

# CHOI KWANG DO @ MA&Y September Newsletter



## 1<sup>st</sup> Birthday of Choi Kwang Do @ MA&Y

In November 2015, Choi Kwang Do @ MA&Y will have reached its first birthday. We would love all our members to attend a special class, so we can celebrate this event together. Details will be announced in next months Newsletter, but we just wanted to give you a little advance notice.

Thank you for all your support. Pil Seung.



## EQUIPMENT BAGS - Choi Kwang Do @ MA&Y

COMING SOON!!! We will have brand new equipment bags specially designed for members of Choi Kwang Do @ MA&Y. If anyone is interested in purchasing one of these bags, please make your interest known to an instructor in your next class (alternatively, email Mr. Johnson - [info@ma-y.co.uk](mailto:info@ma-y.co.uk)). Thank you.



## International Choi Kwang Do seminar in Korea 2015

This seminar is fast approaching and is open to all Choi Kwang Do practitioners - students and instructors from all over the world. There will be competitions / demonstrations from our international community and there are many travelling from the UK.

It is 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!

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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 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!**



### **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)

Please be advised on the sizing by an instructor before you complete your purchase. Thank you.

# CHOI KWANG DO @ MA&Y

## September Newsletter

**leadership** passion  
motivation  
dedication drive discipline  
excellence heart

### THE PRINCIPLES OF CHOI KWANG DO

~Aims to Achieve~

HUMILITY

INTEGRITY

GENTLENESS

PERSERVERENCE

SELF CONTROL

UNBREAKABLE SPIRIT

**Would you like to help inspire others, take your martial arts training to a higher level and be a role model?**

Choi Kwang Do @ MA&Y is proud to announce our new leadership programmes. Please speak with Mr. Johnson for more details on each programme.

#### **Assistant Instructor Programme (Age 14+)**

- Invitation only by Chief Instructor
- Gold Belt or above
- Certified by Choi Kwang Do International
- Assistant Instructor Dobok Uniform (All Blue)

#### **S.T.O.R.M Team Member (12-14 years of age)**

- Invitation only by Chief Instructor
- Gold Belt or above
- Application supported by Parent / Teacher
- Storm Team Uniform (Blue Jacket / Black Trousers)
- S.T.O.R.M (Special Team Of Role Models)

#### **Black Belt Academy (5-11 years of age)**

- Invitation only by Chief Instructor
- Minimum belt rank - Yellow Senior
- Application supported by Parent / Teacher
- Special Uniform (Red Jacket / Black Trousers)

### **KIDS HALLOWEEN FANCY DRESS PARTY!**

Younger members of Choi Kwang Do and Yoga at MA&Y (and siblings) are invited to come along to a fancy dress Halloween party on Saturday 31<sup>st</sup> October (4.30pm - 5.45pm). Come along for lots of fun and games!

There will be a special prize for the best costume! Please let us know if you would like to attend via email to [info@ma-y.co.uk](mailto:info@ma-y.co.uk)

Full details including venue will be published in next month's newsletter!

**SAVE THE DATE IN YOUR DIARY NOW!**





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### 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.

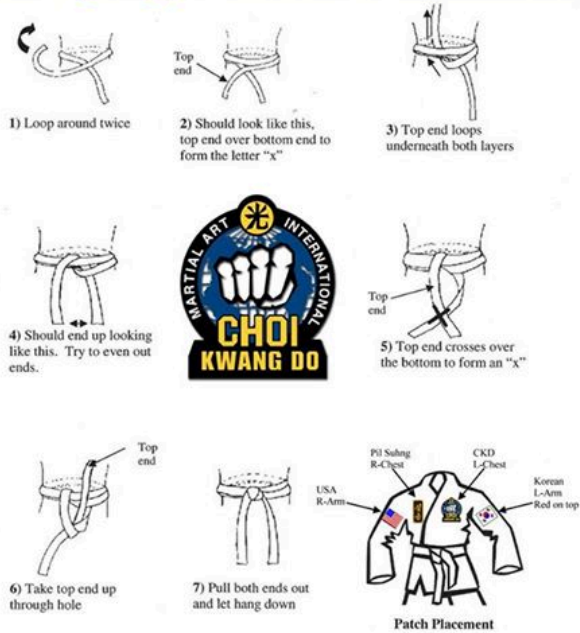
Also, it is important to practice how to put your hand & foot protection on. This can be done at home and will save your precious training time when you are in class. Thank you.

### 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



Dear Parents of Choi Kwang Do @ MA&Y members,

As a thank you for your support throughout the year and recognition for all the hard work having to keep our youngest members entertained during the summer holidays, we have a special treat for you.

When the children go back to school, MA&Y are offering all Mums and Dads of our youngest members, a **FREE month of Yoga classes** in September as a well earned boost to your wellbeing!

Take some time and give yourself a nice reward.

Contact our Yoga team - [info@ma-y.co.uk](mailto:info@ma-y.co.uk) to reserve your space now! We especially want to hear from beginners. Thank you,



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## Our SUMMER Holiday Picture WINNER!

Thank you so much for all your entries into our Summer Holiday picture competition.

The top entries will be put on our social media platforms. However, we are delighted to announce that **INAKI BOWAT** is the winner for our 2015 Summer Holiday Picture Competition.

Inaki show's a fantastic guard in this picture from Ajaccio, Corsica. Many Congratulations sir!

PIL SEUNG!



**CHOI KWANG DO @ MA&Y**  
**DOES THIS...**

YOUR CHILD'S NAME HERE!

**REPORT CARD**

NAME \_\_\_\_\_

- A+** PAYS ATTENTION TO THE TEACHER
- A+** BETTER GRADES IN SCHOOL
- A+** WELL BEHAVED IN CLASS
- A+** RESPECTS OTHER CHILDREN

- ✓ Martial Arts increases concentration, focus and self-discipline.
- ✓ Boost your child's confidence and social skills.
- ✓ Studies show regular exercise improves health and academic grades
- ✓ Learn practical self-defence and become 'bully' proof
- ✓ We teach respect everyday and values that last a lifetime!

**Back to School Special**  
**FREE Uniform and no joining fee!**

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