

# CHOI KWANG DO @ MA&Y

## October Newsletter



### International Choi Kwang Do seminar in Korea, OCTOBER 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!

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

On **Thursday 26<sup>th</sup> November 2015**, we will celebrate Choi Kwang Do @ MA&Y 1<sup>st</sup> birthday. We would love all our members to attend a special evening of classes, so we can celebrate this event together.

Thank you for all your support. Pil Seung.  
Mr. Johnson.



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

We will have brand new equipment bags specially designed for members of Choi Kwang Do @ MA&Y available by the end of this month. 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.

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# Instagram



# twitter

### **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.

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

### THE PRINCIPLES OF CHOI KWANG DO

~Aims to Achieve~

HUMILITY

INTEGRITY

GENTLENESS

PERSISTENCE

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)

**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.

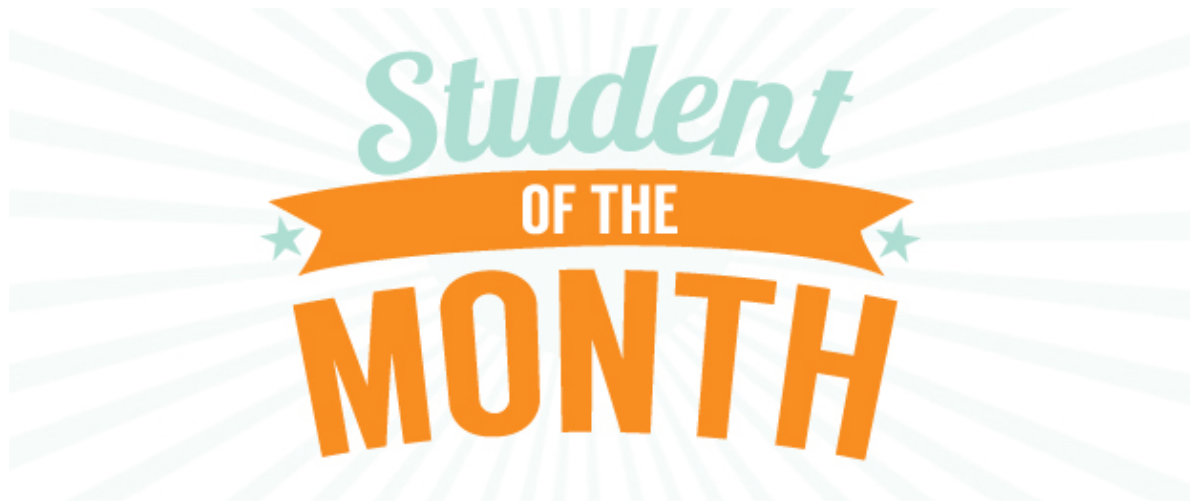
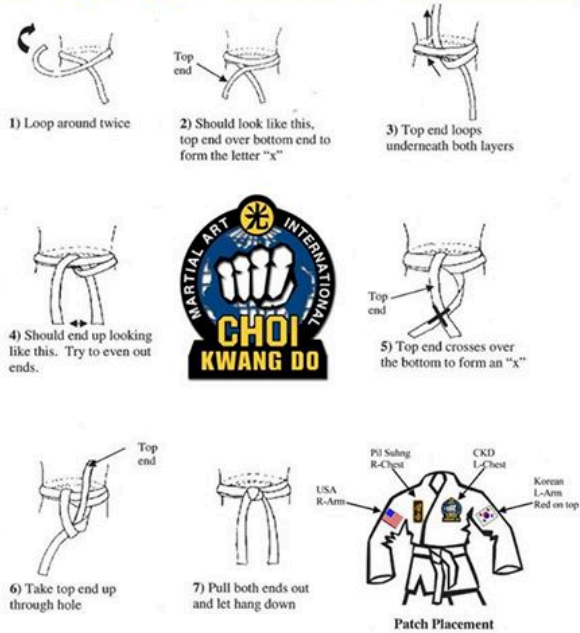
Also, it is important to practice how to put your hand & foot protection on. This can be done at home and will save your precious training time when you are in class. Thank you.

### 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



### STUDENT OF THE MONTH

Starting from October 2015 we will be introducing a 'Student of the Month' award for our youngest members at Choi Kwang Do @ MA&Y. This is for student's aged 9 and under. Each monthly winner will be awarded a very special certificate and a FREE grading worth £25. We will be looking at all attributes that make up being a great student in class, at home and at school. Good luck to everyone! Pil Seung.



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## September Grading

Congratulations to all the students who graded to their new belts in September. A fantastic achievement by all and we had some great feedback from our external Examiner Miss Patel from Adapt CKD in Kingston. Top Image (l-r) Miss Patel, Miss Mecik, Josh Bernard, Mr Johnson, Hassan Rathor, Andrea Marfo, Rikki Pamnami, Rowan Pamnami, Zach O'Donnell, Alastair Strathearn. Image Below (l-r) Josh Bernard, Miss Patel, Mr. Paizis, Miss Mecik, Tobie Evison, Mr Johnson, Ms. Keyser, Ms. Persico.

