

CHOI KWANG DO @ MA&Y Newsletter



SPECIAL GUEST @ MA&Y

To celebrate the month of MAY at MA&Y, we have an extra special guest attending Choi Kwang Do @ MA&Y Earlsfield to present a workshop / class for all our lucky students.

On **Thursday 28th May** (6-8pm) we are honoured to have the presence of **Master Nigel Brophy** (6th Degree Black Belt, Examiner, International Faculty Member and owner of Surrey CKD). Master Brophy was the 1st Instructor to achieve the rank of Master Instructor from white belt in the entire Choi Kwang Do organization across the world since the birth of the martial art in 1987.

This is an event not to be missed and is **FREE** to all Choi Kwang Do @ MA&Y members. Please ensure you make every effort to attend this spectacular event.

Picture opposite - Master Brophy holding a shield for our founder Grandmaster Kwang Jo Choi.



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.

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

We have now started our outdoor classes in the park. The day / time / venue and location are confirmed with 2-3 days notice to offer the best chance of dry weather. This information is emailed to our members. These will be fantastic classes 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! All merchandise can be purchased through MA&Y during regular classes or on the day of the outdoor class. Pil Seung!

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SOCIAL EVENT - SUMMER SOLSTICE @ MA&Y

To bring together members and families from both our Choi Kwang Do programme and Yoga programme @ MA&Y, we would like to invite you all to a picnic in the park in June 2015.

The Summer Solstice falls on **Sunday June 21st**, so we will be hoping that we have a sunny day to enjoy an afternoon of socializing, delicious foods, action packed games and fun for the kids.

More details to follow in the next newsletter!



MAY GRADING 2015
Saturday 16TH MAY at 2PM

CHOI KWANG DO @ MA&Y EARLSFIELD

MAY Grading @ MA&Y Earlsfield

Our May grading is at our Earlsfield venue on

Saturday 16th May from 2pm.

The actual grading will start at 2.15pm, to allow students to warm up properly and be ready for testing.

Please ensure that you wear a full dobok -neatly pressed and you bring your hand and foot protection (white senior and above). The grading fee of £25 must be paid before you are allowed on the floor to test. This can be paid in advance during our regular classes.



International Choi Kwang Do seminar in Korea 2015

This seminar is open to all Choi Kwang Do practitioners - students and instructors from all over the world. There will be competitions and demonstrations 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.

For more details please speak with Mr. Johnson.

Pil Seung!