

Adults Benefits

Our need to move is biological—movement is essential for health! But society has changed and exercise must suit the needs of 21st century living. We need a progressively challenging, yet noncompetitive and enjoyable form of exercise that will produce the complete results we need in a shorter time. It must also provide us with the opportunity to get our social needs met (rather than working out in isolation) to keep us healthy for the long term. Choi Kwang Do as a way of life meets this need.

By choosing to exercise regularly in Choi Kwang Do, and by monitoring levels of intensity, frequency and duration, people can achieve optimal levels of health. Because the techniques are based on biomechanics, muscles, tendons and ligaments can all work together to become strong. CKD training also positively influences the functions of the organs and systems in the body, stimulates the brain, helps balance brain chemistry, increases production of antibodies and activates more Natural Killer Cells which improves the immune system. Intensive training, on the other hand, suppresses the immune system.

When first beginning Choi Kwang Do training, students need to put their bodies through an adaptation process. While it may take some time for an unfit person to see physiological changes, this is easily overcome because our system is exciting and fun from the first class. After a few months, you will see major physical progress: Your blood sugar levels, blood lipid levels, blood pressure, blood supply to muscles, brain neurotransmitter balance and the ability of muscles and the liver to store glycogen can all improve. These changes also elicit changes among other systems and positively influence the functionality of those systems. It is these modifications that help your body become stronger, function better and dramatically reduce the risk of developing hypokinetic diseases.

Among some of the early changes beginners may experience with Choi Kwang Do are heightened energy levels, improved confidence and self-esteem, lower anxiety, and an overall ability to cope with the stresses and strains of everyday living. Soon the heart rate and blood pressure can lower, and the sympathetic and parasympathetic autonomic nervous systems rebalance.

In order to bring about long-term health benefits, the nervous system must be trained in a multisensory environment, and in a multiplanar fashion. Training in a noncompetitive environment ensures that the multisensory nature of the environment can be safely increased by working with a partner. Because contact is removed, the CKD system is also more stimulating than most forms of exercise and require greater levels of attention and concentration than training on your own.

Anaerobic and aerobic training are also a part of Choi Kwang Do classes, because we understand the need for both. Aerobic training improves the heart's endurance by increasing the blood stroke volume, which enlarges the left chamber of the heart. Anaerobic training makes the left chamber walls of the heart thicker because of increased pressure on the left chamber of the heart.

With proper cardiorespiratory training, blood capillaries actually extend and resting heart rates can lower. Without proper exercise training, blood pressure can rise as blood capillaries shrink.

The system of Choi Kwang Do is designed to stimulate and influence us, both physically *and* mentally. Since human beings are essentially social creatures, we also need interaction with others, nurture, play, care and reduced stress, and Choi Kwang Do's noncompetitive surroundings provide that. We understand that all of these factors can help us to learn better and live more enjoyable, longer lives.

CKD movements are performed in a relaxed, soft manner when they are performed in the air, but when performed on targets, they can produce incredible power because they use proper biomechanical patterns. When combined with target training, these patterns are a powerful tool to develop bone and joint strength. Both the left and right sides of the body are worked evenly, and we work the body in all three planes of motion.

For the brain, there is always something new to learn and enjoy, and our principles, adult pledge and children's promise engage the mind in a positive way. By removing competition, we have removed stress, anxiety and fear from our training. Although we are a martial art for self-defense, our goal is to avoid self-defense situations, not because we are insecure or lack confidence but because we prefer to forgive our opponents with compassion.

Because Choi Kwang Do was designed in conjunction with human movement science and is systematically progressive, our techniques are much more effective for force-production and self-defense than those programs designed without scientific principles. At the same time, they are more effective for enhancing health and longevity.

The sophisticated movements are ideal for activating NGF in the brain, which is important to make neurogenesis possible and more successful. Our stretches are performed gently, so are an excellent way to reduce stress. The complete system helps avoid deterioration in joints, muscles, tendons, ligaments and even the brain. Striking targets correctly will help prevent diseases such as arthritis and osteoporosis. Bone-loading has been shown to prevent bone loss, as well as to encourage new bone growth, and Choi Kwang Do can help keep your bones and joints strong and healthy for a lifetime.

For exercise to benefit the body and mind, it needs to be enjoyable, and Choi Kwang Do training can be very pleasurable and gratifying. Just the act of training with people of like mind can create a feeling of connectedness. Friendships among CKD students last because we love our art and people quickly feel welcome at our schools. We are a friendly, caring martial art that works both the mind and the body—the ideal 21st century exercise!