

## Welcome to Phoenix School of Martial Arts (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 An out of date licence will prevent students from taking part in any Phoenix SMA activities.*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 styles martial arts:

**Freestyle TaeKwonDo (TKD):** a traditional based style 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 from 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 10+)**

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

### **Your Club Leaders**

**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

**Mr Samuel Dyer** – Club Leader Locks Heath & Fareham, Instructor at Hamble & Bishops Waltham  
3<sup>rd</sup> Degree Black Belt in TKD, 1<sup>st</sup> Dan Black Belt in SDS

### **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

'From the ashes, we will rise'



## 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 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 Multi Styles (2 or more styles), an additional uniform is included**

	Single Style	Multi Style
1st Family Member / Individual	£85	£125
2nd Family Member	£70	£110
3rd Family Member	£55	£95
Extra Family Members (each)	£40	£70

**(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 due on the 1<sup>st</sup> or 14<sup>th</sup> of each month, depending on when your enrolment period ends. Members are not limited to a specific day to attend. Subscriptions give members access to a certain number of classes each month:

	<b>Classes per week</b>		
	1x	2x	3x
<b>Price per style</b>	£35.00	£50.00	£60.00
<b>Grappling Package</b> <i>(SDS &amp; BJJ Only)</i>	£65.00		
<b>Unlimited TaeKwonDo</b> Or <b>Up to 2x per week in all styles</b>	£70.00		
<b>Unlimited Classes in all styles</b>	£85.00		
<b>Bolt-On style, 2x per week</b>	£15.00		

### FAMILY DISCOUNTS

Families of 2 or more that enrol, will receive a 20% discount on their Monthly Subscription Fees. We also have a capped Family Monthly Subscription. For TKD Only it is £130, for Multiple Styles it is £160. Please speak to your Club Leader 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

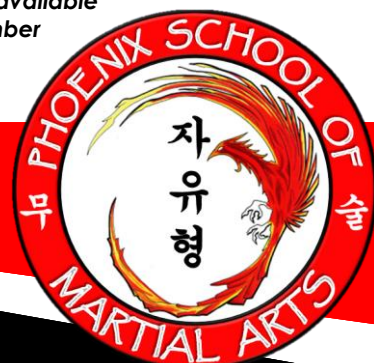
1. Any 2-hour class availability in one martial arts style, is classified as a single class. If choosing to attend just 1 hour of the 2-hour class, the second hour that is not attended, will not be carried over or credited. 2. Members must subscribe to each style they wish to attend by purchasing the relevant uniform/s and having the relevant subscription fee. 3. Each style is classed as a single class, so if attending 2 or more different styles on the same day, each style will be classified as one class, i.e. attending TKD & SDS on one day per week, will be £45 per month. 4. 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. Phoenix SMA operates a strict no refund policy. 6. If members do not use all available classes in their subscription i.e. due to holidays, they may use them within 3 months of missing them or they will be lost. 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 insurance). 8. 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. 9. Subscriptions allowing two classes per week or more, can only be used for a specific style. Swapping a class in one style for another is not permitted.

**DISCOUNTS** – 1) Family Discounts are only applied to Enrolment Fees when family members enrol in the same month. 2) Family Discounts are not applicable to After School Club Subscriptions. 12. Family Subscriptions apply if two (2) or more family members subscriptions total £130 or more in one style or £160 for Multi Styles.

Quarterly and Annual Subscriptions are available upon request. Quarterly Subscriptions are available on the first (1<sup>st</sup>) of each month. Annual Subscriptions are available in January, May & September only. These Subscriptions carry an additional 10% discount.

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## **Belt Grading/Rank Advancement**

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

### Freestyle TaeKwonDo (TKD)

TKD Gradings are available 5 times per year. 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 £25 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 £50*

### Self Defence Systems (SDS)

SDS Gradings are scheduled up to 3 times a year. There are 4 Colour Belt Ranks for Adults and as with TKD, there are Levels Grades for younger members (under 13), then there are then 8 Degrees of Black Belt. Colour Belt Grading Fee is £25. Black Belt Grading Fee is £50.

### Brazilian Jiu Jitsu (BJJ)

BJJ uses a Progressive Grading System. Students can see their progression through each rank by being awarded stripes on their belt. There are 4 stripes need to be promoted to the next belt. Like with all our programmes, there are Junior & Adult Ranks. Gradings are conducted by BJJ Black Belt Kevin Hall of Basingstoke SMA and but are scheduled when needed. There are no Grading charges for BJJ, however there is a £30 Team Membership fee due after 3 months of training and is required annually for Teenagers & Adults.

### **Sparring Gear**

In both TKD & SDS, safety gear MUST be worn when sparring. Only Phoenix SMA approved equipment can be used. Second hand or poor-quality equipment is not permitted. Sparring gear is to be brought through Phoenix SMA as per company policy.

A full TKD Combat kit includes:

Head Guard	Gloves	Feet Pads
Shin Pads	Gum Shield	Mesh Bag

The total fee for a full set starts from £110 (males to add £5 for groin guard)

*Shoe size 13 and under start from £95*

*Items can be purchased separately when out grown or damaged.*

SDS Gloves are different from TKD and must be purchased separately at £30.

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 younger members, become too small. Branded uniforms are purchased through Phoenix SMA (prices vary from style to style). 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 (from £15) to wear in place of the jackets whilst training in TKD classes as well as black training trousers (from £12).

*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.

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# 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: **Matt Marshall/  
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)

## COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu	After School Clubs (ASC)*
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(as of March 2019)

### MONDAYS

3:30pm - 4:30pm Bishops Waltham Junior	
HAMBLE SPORTS COMPLEX	
5:30pm - 6:25pm <i>School Hall</i>	Juniors & Youth All Ranks
6:30pm - 7:25pm <i>School Hall</i>	Juniors & Youth All Ranks
7:30pm - 8:30pm <i>School Hall</i>	Teenagers & Adults All Ranks
GENESIS CENTRE (Locks Heath)	
5:30pm - 6:25pm	Ages 3 to 9 All Ranks
6:30pm - 7:25pm	Ages 10 to 14 All Ranks
7:30pm - 8:30pm	Ages 15 and up All Ranks

### TUESDAYS

3:30pm - 4:30pm Hamble Primary	
3:30pm - 4:30pm Curdridge Primary	
HAMBLE SPORTS COMPLEX	
5:00pm - 5:50pm <i>School Hall</i>	Lil' Dragons, Juniors & Youth All Ranks
5:50pm - 6:25pm <i>School Hall</i>	Juniors & Youth Red & Black
6:30pm - 7:25pm <i>School Hall</i>	Juniors & Youth All Ranks
7:30pm to 8:30pm <i>School Hall</i>	Youth & Adults All Ranks
8:30pm - 9:30pm <i>School Hall</i>	Teenagers & Adults All Ranks

### WEDNESDAYS

3:30pm - 4:30pm Netley Abbey Junior	
JUBILEE HALL (Bishops Waltham)	
5:15pm - 6:10pm <i>Gold Room</i>	All Ages All Ranks
6:15pm - 7:15pm <i>Gold Room</i>	All Ages All Ranks
HAMBLE SPORTS COMPLEX	
8:00pm - 9:00pm <i>Sports Pavilion</i>	Teenagers & Adults All Ranks

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

### THURSDAYS

3:15pm - 4:15pm Bishops Waltham Infant	
HAMBLE SPORTS COMPLEX	
5:00pm - 5:55pm <i>Sports Hall</i>	Juniors, Youth & Adults All Ranks
6:00pm - 6:55pm <i>Sports Hall</i>	Juniors, Brown to Black Youth & Adults, All Ranks
7:00pm - 8:00pm <i>Sports Hall</i>	Youth & Adults All Ranks

### FRIDAYS

3:20pm - 4:20pm Netley Abbey Infant	
JUBILEE HALL (Bishops Waltham)	
5:30pm - 6:25pm <i>Gold Room</i>	Juniors & Youth All Ranks
6:30pm - 7:25pm <i>Gold Room</i>	Juniors, Youth & Adults All Ranks
7:30pm - 8:30pm <i>Gold Room</i>	Adults & Families All Ranks

PLEASE NOTE: students can attend no more than 2 hours

### SATURDAYS

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
9:00am - 9:40am	Lil' Dragons Juniors, White & Yellow
9:45am - 10:40am	Juniors Orange, Green & Blue
10:45am - 11:40am	Juniors Purple to Black
11:45am - 12:45pm	Youth & Adults All Ranks

### SUNDAYS

HAMBLE SPORTS COMPLEX	
11:00am - 12:00pm <i>Studio</i>	All Ages All Ranks
12:00pm - 1:00pm <i>Studio</i>	All Ages All Ranks

### Age Categories

Lil' Dragons	Ages 3 to 5
Juniors	Ages 5 to 9
Youth	Ages 10 to 15
Teenagers	Ages 13 to 19
Adults	Ages 16+

ALL AGES CLASSES - Lil' Dragons MUST be accompanied by parents

\*ASC are for the schools pupils ONLY and only run in term time.