



Sahjonim
Kwang Jo Choi

칠송

HAPPY BIRTHDAY

74 years YOUNG



29 years STRONG!

*Happy 74th birthday to the Founder of Choi Kwang Do, Grandmaster Kwang Jo Choi

*Happy 29th birthday to Choi Kwang Do Martial Arts.

March celebrates the birthday of our founder Grandmaster Kwang Jo Choi and our Martial Art, Choi Kwang Do. You can send a birthday message directly to our founder via the homepage www.choikwangdo.com.

CHECK OUT OUR ARTICLE IN
Optimum nutrition
MAGAZINE

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!



MEMBERS ONLY
MOTHERS DAY SPECIAL
EXTENDED

Something special for all the Mum's at MA&Y. Whether you are a member of our Yoga or Choi Kwang Do (Martial Arts), you can bring your Mum along to any of our activities / classes.

Originally this offer ran for one week only, but we have now **EXTENDED** the offer for the whole month of MARCH!

Please register your interest by emailing our team at MA&Y on info@ma-y.co.uk

Special
Acknowledgment

We would like to thank the following members of MA&Y who have been practicing Yoga with us for over a year.

Celebrating a year of yoga classes, a big thank you to Aglae and Dorianne Descamps, Emma Neave, Jadah Harriott, Penny Apostolaki, Jack Cross, Samantha Hills, Glenn Cain, Judhajit Basu and Liz Agostini.

Namaste.



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 £30 each (personalized with initials add an extra £5)





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 at **£40**.

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.

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!

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



Student OF THE MONTH

Congratulations to our student of the month winner **Wilbur Trent** for February 2016 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.





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.





SOCIAL MEDIA

LET US KNOW WHAT WE CAN DO FOR YOU!

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

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

<https://twitter.com/MAandYtweets>

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

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

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.