

CHOI KWANG DO @ MA&Y

August Newsletter



July Grading at Choi Kwang Do @ MA&Y

Congratulations to those students who graded at Choi Kwang Do @ MA&Y on Saturday July 18th.

Thank you to Boosahboo (Deputy Master) Patel from Adapt CKD in Kingston 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) Ms. Persico, Mr. Bernard, Miss Mecik, Miss. Forshaw and Ms. Keyser.

Front Row (l-r) Deputy Master Patel, Alastair Strathearn, Inaki Bowat and Mr. Johnson (Chief Instructor Choi Kwang Do @ MA&Y).



[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 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 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.

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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)

Summer Outdoor Training

Please check your emails on a regular basis for news with regards to our Summer Outdoor Classes. This is to ensure you do not miss out! The day and time are confirmed with 2-3 days notice to offer the best chance of dry weather.

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!



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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 to reserve your space now! We especially want to hear from beginners.

Thank you,

Mr. Johnson
Chief Instructor
Choi Kwang Do @ MA&Y

Holiday Picture Competition!

With lots of our members having holiday's booked over the summer period, we are offering a special prize of a FREE Grading (worth £25) in a summer holiday competition. The winner will be announced at the end of August.

To win the prize -

All you have to do is submit a photograph of yourself wearing either your Choi Kwang Do uniform or a Choi Kwang Do @ MA&Y training t-shirt in a holiday location. You can be in a Choi Kwang Do stance, performing a technique or just standing next to a famous building / monument. Be creative and imaginative!! As an example, I've trawled through some old photos and found a picture of me in a Choi Kwang Do t-shirt at the top of Table Mountain in Cape Town.

Entries must be emailed to us at info@ma-y.co.uk before the 31st August!

Winner will be announced in September.

GOOD LUCK!

