

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 An out of date licence will prevent students from taking part in any Phoenix SMA activities including attending training classes.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 3 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. TKD helps to improve confidence, fitness, physical and mental strength and overall wellbeing.

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)**

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)**

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

Master Matthew Marshall - Phoenix School of Martial Arts Founder

Phone: 07877754578

Website – www.phoenixsma.co.uk

Email - phoenixsma@virginmedia.com

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

Your Other Instructors

Mr James Godwin - Locks Heath Instructor

Mr Shaun Biddulph – Hamble Instructor

Mr Samuel Dyer – Hamble & Locks Heath Instructor

Miss Roz Young – Hamble & Botley Instructor

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

	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

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

Class Subscription Fees

To continue training after the enrolment period,
Class Subscription Fees must be paid on the first of each month*:

One class/programme per week (up to 5 classes per month) at any location - **£30 per month**

Two classes/programmes per week (up to 10 classes per month) at any location - **£45 per month**

Three classes/programmes per week (up to 15 classes per month) at any location - **£50 per month**

Unlimited classes in Freestyle TaeKwonDo at any location - £60 per month

UNLIMITED ACCESS TO ALL CLASSES, PROGRAMMES AND LOCATIONS - £75 per month

***After School Clubs run within term times, and so Subscription Fees are to be paid at the beginning of each term:**

After School Club Subscription (minimum of 10 classes per term) - £60 per term*

***May also attend 1 additional class in half term at any location**

PAY AS YOU GO

If you wish to attend an additional classes now and then due to having an evening free, or just to get an extra class in before an event, you can pay £5 per class when you attend.

PLEASE NOTE: Pay As You Go is only available on One Class Per Week and After School Club Subscriptions.

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

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 in a single programme, the second hour 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. 5. Members are not restricted to a day of the week to attend. 6. Phoenix SMA operates a strict no refund policy. 7. 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.

Other Fees

Freestyle TaeKwonDo 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 10 weeks within the Freestyle TaeKwonDo Programme. 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, 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.

***Self Defence Systems & Brazilian Jiu Jitsu do not have formal Gradings**

Sparring Gear

After attending your trial class, you may have seen students wearing red or black pads during certain sections of the class. This is sparring gear. Once an Instructor believes the student is ready, they will be able to spar (*required from Orange Belt onward in TKD*). 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 (*dipped foam style*)

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 & styles are also available**

We appreciate that this is a big expense and so you can arrange a payment plan/instalment 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. 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, please speak to your Instructor.

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 forms

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.

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 _____

Matthew Marshall/

CLUB NAME: **PHOENIX SMA** INSTRUCTOR: *James Godwin/Samuel Dyer* FEE: £ _____

Freestyle TaeKwonDo/

STYLE: *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

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.

STUDENT INFORMATION FORM

Student's Name

Name of Guardian

Address

..... Post Code

Phone No Mobile No

E-Mail Address

Date of Birth / / Height when you enrolledcms (approx.)

Where did you find out about Phoenix SMA?

To help assess your fitness and thus allow the Instructors of Phoenix SMA to give you the safest possible workout, please list any medical/physical conditions that may affect you whilst training with us.

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I understand that the training and practice of the martial arts can be dangerous and I agree personally to bear all losses caused by injury to myself or others whilst engaged in it.

Students Signature

Parent or Guardian (if student is under 18)

Date...../...../.....

From time to time such as at formal events, Instructors or professional photographers may be taking pictures to publish on Facebook and/or the Phoenix SMA website. If you do not wish you or your children to be included in this, please tick this box

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

COLOUR KEY

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

BISHOPS WALTHAM JUNIOR SCHOOL

3:30pm - 4:30pm	Juniors & Youth All Ranks
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HAMBLE SPORTS COMPLEX

5:30pm - 6:25pm	Lil' Dragons & Juniors White to Green
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6:30pm - 7:25pm	Juniors & Youth Blue to Black
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7:30pm - 8:30pm	Teenagers & Adults* All Ranks*
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GENESIS CENTRE (Locks Heath)

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

HAMBLE PRIMARY SCHOOL

3:30pm - 4:30pm	Lil' Dragons, Juniors & Youth All Ranks
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HAMBLE SPORTS COMPLEX

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

NETLEY ABBEY JUNIOR SCHOOL

3:30pm - 4:30pm	Juniors & Youth All Ranks
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ST. PETER'S CHURCH HALL (Bishops Waltham)

5:15pm - 6:15pm	All Ages All Ranks
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6:15pm - 7:00pm	All Ages Purple to Black
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THURSDAYS

BISHOPS WALTHAM INFANT SCHOOL

3:15pm - 4:15pm	Lil' Dragons & Juniors All Ranks
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HAMBLE SPORTS COMPLEX

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

NETLEY ABBEY INFANT SCHOOL

3:20pm - 4:20pm	Lil' Dragons & Juniors All Ranks
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BOTLEY MARKET HALL

5:00pm - 5:55pm	Juniors & Youth All Ranks
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6:00pm - 6:55pm	Juniors, Youth & Adults All Ranks
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7:00pm - 8:00pm	Adults & Families** All Ranks
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PLEASE NOTE: students can attend no more than 2 classes

**A parent must be taking part

SATURDAYS

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)

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

HAMBLE SPORTS COMPLEX

11:00am - 12:00pm	All Ages* All Ranks
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12:00pm - 1:00pm	All Ages* All Ranks
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*Lil' Dragons MUST be accompanied by their parents

Ages Categories

Lil' Dragons - ages 3 to 6	Juniors - ages 5 to 10	Youth - ages 11 to 15
Teenagers - ages 13 to 16	Adults - ages 16+	

*Includes Open Mat Martial Arts - members may use of the hall to practice what they wish from any programme.
There will be an instructor present, however they will only be available in an emergency