

January 2016 Newsletter



Happy New Year!



www.ma-y.co.uk

MA&Y would like to wish all our members, parents, families, friends, supporters and our extended family of students and instructors from around the world all the very best for 2016. Pil Seung!



Choi Kwang Do @ MA&Y in Optimum Nutrition

In the 2016 Winter edition of Optimum Nutrition, Choi Kwang Do @ MA&Y is featured in a 3 page article. Many thanks to all the people who made this possible and to our excellent instructors for all their help on the day! 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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CHOI KWANG DO @ MA&Y HOODIES

You may have noticed our Instructors wearing our new Hoodies specially designed for Choi Kwang Do @ MA&Y.

These are now available to buy. PRE-ORDER only. They are excellent quality, very soft and perfect for keeping warm. Comes with phone pocket and hole for headphones, plus thumbhole on the sleeves.

These are available in adult sizes only - XS, S, M, L and XL.

If members are interested in a Kids range please suggest this to an instructor.

You may place an order for these items either via email - info@ma-y.co.uk or next time you are in class.



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>

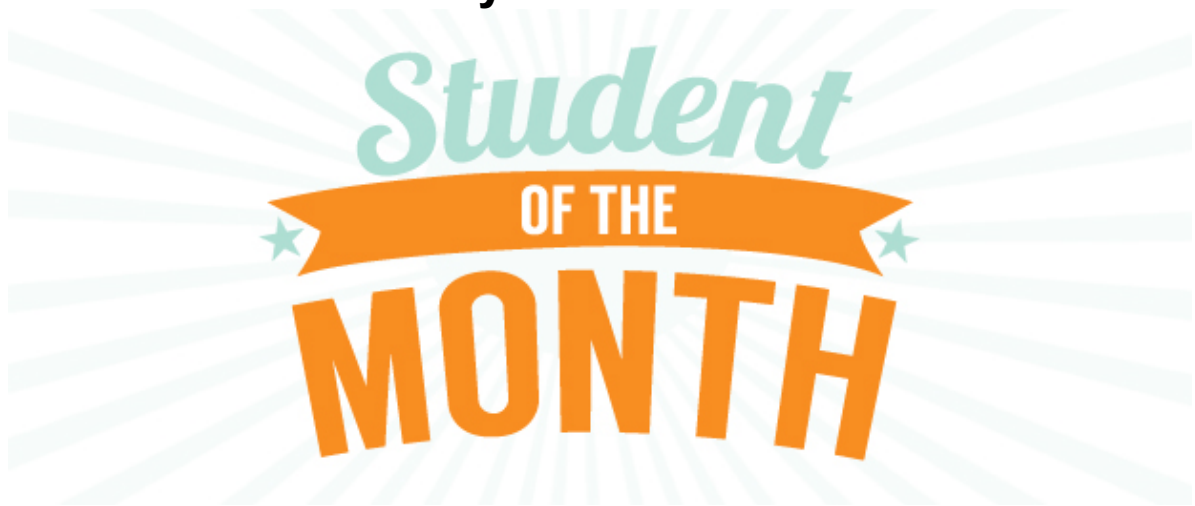
<https://twitter.com/MAandYtweets>

<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 **Inaya Rathor** for December 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 **Alastair Strathearn, Inaki Bowat and Rikki Pamnami** are 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.

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.

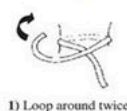
Also, it is important to practice how to put your hand & foot protection on. This can be done at home and will save your precious training time when you are in class. Thank you.

FLAG PATCHES

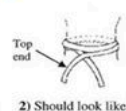
These have now arrived and are £2 each. All students should have the flag patches on each sleeve of their dobok.

Pil Seung.

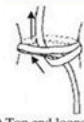
Belt Tying & Patch Placement



1) Loop around twice



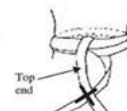
2) Should look like this, top end over bottom end to form the letter "x"



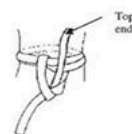
3) Top end loops underneath both layers



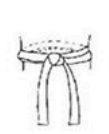
4) Should end up looking like this. Try to even out ends.



5) Top end crosses over the bottom to form an "x"



6) Take top end up through hole



7) Pull both ends out and let hang down



Patch Placement

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BESPOKE YOGA CLASSES @ MA&Y

MA&Y is now offering bespoke weekday mornings and weekend yoga classes at our home studio. These are small group (max 4 people) and tailored to your needs. If you fancy coming along let us know and we can work out a time suitable to your schedule. They are pay-as-you go and are only £10 per person for 75-minute session.

Also we will be running a series of 2 hours and 30 minutes workshops for specific postures such as inversions or arms balances. However, we are always open to suggestions on themes. If there is any asana or aspect of yoga that you would like to explore, please speak with Gaia. These will also be for up to four people and £25 per person. Namaste.



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Happy New You!



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5 YOGA CLASSES

£19.99

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