

# 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 CMAA membership form. Please complete this form as instructed and return it to your Instructor, who will give it to the head office where it is then posted to the CMAA directly.

**Please be aware:** it is the student's/parent of 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 An out of date licence will prevent students from taking part in any Phoenix SMA activities.

Phoenix SMA offers 3 separate martial arts programmes:

**Freestyle TaeKwonDo (TKD):** a traditional programme that uses Forms (pattern of movement), 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. TKD helps to improve confidence, fitness, physical and mental strength and overall wellbeing.

*(Currently available at all locations for ages 3+)*

**Brazilian Jiu Jitsu (BJJ):** using the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier opponent by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint locks and chokeholds to defeat the opponent. Sparring (or rolling) plays a significant role in training.

*(Currently only available at Hamble for ages 7+)*

**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 for ages 11+)*

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

### **Your Senior Instructors**

**Matt Marshall** – Founder of Phoenix SMA

5<sup>th</sup> Degree Master Black Belt in TKD, 3<sup>rd</sup> Dan Black Belt in SDS, Blue Belt in BJJ

**Mr James Godwin** – Club Leader at Locks Heath

4<sup>th</sup> Degree Black Belt in TKD, Orange Belt in SDS, White Belt in BJJ

**Mr Samuel Dyer** – Club Leader Locks Heath & Whiteley, Centre Instructor at Hamble & Botley

3<sup>rd</sup> Degree Black Belt in TKD, 1<sup>st</sup> Dan Black Belt in SDS, White Belt in BJJ

### **PHOENIX SMA CONTACT DETAILS**

**Phone:** 07877754578

**Email** - phoenixsma@virginmedia.com

**Website** – www.phoenixsma.co.uk

**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)*

**PLEASE NOTE: If enrolling into 2 or more programmes, additional uniforms will be required**

	<b>Enrolment Price</b>	<b>Annual Renewal Fee</b>
1st Family Member / Individual	£80	£30
2nd Family Member	£60	£25
3rd Family Member	£30	£20
Extra Family Members (each)	£20	£10

**(Family Member Discounts on Enrolment Fees will only apply when Family Members enrol at the same time)**

## Monthly Class Subscription Fees

To continue training after the enrolment period, Class Subscription Fees must be paid on the first of each month (**See below for After School Club Subscription**). Members are not limited to a specific day to attend. Subscriptions give members access to a certain number of classes each month:

**BRONZE SUBSCRIPTION - £30 per month** (up to 1 time per week)

**SILVER SUBSCRIPTION - £45 per month** (up to 2 times per week)

**GOLD SUBSCRIPTION - £50 per month** (up to 4 times per week)

**PLATINUM SUBSCRIPTION - £60 per month** (Unlimited TKD classes or up to 2 classes per week in TKD, SDS & BJJ)

**DIAMOND SUBSCRIPTION - £75 per month** (UNLIMITED ACCESS TO ALL CLASSES)

### After School Clubs (ASC)

As ASC's run within term times, Subscription Fees are to be paid at the beginning of each term and are not included as part of a monthly subscription:

**ASC Class Subscription - £60 per term** (minimum of 10 classes per term)

### FAMILY DISCOUNTS

Each Family Member that enrolls into Phoenix SMA will receive a discount of their Class Subscription Fees (**not including After School Clubs**). Discounts vary depending on how often you attend classes and how many Family Members that enrol. Please speak to your Instructor for more details.

### 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

*(PLEASE NOTE: Cheques will not be accepted under the value of £50)*

### Terms & Conditions

1. Any 2-hour class availability in one martial arts programme, is classified as a single class. If choosing to attend just 1 hour of the 2-hour class, the second hour that is not attended, will not be carried over or credited.
2. Each programme is classed as a single class, so if attending 2 or more different programmes on the same day, each programme will be classified as one class, i.e. attending 2 programmes on one day per week, will be £45 per month.
3. Class Subscription Fees will not be changed by Phoenix SMA without notice. If a member wishes to increase or decrease their subscription fees, they only will be able to do so on the most current structure.
4. Members are not restricted to a day of the week to attend.
5. Phoenix SMA operates a strict no refund policy.
6. If members know they will miss a class/es within the month, i.e. due to holidays, they may attend additional classes equal to those missed, within 3 months from the time of the missed classes.
7. Late Subscription and/or Licence Fees will incur a £10 late charge for each month of arrears (Licences will be back dated. During any inactive period, students will not be covered by member to member insurance).
9. If Subscription Fees are overdue by more than 3 months, your subscription will be cancelled, and you will be reactivated on the most current rate, once all arrears and charges are paid.

## **Belt Grading/Rank Advancement**

When ready and eligible, students can Grade for their next belt. Across our 3 programmes, Gradings operate slightly differently:

### **Freestyle TaeKwonDo**

Gradings are available every 10 weeks. A full Colour Belt 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 £23 a time. On average, students take 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. *\*Black Belt Grading Fees start at £49*

### **Self Defence Systems**

Self Defence Systems Gradings are completed using a Progressive Grading System. This involves students being assessed over time within classes. Colour Belt Gradings may or may not be announced, however Black Belt Gradings must be scheduled. Colour Belts will need to pay their Grading Fee of £25 once they receive their new belt, so that certificates can be ordered, and their new ranks be registered. Black Belts will have a fee of £50 (which includes an embroidered belt when passing).

*Brazilian Jiu Jitsu does not have formal/chargeable Gradings and are currently completed by Mr Marshall's Instructor in Basingstoke.*

### **Sparring Gear**

Once an Instructor believes the student is ready, they will be able 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 (£30 per pair)  
Shin Pads (£30 per pair)  
Gum Shield (£2) (standard)  
Groin Guard (£6) (males only)  
Mesh Bag (£8)

**The total fee for a full set is £105**

*Under 8 years old, start from £85 (males to add £5 for groin guard)*

#### **Self Defence Systems**

Head Guard (£25)  
Gloves (£30 per pair)  
Feet Pads (£25 per pair)  
Elastic Shin Pads (£10 per pair)  
Shock Doctor Brand Gum Shield (£15)  
Mesh Bag (£8)

**The total fee for a full set is £90**

***\*Other combinations & styles are also available, please speak to your Instructor***

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

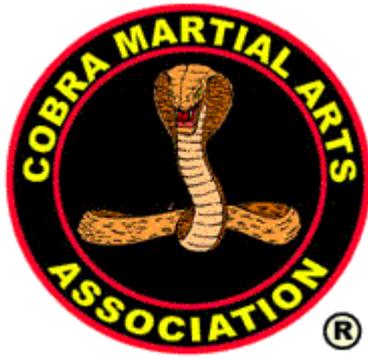
### **Training Attire**

As time goes on, training uniforms start to lose their colour, look scruffy and in the case of Junior students, become too small. Branded uniforms are purchased through Phoenix SMA. Additional Phoenix SMA Insignia (patches & embroidery) is required at certain ranks 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.

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

### **Filling out enrolment form**

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



# COBRA MARTIAL ARTS ASSOCIATION

(CMAA)

HEAD OFFICE ADDRESS:

PO Box 188, Manchester, M34 0BU

TEL: 07909 673 894

WEBSITE: [www.cmaa.co.uk](http://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 \_\_\_\_\_

CLUB NAME: Phoenix SMA INSTRUCTOR: James Godwin/Samuel Dyer FEE: £ \_\_\_\_\_

STYLE: Freestyle TaeKwonDo/  
Self Defence Systems/Brazilian Jiu Jitsu 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](http://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 \_\_\_\_\_

GDPR 2018: The CMAA processes personal data on this application in accordance with the General Data Protection Regulation 2018. 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 member Instructors. Your personal information will not be passed to a third party without your consent. This form will be destroyed once the details are on our database and you have the right to request their deletion at any time.

# Phoenix School of Martial Arts - Class Timetable (All Locations)

(As of June 2018)

## COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems		After School Club	Brazilian Jiu Jitsu
---------------------	----------------------	--	-------------------	---------------------

### MONDAYS

#### HAMBLE SPORTS COMPLEX

5:30pm - 6:25pm	Lil' Dragons, Juniors & Youth All Ranks
6:30pm - 7:25pm	Junior Grades (ages 7 to 14) All Ranks
7:30pm - 8:30pm	Adult Grades (ages 15+) All Ranks

#### GENESIS CENTRE (Locks Heath)

5:30pm - 6:25pm	Lil' Dragons & Juniors All Ranks
6:30pm - 7:25pm	Juniors & Youth Orange to Black
7:30pm - 8:30pm	Youth & Adults All Ranks

### TUESDAYS

#### HAMBLE SPORTS COMPLEX

5:00pm - 5:55pm	Lil' Dragons, Juniors & Youth White to Senior Brown
6:00pm - 6:55pm	All Ages Red & Black
7:15pm - 8:15pm	Youth & Adults All Ranks
8:15pm - 9:15pm	Teenagers & Adults All Ranks

### WEDNESDAYS

#### JUBILEE HALL (Bishops Waltham)\*

5:15pm - 6:10pm	All Ages All Ranks
6:15pm - 7:15pm	All Ages All Ranks

#### ROCK UP (Whiteley Shopping Centre)

6:00pm - 6:55pm	Juniors All Ranks
7:00pm - 8:00pm	Youth & Adults All Ranks

\*classes will run at St.Peter's Church Hall until July

### THURSDAYS

#### HAMBLE SPORTS COMPLEX

5:00pm - 5:55pm	Juniors, Youth & Adults All Ranks
6:00pm - 6:55pm	Juniors, Youth & Adults All Ranks
7:00pm - 8:00pm	Youth & Adults All Ranks

### FRIDAYS

#### BOTLEY MARKET HALL

5:00pm - 5:55pm	Juniors & Youth All Ranks
6:00pm - 6:55pm	Juniors, Youth & Adults All Ranks
7:00pm - 8:00pm	Adults & Families All Ranks

PLEASE NOTE: students can attend no more than 2 hours

### SATURDAYS

#### LOCKSWOOD COMMUNITY CENTRE (Locks Heath)

9:00am - 9:55am	Lil' Dragons & Juniors White to Green
10:00am - 10:55am	Juniors Blue to Black
11:00am - 12:00pm	Youth & Adults All Ranks

### SUNDAYS

#### HAMBLE SPORTS COMPLEX

11:00am - 12:00pm	All Ages All Ranks
12:00pm - 1:00pm	All Ages All Ranks

### After School Clubs

Monday - Bishops Waltham Junior (3:30pm - 4:30pm)
Tuesday - Hamble Primary (3:30pm - 4:30pm)
Wednesday - Netley Abbey Junior (3:30pm - 4:30pm)
Thursday - Bishops Waltham Infant (3:15pm - 4:15pm)
Friday - Netley Abbey Infant (3:20pm to 4:20pm)

After School Clubs are for the schools pupils ONLY.  
They only run in term time and are not included in a Monthly Subscription

### Age Categories

Lil' Dragons	Ages 3 to 5
Juniors	Ages 5 to 10
Youth	Ages 11 to 15
Teenagers	Ages 13 to 19
Adults	Ages 16+

Classes separated by a dotted line allow selected members to continue into the next class.

This will count as 1 class credit

**ALL AGES, ALL RANKS CLASSES - Lil' Dragons MUST be accompanied by their parents**