

Appendix H: Sample statement when speaking to a third party

To Whom It May Concern

(insert students name) has been training in Choi Kwang Do since (insert month/year). Choi Kwang Do is a non-competitive martial art that amongst other things improves confidence, focus and well-being. (insert students name) has successfully achieved the rank of (insert belt rank) by showing commitment to his/her training throughout this time and continues to strive to always work to his/her full potential. The ethos of the art is very much a 3-way triangle where students are encouraged to apply the 6 principles of Humility, Integrity, Gentleness, Perseverance, Self-Control and Unbreakable Spirit at school, at home and whilst training.

All of our students are advised that as long as they have used and applied the tools that they have been taught in Choi Kwang Do then should they need to react using the physical side of the art, then we would be 100% supportive of them. (insert students name) has been taught to:

1. Try not to put him/herself in a situation where he/she would need to defend him/herself
2. Tell someone (a teacher) at school if he/she feels uncomfortable with any behaviour that is shown towards him/her
3. Ask the person/people involved to stop/back-off
4. React with physical movement (blocking initially) if necessary, but only in response to a physical attack on him/her

Yours faithfully

(insert instructors name)
Welfare Officer & Head/Chief Instructor