

CHOI KWANG DO @ MA&Y

June Newsletter



MAY Grading at Choi Kwang Do @ MA&Y

A big congratulations to those students who graded at Choi Kwang Do @ MA&Y Earlsfield on Saturday May 16th.

Many thanks to Boosahboo (Deputy Master) Patel for being our external examiner on the grading day. There was a real Pil Seung spirit amongst the students as everyone helped and supported each other. Well Done.

Back Row (l-r) Sahbuhnmim (Chief Instructor) Johnson, Mr. Bernard, Miss Houghton, Mr. Hobson, Ms. Persico, Mr. Bowat and Boosahboo Patel.

Front Row (l-r) Alastair Strathearn, Rikki Pamnani and Rowan Pamnani.



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 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 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.

SOCIAL EVENT - SUMMER SOLSTICE @ MA&Y

SAVE THE DATE - **Sunday 21st June @ 11am**

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.

Itinerary

11am - Outdoor Adults Choi Kwang Do Class

12.15pm - Kids Choi Kwang Do Class & Games!

1pm - Picnic (Members to bring their own food choices and accessories).

Running alongside there will be a yoga class (108 Sun Salutations) from 11am.



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Summer Outdoor Training

We have now started our outdoor classes in Wimbledon Park. The day and time are confirmed with 2-3 days notice to offer the best chance of dry weather. This information is emailed out to all members.

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!



Special Guest Instructor - Master Brophy

On **Thursday 28th May** (6-8pm) we were privileged to have **Master Nigel Brophy** (6th Degree Black Belt, Examiner, International Faculty Member and owner of Surrey CKD) to run our evening classes. A fantastic evening and a real treat for our members!

We will be introducing more special guests throughout the year, so don't miss out!

Back Row (l-r) Ms. Persico, Miss Forshaw, Kyosahnim Paddington, Sahboonim Brophy, Kyosahnim Mecik, Mr. Di Matteo and Mr. Hobson.

Front Row (l-r) Mr. Mulki, Rowan Pamnani, Rikki Pamnani and Mr. Bowat.

CHOI KWANG DO KOREA
INTERNATIONAL SEMINAR 22-28 OCTOBER 2015

GRANDMASTER KWANG JO CHOI
FOUNDER OF CHOI KWANG DO

PHONE: 1-770-795-0010
WWW.CHOIKWANGDO.COM
linda@choikwangdo.com
masterp@choikwangdo.com

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!