



www.ppckd.com 07590 559 421

What's going on in the first class?

To Start;

We recite the principles and pledge. Don't worry they are all printed up. Just read away and when you fancy joining in please do so.

Keep up to date with what we are doing by following us on

Facebook

Twitter

Instagram

Google+

LinkedIn

The Warm Up;

We then go through a quick routine to warm up every muscle, then we're ready to train.

Training Tips

1. Stay relaxed,
2. bow when we bow
3. bring plenty of water,
4. wear loose clothing,
5. smile and
6. enjoy yourself,

The Start;

We will take you through a few basic moves to introduce you to Choi Kwang Do. It won't be too difficult, it's just your first class.

Hopefully by the end of the class you will have worked up a little bit of a sweat and be ready for your next class!

Why not bring along a friend to your next class? If they start with you, you could earn yourself £100

www.ppckd.com

07590 559 421

www.ppckd.com

07590 559 421

www.ppckd.com

07590 559 421

www.ppckd.com

07590 559 421

A few terms

You will hear these ones a lot

Pil Seung

Certain Victory

Chariot

Attention

Kyung Yae

Bow

Chun Bi

Ready

Hai Sun

Dismiss