



CHOI KWANG DO @ MA&Y Newsletter



GRADING

Congratulations to the following students for a fantastic grading in March @ MA&Y Earlsfield. Well Done!

(l-r) Mr. Johnson (Choi Kwang Do @ MA&Y), Josh Bernard, Mr. Hobson, Miss Houghton, Inaki Bowat, Miss Forshaw Miss Patel (4th Degree Examiner).



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#.VROjH78TqHl>

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.

PLUS, if any student joins from your hard work, you will get rewarded with a £25 voucher to use against future gradings or merchandise. PIL SEUNG!!

THANK YOU FOR YOUR SUPPORT!



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MERCHANDISE

Hand & Foot safety equipment has just arrived. 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.



Summer Outdoor Training

Relying on the kindness of the British weather, we will be having weekend outdoor classes in our local parks. The dates / times are yet to be confirmed, but we will be informing students from the beginning of May. These will be fantastic events that will incorporate some great new drills and are something the whole family can come along to watch or even take part!

These classes will be **FREE** to all members. We will require students to wear the official Choi Kwang Do @ MA&Y t-shirt to participate in the outdoor classes. This will help identify our students, promote the martial art and our school and also keep our white dobok's nice and clean! Pil Seung!

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Happy Easter

Choi Kwang Do @ MA&Y would like to wish all our members and families a Happy Easter. Please note that there are no classes on Easter Monday (Monday April 6th 2015) Also, for your diary please note there are no classes on May Bank holidays (4th & 25th May 2015).



Choi Kwang Do @ MA&Y Southfields

Please be informed that our Southfields venue will be closed now until the beginning of the next Academic year. St Cecilians is hosting school examinations throughout May & June and then the school is closed for the summer holidays. We sincerely apologize for any inconvenience caused.

Hopefully our outdoor classes will provide plenty of alternatives to our regular classes at MA&Y Earlsfield during these months. However, if any members would like to continue to train in the Southfields area in the interim, please contact us directly as we can always source another venue.

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[International Choi Kwang Do seminar in Korea 2015](#)

This seminar is open to Choi Kwang Do practitioners from all over the world. There will be competitions and demos from our international community. It is also an amazing opportunity to see Grandmaster Kwang Jo Choi perform his legendary demonstrations of speed, skills, techniques and power at the young age of 73 in his home country. Seeing is believing.

Pil Seung!

The biggest compliment you can give the instructors at Choi Kwang Do @ MA&Y is to recommend us to a friend, family member, work colleague, school friend, buddy or spouse. We are here to help you achieve your own personal goals and if you feel anyone else can benefit from our classes, spread the word as we offer some fantastic gifts to our members for student referrals (Choi Kwang Do merchandise up to £25 or a free Colour belt grading). We really appreciate your support. Pil Seung!



Mr Johnson (Choi Kwang Do @ MA&Y) also took a grading in March for EE Dan black belt - 2nd Degree at Surrey CKD Farnborough. Mr. Johnson is pictured here being presented with his belt by Master Brophy (6th Degree).

Latest MA&Y News - We now provide Kids Yoga classes @ Wimbledon Park and also Private tuition in Yoga and Self Defence. Speak to a member of staff for further details. Pil Seung!