

# Kimoodo<sup>®</sup> - Healing Art

(Healing Energy Merged in Dynamics of Martial Arts)



## “신비의 氣武道”

-THREE GREAT POWER OF KIMOODO-  
Power Breathing, Power Stretching, Power Mind

## Kimoodo<sup>®</sup> for Health & Happiness

Vision:

**Kids grow up Happy & Healthy,**  
**Young become Wise & Strong, Old enjoy Peace & Harmony**



✧ Holistic Life Skills ✧ Stress Relief  
✧ Balanced Life ✧ Health & Fitness ✧ Peace & Harmony

### Kimoodo Holistic Life Center

Oriental Martial Arts College (Since 1971)

Grandmaster Joon P. Choi, Founder/President

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## Choi's Kimoodo (Ancient Healing Arts )

-Dynamics of Healing Energy Merged in Martial Arts-

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Choi's Kimoodo has its roots in ancient Asian Martial Arts, an aspect of which has been used in Asia more than 5,000 years to maintain healthy mind and body and treat injury or illness. The literal translation of "Kimoodo" is "the way of **"Life Energy"** merged in discipline of martial arts". Choi's method is very holistic, and Kimoodo protocol harnesses the practitioner's **"Life Energies"** in the healing process. The practitioner's mind, body, spirit and emotion work together to keep best condition and fight injury, illnesses and overcome hardships in life.

*Joon Pyo Choi*, fled from North Korea during the Korean War and grew up in a refugee camp with street violence and confusion. A few years later, a small, shy, undersized boy of 11 started formal Taekwondo training under Supreme Grand Master Byung Jick Ro, Founder of Song Moo Kwan system and father and pioneer of Modern Taekwondo in Korea. **And.....**

Master Choi is now a ninth degree black belt a senior grandmaster in Taekwondo which is an Ancient Korean Martial Arts with over 45 years of experiences in various martial arts, hypnotism, acupuncture, in Korea and United States. Two times Korean National Champion, and former U.S. Olympic Coach, he is founder of the prestigious Oriental Martial Arts College. Since 1963, he trained more than 25,000 students and instructed The Ohio State University football team, members of the Police Academy, members of the Secret Service, FBI, SWAT, Olympians and professional athletes.

In addition to his extraordinary martial arts career, Grandmaster Choi also involved in a various community organizations and activities. He served as a Goodwill Ambassador for U.S Senate Governor George Voinovich during his governorship in the State of Ohio from 1993-1997 and also served as a president of Asian American Commerce Group. In 1998 he was elected as a member of Board of Trustees for United Way and appointed as a member of Columbus Community Relations commissioner.

Master Choi's disciplined and focused approach to train mind, body and emotion heightens overall life skills of practitioners. The results are increased self esteem and confidence, greater stamina, release of tension, and increases muscle tone, speed, power, endurance, stamina, flexibility. In addition to these benefits, the Choi's Kimoodo teaches effective self defense skills in slow motion with breathing and concentration developing techniques tailored to the needs of each individual . Kimoodo thus enhances holistic life skills and offers a greater understanding of life, self and the nature.

Through exercise regimens and meditative breathing techniques designed for each individual case, Master Choi guides practitioners from sickness and injuries toward health. He leads them from anger, fear, depression, stress and confusion to harmony, peace and happiness.

Master Choi has long applied healing art the "Kimoodo" to the unique problems of each person, he has helped sufferers of various physical, mental, emotional problems including terminal cancer, osteoarthritis, muscle, joints, and back injuries, stroke patients and various kind of emotional problems such as ADD, ADHD, and sleeping disorder. Kimoodo is a -viable rehabilitation system for all ages and professions regardless of extent of their current condition.



My name is Tim Foster. I am a registered nurse. I would like to give my professional experience to an healing exercise program called Kimoodo. As a nurse, I feel it is my duty to add a positive word for any program that I feel to be medically beneficial. Kimoodo is one such program. Please allow me to give a little explanation as to why I believe that this program can be medically beneficial to people with a variety of illnesses and maladies.

Let me start by making a statement of obvious fact: air is life. Without air, it is impossible to sustain life. The mechanisms that control the collection and distribution of air into our bodies are very precise systems, and as such, are easily disrupted by the actions and habits of the individual. We start our journey in this world breathing the most correct way possible, and over time, we lose these natural breathing instincts, as breathing correctly becomes more of a conscious effort.

Here is how respiration is supposed to work. As we breathe in, the lungs expand like a balloon filling with air. A muscle that rests just underneath the lungs, called the diaphragm, pushes up from under the lungs and aids in their expansion. In case you are worried about overfilling the lungs, a chemical on the lung's surface, called surfactant, prevents this from happening.

The air goes into tiny airsacs, called alveoli, where the fresh oxygen is exchanged with carbon dioxide (a byproduct of the respiration process). It is this byproduct that you breathe out when you exhale. Another byproduct of respiration, water, prevents the air from drying your body out and plays a small role in preventing dehydration.

That is the ideal respiratory process, but there is only one problem: people are lazy. Most people do not breathe correctly. The diaphragm is not often utilized in respiration. The way you can tell if some is breathing correctly is by watching them. If their shoulders rise, they are not using their diaphragm. If their stomach expands, they are using their diaphragm. Most people walk around with 30% stale air in their lungs because of improper breathing. How does Kimoodo help with this whole process? The combination of stretching and breathing allows for full lung expansion and emptying, ensuring that with every movement you receive the most air possible and retain as little carbon dioxide as possible.

The act of breathing in through the nose creates a negative pressure system within the lungs, which helps them to expand. Simply put, Kimoodo forces you to breathe correctly, which makes more oxygen available for the body to use. This may seem like small issue to you, but allow me to delineate the benefits. Having more air in your cells allows every cell in your body to function more efficiently. Muscles contract smoother and with more force in the higher oxygen environment. If you practice Kimoodo regularly, you will rarely ever get a muscle cramp because you muscles contract much more efficiently.

You will be able to go much longer before getting tired, because you muscles will not ware out as quickly. Your tendons will feel the benefit of the increased muscle efficiency, and combined with the stretching, will be much less prone to injury. The end result: increased flexibility in a relatively painless manner. Better oxygenation to the brain cells will increase your memory and brain power, as well as make your brain a much more efficient organizer. You will be able to keep track of more details without getting lost in all of the mental busy work. Also, your heart will thank you, as having more oxygen allows it to pump easier. Kimoodo is a heart healthy exercise that can be performed by people who have a history of cardiac diseases, as long as it is performed under the supervision of a physician.

Wounds heal faster with more oxygen available to them. If you get cut during a Kimoodo exercise, fear not: that cut will heal much faster than any cut you acquired before starting up Kimoodo. I could go on, but I feel there is no need to. Most of the Health problems people gripe about the most are included in the four systems I have just described to you. Also, if you want the best evidence of Kimoodo's benefit, as anybody that practices it. Ask them how they felt before they started, and how they feel now.

There is nothing mystical about Kimoodo effect on the body. It simply forces your body to do something it probably has not done since infancy: breathe correctly. Traditional American aerobics classes only train you to move, whereas Kimoodo teaches you how to breathe. I am proud to give my professional endorsement as a registered nurse to the practice of Kimoodo, and will encourage my patients to look into it for their own health. If everybody did Kimoodo, I might be out of a job, and I'd be much happier for it!

Sincerely,

Tim Foster, RN, BSN