



# CHOI KWANG DO @ MA&Y Newsletter



## Worldwide celebrations for Choi Kwang Do on March 2<sup>nd</sup>

Show your support by coming along to class on Monday 2<sup>nd</sup> March 2015, where we will have some extra special drills!

Grandmaster Kwang Jo Choi introduced Choi Kwang Do to the world on March 2<sup>nd</sup> 1987 and this coming month we celebrate the 28<sup>th</sup> anniversary. Pil Seung.

[www.choikwangdo.com](http://www.choikwangdo.com)



Congratulations to the following students for a fantastic grading in February. Big smiles all round after receiving their new belts.

Back Row (l-r) Miss Patel (4th Degree Examiner), Miss Houghton, Mr. Di Matteo, Miss Mecik, Mr. Russell,  
Front Row (l-r) Josh Bernard, Ms. Persico, Inaki Bowat, Miss Forshaw and Mr. Johnson (Choi Kwang Do @ MA&Y)

## Members of Choi Kwang Do @ MA&Y

This year we celebrate Mother's Day on Sunday 15<sup>th</sup> March 2015.

Give your mum the perfect present of a free week of classes in any MA&Y fitness programme (Yoga or Choi Kwang Do) All ages, all levels, all abilities! Speak with a member of MA&Y today to register your mum for their first class. Pil Seung!



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Choi Kwang Do @ MA&Y instructors attending the 22<sup>nd</sup> Annual Instructors Course in Farnborough (Sunday 8<sup>th</sup> February 2015). A fantastic day, meeting old friends, making new ones and learning more about Choi Kwang Do to make our students classes even better. No matter what level you are in martial arts, there is always more to learn! Pil Seung!



## 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!

**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!