

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 An out-of-date licence will prevent students from taking part in any Phoenix SMA activities.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+ & Sarisbury Green for ages 13+)

Self Defence Systems (SDS): a combination of striking, kicking & blocking, releasing & joint manipulation techniques as well as takedowns, throws, ground escapes, 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 available at Hamble & Sarisbury Green for ages 9+)

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

6th Degree Chief Master Black Belt in TKD, 3rd Dan Black Belt in SDS, Blue Belt in BJJ

Mr James Godwin

5th Degree Master Black Belt in TKD & Red Belt in SDS

Mrs Emma Godwin

2nd Degree Black Belt in TKD

PHOENIX SMA CONTACT DETAILS

Phone: 07877754578

Email – info@phoenixsma.co.uk

Website – www.phoenixsma.co.uk

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

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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 14th or 30th of the month after no less than 4 weeks. Your Club Leader will confirm the end date

BJJ Members; to register with Paraestra UK is 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	£75
Brazilian Jiu Jitsu	£90
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 1st or 15th of each month, depending on when your enrolment period ends. Subscriptions give access to a certain number of classes each week. (NOTE: you are not subscribing to a specific day to attend):

BRONZE Up to 1 class per week in any style	£35.00
SILVER Up to 3 classes per week in any style	£50.00
GOLD Up to 5 classes per week in any style	£65.00
ALL ROUNDER Up to 2 classes per week in each style	£80.00
ALL ACCESS Unlimited classes per week in all style	£95.00

FAMILY DISCOUNTS

Families of 2 or more will receive a 20% discount on their Enrolment (when enrolling in the same month) & 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 Instructor details.

Methods of Payment

All fees can be paid by cash or bank transfer.

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 day 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 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, Bi-Quarterly and Annual Subscriptions are available upon request and must be paid on the first (1st) 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 at least 5 times per year. A full Colour Belt/GUP Grade entails a cost of £35. For younger students (under 10), 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 £20 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 £45*

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 (ages 9 to 15). 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 £95 (*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 in addition 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 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 £15) 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

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: **Matthew Marshall/James Godwin** 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 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.