

MGK

FIGHT CLUB

MGK Fight Club Information

Address: Shops G75-76, Ground Floor, DB Plaza, Discovery Bay, Hong Kong

Shop phone: +852 3619 1584

Mobile/WhatsApp: +852 9303 2996

MGK Fight Club schedule
From 23 September 2020

Striking = Boxing, Muay Thai, Kickboxing, MMA Striking
Mini Toddlers = 2-3 years old
Super Toddlers 4-5 years old

	Monday to Friday		
	Area 1	Area 2	Area 3
06-07	Opening at 06:45		
07-08	BJJ / Grappling	Striking	
08-09			
09-10	Mini Toddlers	Super Toddlers	
10-11	BJJ / Grappling	Striking	
11-12			
12:30-13:30	BJJ / Grappling	MMA	
13:30-15:00	Open Mat	Open Mat	
15-16	Toddlers BJJ	Toddlers MMA	
16-17	Kids BJJ	Kids MMA	
17-18	Teens MMA	Kids MMA	Toddlers MMA
18-19			Special classes
19-20	BJJ / Grappling	Striking	
20-21	Open Mat	Open Mat	Special classes
21-22	Closing at 21:30		

Saturday	
Area 1	Area 2
Opening at 9:00	
BJJ	Kids BJJ
11:30 - 12:30 Kids Fitness	
Toddlers MMA	Toddlers BJJ
Teens MMA	Teens BJJ
Closing at 7pm	

Sunday	
Area 1	Area 2
Opening at 9:00	
Kids Striking	Open Mat
UFE Private Club	Open Mat
Wing Chun	
Closing at 7pm	

Special classes : Monday 6pm, Unique Yoga class with Assistant
Wednesday 8:15pm, Gong Meditation (No Open Mat on Wednesdays)

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).
- Fun health and wellness classes like Fitness and Yoga that centre on cardio, strength and conditioning.
- Self-defense & Wing Chun: A combination of theory and practice using MMA and Wing Chun teachings through resistance training. Some of the techniques taught are not allowed in competition, but are essential to self-defense training.

Club Fees

(22 September 2020)

Non-member

Drop-in	\$350	Hourly	
Trial session	\$300	Hourly	
Private Training	\$1,200	Hourly	Group or individual, at the same rate

10-class package	\$3,200	10 sessions	Valid for 2 months
1 Week	\$1,200	Unlimited sessions	
1 Month	\$3,200	Unlimited sessions	By calendar month

Membership

Membership deposit	\$5,000	Membership duration	Refundable deposit
1 Month	\$3,060	Unlimited sessions	+ \$1,000 for 3 rd family member
1 Year	\$28,000	Unlimited sessions	+ \$10,000 for 3 rd family member

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

- Settle the **membership deposit**, which will be refunded as soon as you stop the membership.
 - Sign up for a monthly **autopay** (standing instruction), or the one year package.
- ⇒ 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 per month, at only \$300 each (instead of \$350).

Examples:

- 4 classes per month: HK\$1,200
- 8 classes per month: HK\$2,400
- Unlimited : month or year 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 membership is a long-term commitment and cannot be suspended, however it can be stopped anytime.

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 is available at MGK Fight Club.

Payment Methods & Details

- 1) Standing Instruction (autopay):** This is an automatic payment method fully managed by yourselves. 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 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 the rare occasions when we may host a special event.

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 also do semi-tailored sessions of small groups that are split by levels and therefore require uniform colours. However, our BJJ and Grappling classes, as well as open mats, do not require a uniform.

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 & Promotion

Get in Touch & Stay Connected

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

Facebook group

MGK Fight Club (<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 to training if you feel sick or have any flu symptoms.
- 2) Do not come to training if you have been in close contact with someone who has any flu symptoms.
- 3) Wear a 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) Maintain good personal hygiene.
- 7) Our classes are maximum groups of 4 people or 3 people + coach.

Some useful information: <https://ibjff.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

MGK Media Links

- Marc Guyon: "vivre mon rêve dans la capitale du Kung Fu!", Leptitjournal.com Hong Kong, September 2020
<https://lepetitjournal.com/hong-kong/marc-guyon-vivre-mon-reve-dans-la-capitale-du-kung-fu-287523>
- "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>