

## CORPORATE WELLNESS

Perhaps the greatest challenge today in health care is in taking action against many of today's chronic degenerative diseases before they need the use of technological and medical advances. The issue of health may have been foreign to employers a few years ago but today, with so much time being lost at work from illness and poor productivity due to low levels of endurance, and other indicators that are performance related: high performance in the workplace depends predominantly on staff wellness.

Companies invest in training to improve time management, communication, sales, or leadership skills, but high performance has a great deal to do with physical and mental wellness. When an employee is strong and resilient physically, they are stronger mentally and emotionally, and they perform better! Sustaining peak performance in the face of change, long hours, deadlines, and pressure is now a requirement for all managers, executives and employees.

Our Choi Kwang-Do Corporate Wellness Program offers companies an exciting unique martial arts and wellness program that will work on building Physical, Emotional, and Mental Strength and bring a variety of positive benefits to workers and families. The art itself is noncontact and therefore safe for practitioners of all ages. Self-defense skills are developed in a friendly, noncompetitive class environment where personal development is paramount. This way, skills such as concentration, listening, and focus can be worked on, developed and refined. Fitness develops naturally as a result of training in the gradually progressive, complete, holistic system designed by Grandmaster Kwang Jo Choi.

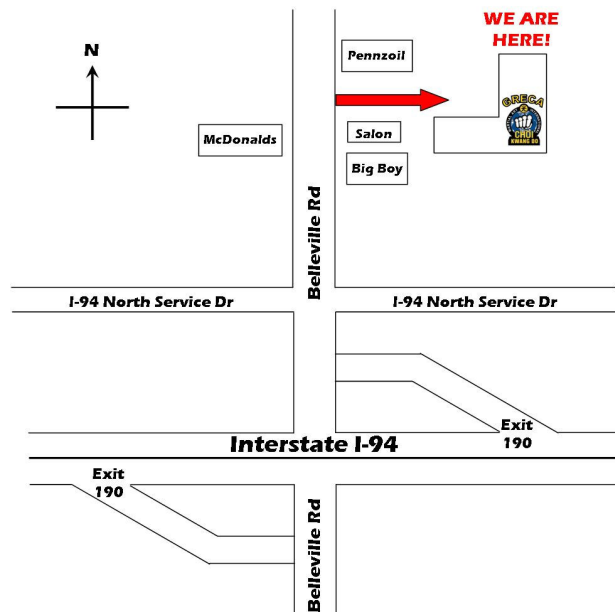
**Call for Rates and Availability!  
Group and Family Rates Available!**



**If You Have Any Questions About  
Our Professional Services, Please  
Don't Hesitate to Contact Us!**

**Our Staff Is Ready to Assist You  
and Help You Meet Your Profes-  
sional and Personal Goals!**

## Our Location



**Greca Choi Kwang-Do  
10665 Belleville Rd  
Belleville, MI 48111  
(734) 697-1950**

**Email: [staff@grecackd.com](mailto:staff@grecackd.com)  
Learn More At:  
[www.grecackd.com](http://www.grecackd.com)  
[www.choikwangdo.com](http://www.choikwangdo.com)**

## PROFESSIONAL SERVICES



CHOI KWANG-DO

**Private Lessons  
Team Building  
Private Meetings  
School Owner Program  
Self-Defense Courses  
Corporate Wellness**

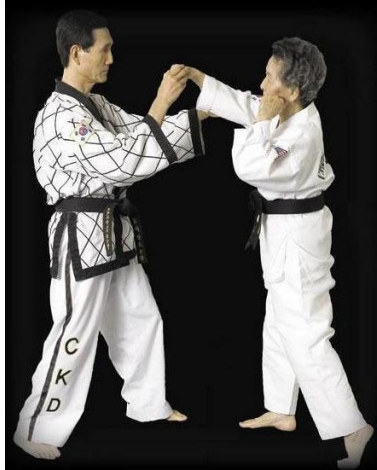
**Call Now  
734.697.1950  
[www.grecackd.com](http://www.grecackd.com)**



## Humility

### PRIVATE LESSONS

While most students find their group training classes provide full benefits of training in Choi Kwang-Do, some choose private or semi-private lessons as a means to further their development, catch up on missed classes, or get extra attention on a particular drill or technique they have struggled with personally. In addition, private or semi-private lessons can be used for students to take an exam they may have missed rather than wait until the next scheduled group exam date.



All private and semi-private lessons include:

- Fully Certified Chief Instructor
- Pre-lesson Interview
- Written Feedback
- Attendance Credits

#### Private Lesson

- 60 min **\$60 / person**
- 30 min **\$32 / person**

#### Semi-Private

- 60 min for 2 **\$30 / person**
- 60 min for 3 **\$20 / person**
- 60 min for 4 or more **\$15 / person**
- 30 min for 2 **\$16 / person**
- 30 min for 3 **\$12 / person**
- 30 min for 4 or more **\$10 / person**

All Private / Semi-Private Exams are billed at the corresponding 30 min rates above.

## Perseverance

## Gentleness

### TEAM BUILDING

Interested in Team Building Activities for your company, church group, young adult group, or family? We offer team enrichment activities from teens to adults. Based on concepts in Choi Kwang-Do, these activities will stimulate your group and challenge them towards higher levels of achievement while working together. Flexibility allows us to operate the training activity in our state of the art facility or at your own.



### PRIVATE MEETINGS

Need a space to hold your next meeting, special event, bridal or baby shower? We offer seating for 40 people, skirted tables, and three different areas to meet your needs. Sound systems, mics, pc and movie projectors and screens, as well as fax and onsite printing services are available for any occasion. Prices based equipment and space required. Members Only.

### SCHOOL OWNER PROGRAM

Looking for new career opportunities? With years of experience operating a full time professional martial arts facility, our staff can train you to become your own boss working in a career that is not only rewarding mentally but also keeps you in great shape! An extension of our strong Instructor Program, you will learn a systematic approach to school management.

**For the Programs/Services Above,  
Please Call For More Details,  
Availability and Pricing**

**(734) 697-1950**

## Self-Control

## Honesty

### SELF-DEFENSE COURSES

Because of the powerful nature of the art, students are taught that the first goal is to avoid a potentially dangerous situation. This includes understanding different levels of awareness and training intuition - paying attention to how you are feeling in a particular area or about someone nearby. Then Students learn to deal with oncoming attacks and react with explosive force using techniques that are safe and easy to perform. Finally, you will learn how to deal with close range attacks - opponents grabbing them in hold - and respond with a "never give up" means to recover and counter attack.

All of this works to enhance inner confidence and peace of mind in the knowledge that you can protect yourself! This is a fun, energetic class full of support and encouragement and is available for women or corporate/community groups in our facility or yours.

**One Month Course (4 classes) \$40**  
**2-Hour Course \$20**

**Group Rates Available!!!**



## Unbreakable Spirit