer's disease. This disease affects an estimate of 4.5 million Americans. Choi Kwang Do helps to prevent the onset of Alzheimer's disease. Studies show that once you have Alzheimer's disease it is very important to exercise. It is even more important to exercise for prevention throughout your life. People commonly get depressed and anxious

when they realize that they have Alzheimer's disease. Choi Kwang Do can also help with this depression and anxiety. (See previous articles for more on depression.)

Like with any disease, the prevention of Alzheimer's disease can never be started too early. Why not start now and enjoy knowing that you are doing something good for your mind. It also will help with depression and anxiety. Your body will thank you for making it a priority in your life and when your mind is strong, your body is strong, your spirit can be strong as well.

Written by: Areanna Jackson
(age 12 - Storm Team Member)

LET'S HELP ST. JUDE CHILDREN'S HOSPITAL

You definitely do NOT want to miss May 30th at the Dojang!

We are combining a celebration of West Cobb /East Paulding Choi Kwang Do's **2 Year Anniversary** and a **Kick-a-thon** to help out St. Jude Children's Hospital.

This is going to be an awesome Saturday. We are going to have a kick-a-thon where Choi Kwang Do students receive pledges for how many kicks they can do to go toward St. Jude Children's Hospital. Those who attend will also be able to break boards for a donation. Mr. Tom Busker will be manning the grill (and I guarantee you don't want to miss his food). The Demo Team will be performing and they have been working on some extremely cool new routines you don't want to miss. Bring your family! Bring your friends! Shoot, grab some people up at Walmart and invite them to join us as well.

This is going to be the place to be May 30th!

I LOVE CHOI KWANG DO

I am Hannah Clark and I am nine years old. I enjoy CKD because it helps me defend myself. Even though I may never need CKD it is still helpful because it teaches me how to defend myself if I am caught in a situation where I need it. I like CKD because you can play games and at the same time learn to defend yourself. It is really cool and I enjoy it. A year and a half ago my dad and I decided to join CKD because we felt like doing something together. My dad and I got really hooked on CKD and we decided to earn our black belts. We thought it might be cool to have a black belt. My mom and my little sister joined a few months after me because every night I came home and told them how great CKD was and they decided to try it for themselves. Now the whole family is doing CKD and we really enjoy it. We test together, earn our belts together and most of all we have fun together. In CKD I learn really cool things and some of them are really easy but still some are really hard. I sometimes enjoy being a higher rank than my mom, because I help her with a lot of her stuff. I am really proud of my little sister, my mom, and my dad because they have tried really hard to earn there belts. In my many months at CKD my favorite of all hand techniques is the round palm. My favorite kick is my heel kick because it is very strong and I am a very strong girl. My favorite block is the inward block.

Written by: Hannah Clark
(Black Belt Club Member)

IT'S PARTY TIME

It is coming up on Summer time and what better way to welcome the Summer months in than to have a POOL PARTY!

We will be having a tremendous Black Belt Test in June. 9 Students will be testing for 1st degree and 2 Students for 2nd degree. To celebrate their accomplishment we will be having a Pool Party the day after Black Belt Test (Sunday, June 7th) at 2:00 pm.

Ms. Ali has offered to orchestrate the details of food and drinks for this event so please let her know what you would like to bring to this celebration.

This will be a great time of fun, food, and fellowship!

You will not want to miss this event!

15 THINGS TO DO WITH AN OLD DOBAK!

1. Makes a great **paint smock**
2. Use it for your next **Halloween costume**
3. Winter **pajamas**
4. Convince your younger sibling to take CKD...**hand-me-down**
5. Cut it into strips for **shop rags**
6. An outfit for a **CKD scarecrow**
7. Cut off the sleeves for make-shift **potholders**
8. Use the sleeveless top from Step 7 as a **workout shirt**
9. Cut the legs off the pants and you have a cheap pair of **cut-off shorts**
10. **Dust rags**
11. Use the sleeves for **shoe polishing cloths**
12. Hang the pants, tie the legs shut, fill with packing peanuts to make a **peanut dispenser**.
13. Tie the legs at the bottom. Cut the legs off. Attach the wide end to a couple of poles for a pair of **wind socks**
14. Remove the patches, cut the ties (or not), wash repeatedly with fabric softener for a **beach cover-up**
15. Convince someone to buy it from you so that you'll have **money** to put towards a new one!

Written by: Paul Melgoza
(Assistant Instructor)

MAY IS FREE FOR PARENTS

Master Busker is once again offering a "Parent's Free" month this May.

This is the time that all you parent's and grandparents can come and try out Choi Kwang Do with your kids and it won't cost you a dime! What better way to encourage you children in their activities than to participate yourself. Kids LOVE when they can be in class with their parents, and believe it or not, once you try Choi Kwang Do, you won't want to stop.

So, come on in and try Choi out in the month of May!

CHOI KWANG DO WORD SEARCH
FOOT AND HAND TECHNIQUE TERMS

Circle the **bolded** words in Korean

C H A G E E T R J U A T B U E E U W D P I K Y
M A H B E C W E O I H I N E A I Y L O U H C U
E Y P U G P H O O L R Y I A T N B S L D N A P
E L A D E B A L M B A U B A I U E R M A N G E
K B E T E A U L U L U H H C D O L M E E K U L
U A S I H N W D K G N U O G D O R L E H U N A
L H S U C D O L Y U H H O N E H O O U L Y I B
M O D U L A L U T E B E L A D E N A H H B A A
E A J N G E N B D O B A Y K O D O J A N G M N
E L A I T P E U T S E H I C L S R K S E R A D
U S D W I R R R H J C E A N L A M N A E R I A
H O E C C A K I S R N S S U Y L R E U B T S L
T W E E M E E U H I O A T P O I K I C K I N G

Kicks (Foot Technique Terms)

Punches (Hand Technique Terms)

Korean	-	English	Korean	-	English
Cha-gee	-	Kick	Joo-muk	-	Fist
Bal	-	Leg	Jiruh-gee	-	Punch
Ahp Cha-gee	-	Front Kick	Chee-gee	-	Strike
Yup Cha-gee	-	Side Kick	Dwi Joo-muk	-	Rear Fist
Hoo-lyia Cha-gee	-	Swing Kick	Dung Joo-muk	-	Back Fist
Ban-dae Hoo-lyia Cha-gee	-	Reverse Swing Kick	An-uh-ro	-	Inward
Nae-ria Cha-gee	-	Down kick	Dolyuh	-	Round
Ban-dal Cha-gee	-	Crescent Kick	Sah-Suhn	-	Diagonal
Bee-tull-uh Cha-gee	-	Twisting Kick	OI-lyo	-	Upward
Dol-mee-uh	-	Spinning			
Mee-kul-meeuh	-	Sliding			
Twee-meeuh	-	Jumping			

RULES FOR THE DOJANG

In our school we take pride in the martial art and discipline we teach.

Please read over the rules for the Dojang to further your discipline and growth through your Choi Kwang Do Training.

- No jewelry is to be worn in the Dojang.
- **Smoking, chewing gum / tobacco, eating, and drinking are prohibited in the Dojang.**
- Everyone must remove their shoes before entering the Dojang. Shoes and other personal belongings are to be kept neatly in the dressing rooms or designated area and NOT left in the school lobby.
- Students should bow toward flags when entering and leaving the Dojang.
- Students should always bow before and after speaking to the instructor or senior students, and use terms of respect such as "Yes, sir (or ma'am)", "No, sir ", "Pardon me", etc. Any instructor's commands or corrections should be answered with "Yes, Sir!" or "Thank you, sir!" (or ma'am as appropriate). If a command or correction isn't understood, wait for an appropriate moment, then politely ask the instructor to clarify or explain.
- All Black Belts will be addressed formally as Mr., Mrs., or Miss. Instructors are to be addressed as "Sabumnim" or Mr., Mrs., or Miss., and Grand Master Kwang Choi as "Sahjonim". Students should memorize the names of their instructors.
- Students should bow and say "Pil Suhng" as a formal greeting or farewell and not simply say "hello" or "good-bye".
- Students should not face the Instructor or the flags when adjusting their uniforms.
- Students should observe common standards of hygiene, such as keeping one's Do Bok clean, keeping one's own body clean so as not to be offensive and keeping nails short and clean.
- Students should move quickly to line up and should stand at attention in order to await the Instructor's commands.
- Profanity, obscene gestures or actions, unnecessary roughness toward a fellow student, loss of temper, or other actions unbecoming a martial artist are strictly prohibited.

Spring Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00							Adult All Ranks
10:00							Children's Fun Day
1:00				Homeschool All Ranks			
2:00							
4:00		Demo Team			Children All Ranks		
5:00		Children All Ranks	Children All Ranks	Children All Ranks	Jr. Advanced Purple & up		
6:00		Family All Ranks	Children All Ranks	Family All Ranks	Children All Ranks		
7:00		Adult All Ranks	Adult All Ranks		Adults All Ranks		
8:00		Ad. Advance Red & up					

UPCOMING EVENTS

April

17th Testing

May

2nd Parent's Night Out

8th Testing

30th St. Jude Children's Hospital
Kick-A-Thon / 2 Year

June

5th Testing

6th Black Belt Test

7th Party at Jackson's Home

If you are interested in writing an article for the next issue of our newsletter or have any ideas for the next newsletter, please contact Chris Jackson.

jacksonctp@yahoo.com