

MGK

FIGHT CLUB

MGK Fight Club information

Updated 06 September 2020

Address : Shops G75-76, Ground Floor, DB Plaza (Block C), Discovery Bay, Hong Kong

Mobile/WhatsApp : 9303 2996

MGK Fight Club							
	Every day Monday to Friday			Saturday			Sunday
	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Whole mat
06-07							
07-08	BJJ / Grappling	Striking	Fitness / PT				
08-09			Open Mat			Open Mat	Open Mat Family day
09-10	Mini Toddlers	Super Toddlers		BJJ	Kids BJJ		
10-11	BJJ / Grappling	Striking	Fitness / PT	Striking	Kids Striking		
11-12			Open Mat	Striking Open Mat	BJJ Open Mat		
12-13	BJJ / Grappling	MMA	Fitness / PT				
13-14	BJJ Open Mat	MMA Open Mat	Open Mat	BJJ Open Mat			
14-15							
15-16	Toddlers BJJ	Toddlers MMA				Open Mat	
16-17	Kids BJJ	Kids MMA	Kids Fitness	Toddlers MMA	Toddlers BJJ		
17-18	Teens BJJ	Teens MMA	Teens Fitness	Teens MMA	Teens BJJ	Kids MMA	
18-19			Open Mat				
19-20	BJJ / Grappling	Striking	Self-Defense/Wing Chun				
20-21	BJJ Open Mat	Striking Open Mat	Open Mat				
21-22							

Striking = Boxing, Muay Thai, Kickboxing, MMA Striking

Mini Toddlers = 2-3 years old

Super Toddlers 4-5 years old

New to MGK Fight Club?

Here's what you need to know!

What we offer

- MMA: Full Mixed Martial Arts classes covering all aspects of MMA, striking, takedowns, submission grappling.
- Striking, Boxing, Kickboxing : The best of stand-up martial arts, MMA striking.
- Grappling & Brazilian Jiu Jitsu, with Gi, No Gi, and MMA grappling (including techniques not allowed in most grappling tournaments but allowed in MMA).
- Fitness, Yoga, and other activities focused on health and wellness. The best of what is possible for you fitness, cardio, strength and conditioning, in a fun and interesting way. Become fit and enjoy learning new and useful skills !
- Self-defense & Wing Chun: A combination MMA and Wing Chun, the best of realistic self-defense, combining theory and practice, through resistance training. Going deeper than MMA, with techniques which are not allowed in competition, but can save you in a real self-defense situation !

Club Fees

As of 06 September 2020

Class	Non-member	Member	Duration	Extras
Trial session / open mat	\$300	N/A	Hourly	
Drop-in session	\$350	\$300	Hourly	
Week pass	\$1,200	N/A	Unlimited sessions for a week	
Membership deposit	N/A	\$5,000	Membership duration	Refundable deposit
1 Month	\$3,060 (calendar month)	Monthly fee as of joining date	Unlimited sessions for a month	3 rd family member pays just \$1,000 monthly
1 Year	N/A	\$28,000	Unlimited sessions for the year	3 rd family member pays just \$10,000 annually
Private Training	\$1,200	\$1,200	Hourly	Group or individual at the same rate

To **become a member**, commit to a long-term membership :

- by monthly autopay (standing instruction)
- or by one year upfront payment (\$28,000)

⇒ Set up by autopay (standing instruction) and send us the receipt of autopay set up, with mention of the "reference" you used.

- Your membership fee is based on your estimation of the number of sessions you plan to do ; examples:
 - 4 classes per month : HK\$1,200
 - 6 classes per month : HK1,800
 - 8 classes per month : HK\$2,400
 - Unlimited : Month pass fee.
- Unlike the month pass which is by calendar month from the 1st to the end of the month, the Autopay membership can be paid at any date of the month.
- A monthly membership cannot be suspended, but it can be cancelled at any time.

Required Equipment & Apparel

MMA & Striking classes	MGK uniform required	\$250
Boxing classes	Boxing gloves are required	16oz boxing gloves
MMA classes	Boxing or MMA gloves	7oz (or more) MMA gloves

Check out our partner Hayabusa for special member rates <https://www.hayabusafight.com>

Hayabusa equipment available at MGK Fight Club.

Payment methods & details

- 1) Standing Instruction (autopay):** This is an automatic payment method fully managed by yourself. This is the best way to keep your membership active and the only way to enjoy the same introductory rate if prices change. Remember to put down your name in the 'reference' section.
- 2) Bank Transfer:** You can make a simple bank transfer to HSBC (004) 652-890286-838 "MGK FIGHT CLUB LIMITED"
- 3) Payment by International Bank Transfer:** SWIFT: HSBCHKH^{SEP}HKH^{SEP} Bank: HSBC, Head Office, 1 Queen's Road Central, Hong Kong
Account Holder: MGK FIGHT CLUB LIMITED
652-890286-838
- 4) Payme or FPS:** Payme or FPS can be used with phone number +852 93032996
- 5) Cheque** to "MGK FIGHT CLUB LIMITED"
- 6) Cash**

What happens if I am a beginner?

MGK Fight Club offers classes for all fitness levels catering to everyone from the novice to the professional. With a head coach and assistant coach leading each class, every member will get the attention they need to enjoy and benefit from their session.

What happens if I am the only one who attends a class?

MGK Fight Club is dedicated to each of our members; that's why when you show up, we do too! Classes will not be cancelled when attendance is low.

When can I workout?

You can workout anytime during opening hours, except rare exceptions (e.g. if we have a special event, a seminar, etc...).

Any coach available would help you and give you some more tailor-made training.

When does the monthly pass commence?

For the time being, the monthly pass begins at the start of the month and completes at the end of the calendar month. The only exception is for those using autopay, for which you can choose any start date.

Are uniforms mandatory?

Uniforms are mandatory for MMA and striking classes after the first session. This requirement not only promotes a sense of community within the club, but it is also practical for training and adheres to our MMA programme standards.

We do semi-tailored sessions of small groups split by levels and therefore uniform colours.

BJJ, Grappling classes, open mats, do not require a uniform, although it is always recommended to wear uniforms in the gym.

Is there a loyalty scheme?

Absolutely! We value commitment and loyalty to the club and as such autopay members keep the price they signed up with! *The loyalty scheme is only valid for autopay membership paid via standing instruction.

Communication and promotion

WhatsApp : Join our WhatsApp groups so you don't miss any information, message me at +852 9303 2996.

Facebook group

"MGK Fight Club" (address: <https://www.facebook.com/groups/MarcGuyonMMA/>)

Facebook pages

"Marc Guyon 阮維安" (<https://www.facebook.com/MarcGuyonMMA>)

"MGK Fight Club" (<https://www.facebook.com/mgkfightclub/>)

Instagram

@marcguyon (<https://www.instagram.com/marcguyon>)

@mgkfightclub (<https://www.instagram.com/mgkfightclub/>)

Twitter

@MarcGuyonMMA (<https://twitter.com/marcguyonmma>)

@mgkfightclub (<https://twitter.com/MGKfightclub>)


Website: <https://marcguyon.hk/>

Information: Covid-19

<https://www.info.gov.hk/gia/general/202009/02/P2020090200757.htm>

- 1) Do not come training if you feel sick or have any flu symptoms.
- 2) Do not come training if you have been in close contact with someone who has any flu symptoms.
- 3) Wear mask at all times including during training.
- 4) Take your temperature at home and at the gym before training.
- 5) Use hand sanitiser and the foot disinfectant station available in the gym.
- 6) Keep your body clean at all times.
- 7) Maximum groups of 4 people or 3 people + coach.

Some useful information : <https://ibjif.com/information-covid-19/>



Choke out the coronavirus!

@JITZSOAP

Do not train if you are ill or have any flu-like symptoms

Do not train with open cuts, wounds or scratches

Wash hands and feet before training (with alcohol gel if possible)

Trim finger and toe nails

Always wear clean gear in which to train

Some media links

- “Humans of Hong Kong: Pinning down martial arts master Marc Guyon”, Localiiz, May 2020
<https://www.localiiz.com/post/humans-of-hong-kong-marc-guyon-mixed-martial-arts-wing-chun-master>
- “MMA fighter to change to a plant-based diet after watching Netflix film The Game Changers – will it make a difference?”, SCMP, January 2020
<https://www.scmp.com/lifestyle/health-wellness/article/3047761/mma-fighter-change-plant-based-diet-after-watching>
- [Video] « Marc Guyon – Le portrait », September 2019 (In French)
<https://youtu.be/ebVb0f3oZhA>
- « Marc Guyon, l’ancien contrôleur de gestion devenu prof de kung-fu », Journal des Français à l’étranger, September 2019 (In French)
<https://www.francaisaetranger.fr/2019/08/20/marc-guyon-lanciencontroleur-de-gestion-devenu-prof-de-kung-fu/>
- “Meet the Wing Chun pilgrim who found a deeper purpose in Hong Kong’s martial arts community”, SCMP, December 2017
<http://www.scmp.com/sport/hong-kong/article/2123339/it-wasnt-easy-journey-meet-wing-chun-pilgrim-who-found-deeper>
- [Video] Interview for Now TV, November 2017: https://youtu.be/lc3BqN1j_Oo
- [Video] Interview for Martial Labs, November 2017: <https://youtu.be/PV0dt2ZzR2o>
- “Marc Guyon : entre UFE et Kung Fu à Hong Kong”, UFE Monde, May 2017 (In French)
<https://www.ufe.org/actualites/marc-guyon-entre-ufe-et-kung-fu-hong-kong>
- “Smart moves”, China Daily, January 2017
http://www.chinadaily.com.cn/hkedition/2017-01/10/content_27906694.htm
- “Question and Answer with MMA Fighter Marc Guyon”, Josh Takes Photos, July 2015
<http://www.joshtakesphotos.com/theprotogblog/question-and-answer-with-mma-fighter-marc-guyon>
- [Video] « Un français à Hong Kong - De Hong Kong à Macao », Echappées Belles, May 2015 (In French)
<https://youtu.be/wqDRo489-w4>