

# Welcome to Phoenix School of Martial Arts (PSMA)!!!

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 An out of date licence will prevent students from taking part in any Phoenix SMA activities. Expiry dates can be found in your licence book that is issued after your first Grading.*

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, opponent by using proper technique, leverage, and most notably, taking the fight to the ground to apply joint locks and chokeholds to defeat the opponent. Sparring (or rolling) plays a significant role in training.

*(Currently available at Hamble for ages 5+ & Bishops Waltham for ages 11+)*

**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 Samuel Dyer** – Club Leader Locks Heath (*Genesis Centre*) & Instructor at Hamble

3<sup>rd</sup> Degree Black Belt in TKD, 2<sup>nd</sup> Dan Black Belt in SDS

**Mr James Godwin** – Club Leader at Locks Heath (*Lockswood Community Centre*)

4<sup>th</sup> Degree Black Belt in TKD

## **PHOENIX SMA CONTACT DETAILS**

**Phone:** 07877754578

**Email** – [info@phoenixsma.co.uk](mailto:info@phoenixsma.co.uk)

**Website** – [www.phoenixsma.co.uk](http://www.phoenixsma.co.uk)

**Facebook Page** - [www.facebook.com/phoenix.sma.5](http://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 with PSMA & CMAA. All students are required to wear a uniform to classes and events. This is included in your enrolment fee as well as classes for up to 6 weeks\*

\*Enrolment period will end on 14<sup>th</sup> or 30<sup>th</sup>/ 31<sup>st</sup> of the month after no less than 4 weeks. Your Club Leader will confirm the end date

**BJJ Members; to register with Paraestra UK an additional £30/year is payable to Paraestra UK HQ. See Instructor for details.**

Style of Choice	Enrolment Fee (per person)
Freestyle TaeKwonDo	£70
Self Defence Systems	£80
Brazilian Jiu Jitsu	£95
Multi Style	£130

**PLEASE NOTE: If enrolling into 2 or more styles (Multi Style), an additional uniform is included**

### Monthly Class Subscription Fees

To continue training after the enrolment period, Class Subscription Fees are due on the 1<sup>st</sup> or 15<sup>th</sup> of each month, depending on when your enrolment period ends. Subscriptions give access to a certain number/type of classes each week. **(NOTE: you are not subscribing to a specific day to attend):**

<b>BRONZE</b> Up to 1 class per week any style	<b>£35.00</b>
<b>SILVER</b> Up to 3 classes per week any style	<b>£50.00</b>
<b>GOLD</b> Up to 5 classes per week any style	<b>£65.00</b>
<b>Unlimited TaeKwonDo</b> or <b>The All Rounder*</b> <small>*Up to 2 classes per week in all styles</small>	<b>£70.00</b>
<b>Unlimited Classes in all styles</b>	<b>£85.00</b>
<b>Bolt-On Style</b> (up to 3x per week per style)	<b>£15.00</b>

### FAMILY DISCOUNTS

Families of 2 or more will receive a 20% discount on their Enrolment & Subscription Fees. We also have a Monthly Family Subscription of £150. This will automatically give access to all styles and classes 7 days a week. See terms & conditions or speak to your Club Leader 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. Class lengths vary from 45 minutes to 2 hours. For some classes there can be the option to attend part of, or all the class length. If choosing to attend only part of that class, the remaining time that was 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, your subscription must be applicable to this, i.e. attending TKD & SDS on one day per week and then a TKD one another is 3 classes per week/Silver Subscription at £50 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 payments 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).  
 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.

**DISCOUNTS** – 1) Family Discounts are only applied to Enrolment Fees when family members enrol in the same month. 2) Family Subscription only applies if two (2) or more family members subscriptions total £150 or more. Quarterly and Annual Subscriptions are available upon request. Quarterly and Annual Subscriptions are available on the first (1<sup>st</sup>) of each month.

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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, ranks are broken down into levels for youth members (under 16). There are then 8 Degrees of Black Belt. Youth Grading Fee is £20. Colour Belt Grading Fee is £30. Black Belt Grading Fee is £60.

### 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 that can be earned for each belt. Like with TKD & SDS, there is Junior & Adult Ranking Systems. Stripe Gradings are scheduled up to 5 times a year. Belt 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, but only for members aged 18 or over.*

### **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 £100 (*males to add £5 for groin guard*)  
*Shoe size 13 and under start from £90*  
*Items can be purchased separately when outgrown or damaged.*

SDS Gloves are different from TKD and must be purchased separately at £35.

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 worn 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 in TKD but may be purchased anytime. You may also get Phoenix SMA branded Training T-Shirts (from £20) to wear in place of the jackets whilst training in TKD classes as well as black training trousers (from £10).

*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.*

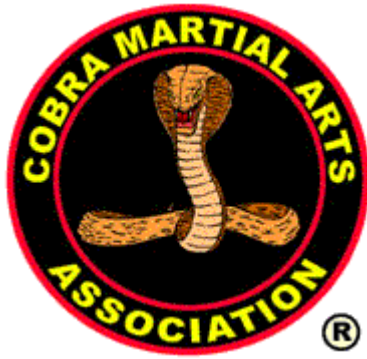
### **Filling out enrolment form**

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. Please also highlight/circle your primary instructor/s and style/s chosen.

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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 \_\_\_\_\_ BELT/GRADE \_\_\_\_\_ LICENCE No \_\_\_\_\_

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](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 12 months 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 parents 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

## FREESTYLE TAEKWONDO

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Day	Saturday	Sunday
Time/Location	Hamble	Locks Heath	Bishops Waltham	Hamble	Bishops Waltham	Time/Location	Locks Heath	Hamble
5:00pm						9:00am	9:00am - 9:55am	
5:30pm	5:30pm - 6:25pm Lil' Dragons Juniors & Youth All Ranks	5:00pm - 5:55pm Lil' Dragons Juniors & Youth All Ranks	5:15pm - 6:15pm All Ages All Ranks	5:00pm - 5:55pm All Ages All Ranks	5:30pm - 6:25pm Juniors & Youth All Ranks	9:30am	Lil' Dragns* & Jns White to Blue *Lil'Dragns end 9:40am	
6:00pm						10:00am		
6:30pm		6:30pm - 7:25pm Youth All Ranks		6:00pm - 6:55pm All Ages Brown to Black	6:30pm - 7:30pm Juniors, Youth & Adults All Ranks	10:30am	10:00am - 11:15am Juniors & Youth Purple to Black	
7:00pm						11:00am		11:00am - 11:55am All Ages
7:30pm						11:30am		12:00pm - 1:00pm All Ranks
8:00pm		7:30pm - 8:30pm Adults All Ranks	7:30pm - 8:00pm OPEN MAT 8:00pm - 9:00pm Teens & Adults All Ranks		7:30pm - 8:30pm Teens, Adults & Families All Ranks	12:00pm		12:00pm - 1:00pm All Ages
8:30pm						12:30pm		Orange to Black
9:00pm						1:00pm		

## BRAZILIAN JIU JITSU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time/Location	Hamble	Hamble	Hamble	Hamble	Bishops Waltham
6:00pm		6:00pm - 7:00pm Juniors & Youth All Ranks	6:00pm - 7:00pm Juniors & Youth All Ranks	6:00pm - 7:00pm Juniors & Youth All Ranks	
6:30pm	6:30pm - 7:25pm Juniors & Youth All Ranks				
7:00pm		7:00pm - 7:30pm Youth, All Ranks			
7:30pm					7:30pm - 8:30pm Teens & Adults All Ranks
8:00pm	7:30pm - 9:00pm Teens & Adults All Ranks				
8:30pm					
9:00pm					

## FREESTYLE TAEKWONDO AFTER SCHOOL CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Bishops Waltham Junior School	Curridge Primary School	Hamble Primary School	Netley Abbey Junior School	Bishops Waltham Infant School
				Netley Abbey Infant School

## SELF DEFENCE SYSTEMS

Day	Tuesday	Thursday
Time/Location	Hamble	Hamble
7:00pm	7:00pm - 8:00pm Youth & Adults All Ranks	7:00pm - 8:00pm Youth & Adults All Ranks
7:30pm		
8:00pm		

Age Categories*		Members that fall
Lil' Dragons	Ages 3 to 6	into two categories
Juniors	Ages 5 to 11	may attend both
Youth	Ages 10 to 15	classes. However,
Teenagers	Ages 13 to 19	Instructors must
Adults	Ages 16+	first approve this.

### PLEASE BE AWARE

Classes in different styles can run at the same time, at the same location.