

Phoenix School Of Martial Arts

"From the ashes, we will rise"

Welcome Pack



Welcome to Phoenix SMA.

We are a member of the Cobra Martial Arts Association (CMAA), who provides us with licences, grading ratification and Instructor training. In this Welcome Pack, you will find a Student Information Form and a CMAA membership form. Please complete both forms fully and return them to your Instructor. Please be aware that it is the student's responsibility to keep their licence in date to remain covered by the student to student insurance policy. An out of date licence will prevent students from taking part in any Phoenix SMA activities including attending training classes.

Phoenix SMA offers 2 separate martial arts programmes:

Freestyle TaeKwonDo (TKD): a more traditional programme that uses Forms (patterns), Sparring, Basic Self Defence, Drills and Board Breaking within the syllabus to help the student advance in rank and increase their knowledge of the art.

Self Defence Systems (SDS): a combination of striking, kicking & blocking, releases, joint manipulation & takedowns as well as ground escapes, throws, positional escapes, chokes & joint locks. Combining these elements from several different martial arts styles, this unique programme allows the practitioner to learn and improve their skills in a less formal environment and in a more modern approach. **(Currently only available at Hamble)**

Once again, welcome to Phoenix SMA and we hope your future with us will be a long and enjoyable experience.

Your Certified Instructors

Master Matthew Marshall - Founder of Phoenix SMA

Phone: 07877754578

Email: matttkd@hotmail.co.uk

Mr James Godwin - Locks Heath Freestyle TaeKwonDo Instructor

Phone: 07990020924

Email: jamesgtd@yahoo.co.uk

Website – www.phoenixsma.co.uk

Email - phoenixsma@virginmedia.com

Facebook Page - www.facebook.com/phoenix.sma.5

Phoenix SMA Enrolment Fees

When signing up to any of our classes, everyone will receive an annually renewable licence and membership. All students are required to wear a Formal/Training Uniform to classes and events. A Formal Uniform is included in your enrolment fee as well as classes for the remainder of the month
(if at the end of month, the enrolment period may be extended at the discretion of the Instructor)

Hamble (HQ), **Locks Heath**, **Botley** or **Bishops Waltham**

	Enrolment Price	Annual Renewal Fee
1st Family Member / Individual	£75	£30
2nd Family Member	£50	£25
3rd Family Member	£35	£20
Extra Family Members (each)	£20	£10

(If only enrolling into KIKFIT, the cost is £40 as you will not receive a uniform, and renewal is £15 per year)

Monthly Subscription Fees

To continue training after the enrolment period, subscription fees must be paid on the 1st of each month. The table below shows the cost of subscription per location/martial arts:

HAMBLE

FREESTYLE TAEKWONDO (TKD)*

£30 – attend once per week
£50 – all classes at Hamble

SELF DEFENCE SYSTEMS (SDS)

£30 – attend once per week
£45 – attend up to 3 times a week

** the 2 hour availability on Thu & Sun are classified as a single class.*

If choosing to attend just 1 hour, the second hour will not be carried over or credited.

LOCKS HEATH

£25 – attend once per week
£45 – attend up to twice per week

BOTLEY

£25 – attend once per week

BISHOPS WALTHAM

£25 – attend once per week

UNLIMITED ACCESS TO ALL CLASSES AND LOCATIONS

£70 per month

Tailor Made Subscriptions

You are not limited to a specific day or a specific programme or even a specific location. If you want to train at more often at one location or two different programmes, or different days of the week due to work patterns etc, then we can tailor your monthly subscription to your own needs. Just speak to your Instructor and they will do what they can to accommodate you.

FAMILY DISCOUNTS

Each Family Member that enrolls into Phoenix SMA will receive a discount of their monthly Subscription Fees. Discounts vary depending on how often you attend classes and how many Family Members that enrol. Simply speak to your Instructor for more details.

PLEASE NOTE - Family Discounts only apply to single subscriptions over £30

Methods of Payment

All fees can be paid by cash, cheque or bank transfer.

Cheques made payable to PHOENIX SMA LTD.

Bank Details – Lloyds Bank, Sort Code: 301395 Account Number: 22766968

Other Fees

Rank Advancement

There are other costs that will be involved as students' progress. When ready and eligible, students can Grade for their next belt. Gradings are available every 2 months within the Freestyle TaeKwonDo Programme*. It is possible for a beginner to Grade every 2 months but when they reach the Intermediate Grades (Green Belt and above), they must wait longer at each belt. A full Grade entails a cost of £40. For younger students, each Colour Belt is split into several levels to allow them to learn more easily. These Gradings are called Level Grades and are charged at £22.50 a time. On average, it can take a student 4 to 5 years to achieve Black Belt. However, if training as often as 3 times a week or more, it is possible to reach Black Belt within 3 years. For more information about the Grading System, please speak to an Instructor.

***Self Defence Systems do not have formal Gradings**

Sparring Gear

After attending your trial class, you may have seen students wearing red pads during certain sections of the class. This is sparring gear. Once a student reaching a certain rank (Orange Belt) they will be required to spar. To do so they must have Phoenix SMA approved equipment. Phoenix SMA does not allow second hand or poor quality equipment to be regularly used in its centres. Sparring gear is to be brought through Phoenix SMA as per company policy. A full kit includes the following (each item can be individually ordered at the prices shown):

Freestyle TaeKwonDo

Head Guard (£30)

Hand/Feet Pads (£25 per pair)

Shin Pads (£20 per pair)

Gum Shield (£2) (standard)

Groin Guard (£15) (males only)

Mesh Bag (£15)

The total fee for a full set of Sparring Gear is

£95 for males and £90 for females.

Self Defence Systems

Gloves (£25 per pair)

Elbow Pads (£10 per pair)

Feet Pads (£25 per pair)

Shin Pads (£15 to £20 per pair)

Gum Shield (£15) (Shock Doctor Brand)

Knee Pads (£10 to £20 per pair)

The total fee for a full set is £95*

***Other combinations are also available**

We appreciate that this is a big expense and so you can arrange a payment instalments with your Instructor. *(There will not be additional costs added if paid within 3 months).*

Training Attire

As time goes on, training uniforms start to lose their colour and look scruffy and in the case of Junior students, become too small. Branded uniforms are purchased through Phoenix SMA. You may have also noticed that students have additional Phoenix SMA Insignia (patches & embroidery) on their uniform. This will be required from Brown Belt but may be purchased anytime. You may also get Phoenix SMA branded Training T-Shirts to wear in place of the jackets whilst training in class as well as black training trousers.

To order any of this equipment/attire or for a catalogue, please speak to your Instructor.

Please Note: it is company policy for students to purchase all training attire, supplies and/or equipment through Phoenix SMA, unless approval is given otherwise. Any other merchandise will not be allowed on a long-term basis.

Filling out enrolment forms

When filling out the Cobra Martial Arts Association (CMAA) Form, please complete all sections except for the LICENCE No. and FEE sections as they will be completed by the CMAA.

When filling out the Students Information Form, all section must be completed.



COBRA MARTIAL ARTS ASSOCIATION (CMAA)

HEAD OFFICE ADDRESS:

PO Box 188, Manchester, M34 0BU

TEL: 07909 673 894 WEBSITE: www.cmaa.co.uk

MEMBERSHIP APPLICATION FORM

Use block capitals only. Information supplied is private and confidential

PLEASE NOTE YOUR MEMBERSHIP IS ONLY VALID WHILST YOUR INSTRUCTOR & CLUB REMAINS IN FULL MEMBERS OF THE CMAA AND WILL EXPIRE SHOULD THEY LEAVE.

FULL NAME (PRINT CLEARLY) _____

ADDRESS _____

TEL. No. _____ OCCUPATION _____

DATE OF BIRTH _____ GRADE _____ LICENCE No _____

MATT MARSHALL

CLUB NAME: PHOENIX SMA INSTRUCTOR: JAMES GODWIN FEE: £ _____

Freestyle TaeKwonDo

STYLE: & Self Defence Systems RENEWAL NEW MEMBER

United Kingdom based CMAA members are automatically covered by our group insurance free of charge so long as your CMAA licence is in date. Cover details can be seen online at www.cmaa.co.uk

For further information contact The CMAA. Please answer the following:

1. Have you or do you have any serious illness?

2. Have you ever suffered any serious injury?

I the trainee indemnify the above club in respect of any injury caused to another member or against losses caused to the club by any act of mine or by default. I the trainee understand that the training and practice of the martial arts can be dangerous and I agree personally to bear all losses caused by injury whilst engaged in it.

NOTE: You are reminded that the annual renewal of your CMAA membership Licence is your responsibility and that out of date applications will be backdated to the actual expiry date.

I agree whilst I am a member of the above named Club within the CMAA that this form will be signed every year and will be acceptable for further membership licensing applications, which will be shown on the back page of the CMAA membership licence book.

Signature (under 18 parent only) _____ Date _____

Data Protection Act: The CMAA processes personal data in this application in accordance with the Data Protection Act 1998. The personal data will be used solely for the purposes connected with membership application processes, membership data analysis and communication between The CMAA and its members. Your personal information will not be passed to a third party without your consent, with the exception of information pertaining to insurance provision.

