

# CHOI KWANG DO @ MA&Y July Newsletter



## Summer Solstice event @ MA&Y

Many thanks to everyone who came along from both our Yoga & Choi Kwang Do program to make this event extra special on Sunday 21<sup>st</sup> June.

Coinciding with International Yoga Day 2015, we just about escaped the early morning drizzle to have a day of lovely sunshine! Congratulations to those who attempted the 108 Sun Salutations and it was nice to see students trying Yoga or Choi Kwang Do for the first time.

We loved organizing and hosting this event, so we will definitely be having more in the future. We are all one big family, so we will always be open to member's suggestions for new events.

Namaste / Pil Seung.



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### **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](mailto:info@ma-y.co.uk) and let us know what we can do for you.

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

**THANK YOU FOR YOUR SUPPORT!**



### **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](mailto: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)



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## CHOI KWANG DO JULY GRADING @ MA&Y

The July grading will take place on Saturday 18<sup>th</sup> July @ 3pm. Please refer to the email that was sent out to members for those eligible to grade. It is very important that email addresses are kept up to date and also this information is not lost in junk mail. Please let us know if you are not receiving regular updates. Pil Seung!

### Summer Outdoor Training

With the Wimbledon Tennis tournament currently in action, our usual location for our outdoor classes is filled with tennis fans and tents! In addition, the parking restrictions have made it equally as difficult. Therefore, the summer outdoor classes will resume in a few days when the tournament has completed.

As before, the day and time will be confirmed with 2-3 days notice to offer the best chance of dry weather. This information is emailed out to all members.

We are experiencing some very hot days in the UK. Please ensure that you stay well hydrated and if training outside, wear sun block.

These classes are **FREE** to all members. We require students to wear the official Choi Kwang Do @ MA&Y t-shirt to participate in the outdoor classes (£15). These can be purchased on the day or in our regular evening classes. This will help identify our students, promote the martial art and our school and also keep our white dobok's nice and clean! We look forward to seeing you train in the sunshine! Pil Seung!



A promotional poster for the 'CHOI KWANG DO KOREA INTERNATIONAL SEMINAR' held from October 22-28, 2015. The poster features a large image of Grandmaster Kwang Jo Choi performing a high kick in front of a traditional Korean building. Text on the poster includes: 'CHOI KWANG DO KOREA INTERNATIONAL SEMINAR 22-28 OCTOBER 2015', 'GRANDMASTER KWANG JO CHOI FOUNDER OF CHOI KWANG DO', and contact information: 'PHONE: 1-770-795-0010', 'WWW.CHOIKWANGDO.COM', 'linda@choikwangdo.com', and 'masterp@choikwangdo.com'. There is also a small circular logo for Choi Kwang Do.

### 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!