

CHOI KWANG DO @ MA&Y

December Newsletter



Happy 1st Birthday to Choi Kwang Do @ MA&Y



www.ma-y.co.uk

Thank you to all our members, friends, families, instructors and special guest instructors (including Master Brophy, Miss Patel, Mr Pickett, Ms. Paddington) who came along to help celebrate and support our 1st Birthday. Pil Seung!



CHOI KWANG DO @ MA&Y
TEL: 07715380603 □ E-MAIL: info@ma-y.co.uk
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MERCHANDISE

Hand & Foot safety equipment is required for defence drills on reaching a certain belt rank. This has been specially designed for Choi Kwang Do @ MA&Y, so you may place an order for these items either via email - info@ma-y.co.uk or next time you are in class.

White Belt Senior - Students require Hand Protection (£25)

Yellow Belt - Students require Foot Protection (£30)

Please be advised on the sizing by an instructor before you complete your purchase. Thank you.



EQUIPMENT BAGS NOW IN STOCK!



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Important Dates - Choi Kwang Do @ MA&Y

Please make a note of these dates over the next few weeks. This will also include opening and closing dates over Christmas. Thank you.

Thursday 17th December - Regular classes as per normal

Sunday 20th December - Grading

Monday 21st December - Last Class of 2015 - Bring a festive hat to wear in class!

Monday 4th January 2016 - First Choi Kwang Do Class of 2016!

How to tie your belt

Please find a helpful guide for tying your Choi Kwang Do belt. If you get stuck you can always ask an instructor, but please do your best to learn how to tie your belt as soon as possible.

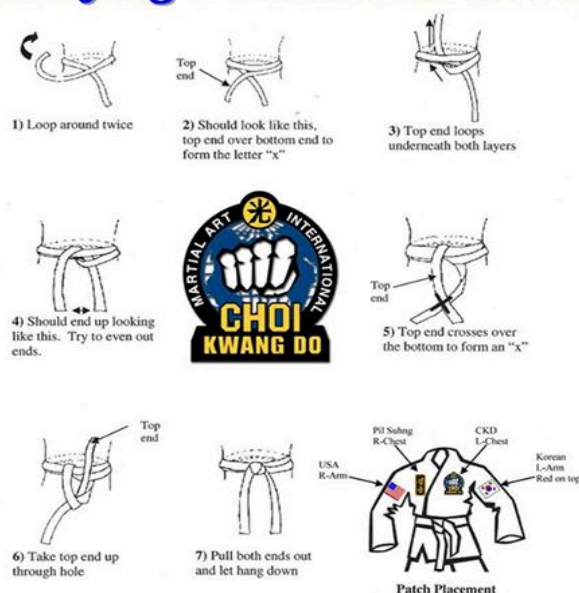
Also, it is important to practice how to put your hand & foot protection on. This can be done at home and will save your precious training time when you are in class. Thank you.

FLAG PATCHES

These have now arrived and are £2 each. All students should have the flag patches on each sleeve of their dobok.

Pil Seung!

Belt Tying & Patch Placement



SOCIAL MEDIA - Help our school grow!

Choi Kwang Do @ MA&Y is featured on many social media sites and we would love you to like, share, follow, review and introduce 'your' school to the online community.

<https://www.facebook.com/martialarts.london>

<https://twitter.com/MAandYtweets>

<https://instagram.com/martialartsandyoga/>

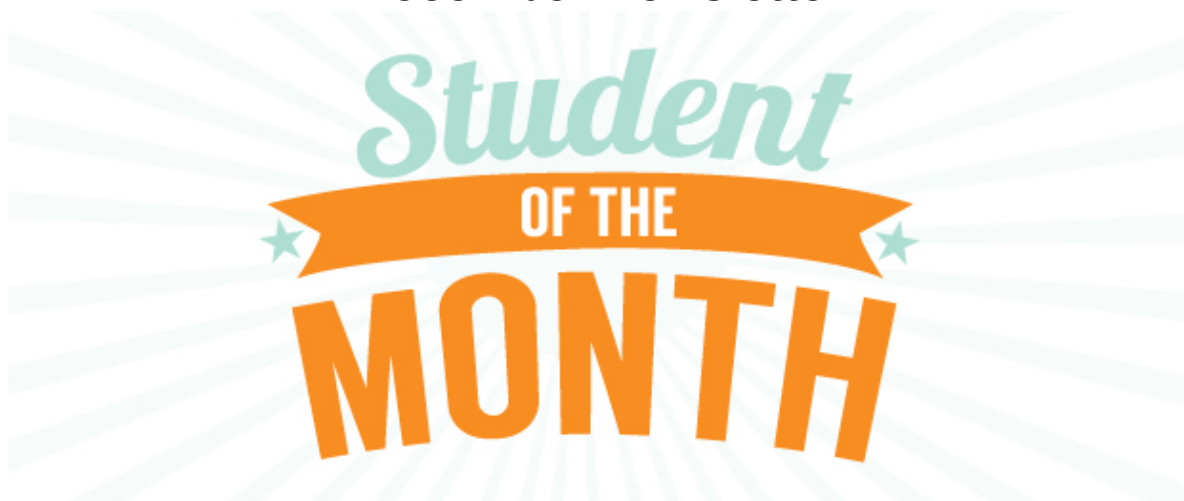
<http://earlsfieldmartialartsandyoga.com/reviews#.VR0jH78TqHl>

Choi Kwang Do @ MA&Y will happily support our members with their own social media pages. Please contact us directly via email - info@ma-y.co.uk and let us know what we can do for you.



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Congratulations to our student of the month winner **Torin Strathearn** for November 2015 at MA&Y

This is for student's aged 9 and under. Each monthly winner will be awarded a very special certificate and a FREE grading worth £25. We will be looking at all attributes that make up being a great student in class, at home and at school. Good luck to everyone! Pil Seung.



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BLACK BELT CLUB at Choi Kwang Do @ MA&Y

The Black Belt Club is a globally recognized achievement within the Choi Kwang Do Martial Art International Organization for students under the age of 12 years old.

If a student is demonstrating the principles and pledges of Choi Kwang Do and doing exceptionally well at home, at school and in our regular classes, they may be invited to join the Black Belt Club at Choi Kwang Do @ MA&Y.

In addition to regular classes, we hold special training sessions for Black Belt Club members that include the opportunity to train with our Instructors. The ultimate martial arts training experience! Pil Seung!

We are proud to announce that **Rikki Pamnani** has been invited and is now part of the Black Belt Club at Choi Kwang Do @ MA&Y. A fantastic achievement! Pil Seung!

For more details about the Black Belt Club, please speak with Mr. Johnson.



A big thank you to all who came to our yoga festive event on Sunday!



Wishing you happy holidays
from all of us @ MA&Y



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