

MGK

FIGHT CLUB

MGK Fight Club Information

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

Mobile/WhatsApp: +852 9688 4744

Shop phone: +852 3619 1584

MGK schedule from 2nd January 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06-07	Striking	Striking	Striking	Striking	Striking		
07-08	Striking / MMA	Striking / MMA	Striking / MMA	Striking / MMA	Striking / MMA		
08-09	Open Mat / Private Training					Beach boxing 8:30	
09-10	BJJ	Grappling	BJJ	Grappling	BJJ	BJJ	BJJ
10-11	Striking	Striking	Striking	Striking	Striking	Striking	Striking
11:15-12:15	Private Training	Private Training	Private Training	Private Training	Private Training	Private Training	Private Training
12:30-13:30	Striking	Striking	Striking	Striking	Striking	Private Training	Private Training
14-15	Open Mat / Private Training						
15-16	Toddlers	Toddlers	Toddlers	Toddlers	Toddlers	Toddlers	Kids / Kids yoga
16-17	Kids	Kids	Kids	Kids	Kids	Kids	Kids
17-18	Teenagers	Teenagers	Teenagers	Teenagers	Teenagers	Striking / MMA	Striking / Wing Chun
18-19	Open Mat / Private Training					Open Mat / Sparring	Open Mat / Sparring
19-20	Striking / MMA	Striking / MMA	Striking / MMA	Striking / MMA	Striking / MMA		
20-21	Open Mat / Private Training						

Updated 13/12/2020

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.

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.

Club Fees

(Effective from 01/01/2021)

2020 fees apply to 2021 if they are paid before 2021.

One session	\$350	One hour	
One week	\$1,200	Unlimited sessions	
One month	\$3,500	Unlimited sessions	First until last day of the month only
10-class package	\$3,300	10 sessions	Valid for 2 months
Private Training	\$1,200	Hourly	1 to 4 people, at the same rate

Membership

Membership deposit	\$5,000	Membership duration	Refundable deposit
One month	\$3,200	Unlimited sessions	+ \$1,000 for 3 rd family member
One year	\$30,000	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.
Family membership deposit: \$10,000 only for 2 or more family members.
- Set up the **autopay** (standing instruction, send us the receipt of autopay set up, with mention of the 'reference' you used), or the one-year package.
 - The autopay date can be set at any date of the month
 - A membership is a long-term commitment and **cannot be suspended for any reason**, however it can be stopped anytime with immediate refund of the deposit.

Become a member! Main advantages:

- 1) Your monthly fee is lower than the month pass and remains the same for the duration of your uninterrupted membership.
- 2) Do not worry about remembering about your training fees due dates.
- 3) Support the club in the long term and be recognised as a member with exclusive privileges.

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.

In online banking, select '**Recurring**' payment, and '**Monthly**'.

2) **FPS**: The most convenient way for us to track your standard payments.

FPS proxies are:

- Email: mgkfightclub@gmail.com
- Phone: 96884744
- ID: 160242426

3) **Bank Transfer**: HSBC (004) [652-890286-838](#) 'MGK FIGHT CLUB LIMITED'

Payment by International Bank Transfer:

SWIFT: HSBCHKHKKH

Bank: HSBC, Head Office, 1 Queen's Road Central, Hong Kong

Account Holder: MGK FIGHT CLUB LIMITED

652-890286-838

4) **Payme app by QR code or payment link.**

Tap here to pay: <https://qr.payme.hsbc.com.hk/2/9Bat3EWjWpAXNb2LZAwf4e>

MGK FIGHT CLUB LIMIT...

Scan me to PayMe



5) **Cheque** to 'MGK FIGHT CLUB LIMITED'

6) **Cash**

FAQs

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

- 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.

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>