

Welcome to the Phoenix School of Martial Arts (SMA)!!!

Phoenix SMA is a multi-style Martial Arts School. To help get the best support for the school and its members, Phoenix SMA and thus all its members are also members of the Cobra Martial Arts Association (CMAA). They provide us with licences, grading ratification and Instructor training. In this Welcome Pack, you will find a Licence & Membership form that you will need to complete and return to your Instructor.

Phoenix SMA offers 3 separate styles of martial arts training:

Freestyle TaeKwonDo (TKD): our most popular 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 & Sarisbury Green for ages 5+)

Self Defence Systems (SDS): a combination of striking, kicking & blocking from TaeKwonDo & Kickboxing, releasing & joint manipulation techniques from HanMuDo as well as takedowns, throws, ground escapes, positional escapes, chokes & joint locks from Brazilian Jiu Jitsu. Training these elements from several different martial arts styles, offers a unique programme to learn and improve their skills in a less formal environment.

(Currently only available at Hamble for ages 9+)

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

Your Club Leaders

Mr Matt Marshall – Founder & Head Instructor of Phoenix SMA
6th Degree Chief Master Black Belt in TKD, 3rd Dan Black Belt in SDS, Blue Belt in BJJ

Mr James Godwin – Deputy Head Instructor & Club Leader at Locks Heath
5th Degree Master Black Belt in TKD & Red Belt in SDS

Mrs Emma Godwin – Joint Club Leader at Locks Heath
2nd Degree Black Belt in TKD

PHOENIX SMA CONTACT DETAILS

Phone: 07877754578

Email – info@phoenixsma.co.uk

Website – www.phoenixsma.co.uk

Please be aware: it is the student's/parent of student's responsibility to keep their licence in date to remain covered by the member-to-member insurance policy. An out-of-date licence will prevent members from taking part in any Phoenix SMA activities. Please make a note of the month you enrol as this will be the time you will need to renew each year. Reminders will be published no later than 14 days before expiry.

Phoenix SMA Enrolment Fees

When signing up to any of our classes, everyone will receive an annually renewable licence and membership with Phoenix SMA & CMAA. All members are required to wear a uniform to classes and events. All of this is included in your enrolment fee as well as classes for at least 4 weeks (**Enrolment period will end on 14th or 30th of the month, but 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.

Chosen Style(s)	Enrolment Fee (per person)
Single Style (TKD or BJJ or SDS)	£80
Multi Styles (2 or more)	£130

PLEASE NOTE: When enrolling into Multi Styles, 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 trial period ends. Subscriptions give access to a certain number of classes each week.

**NOTE: you are not subscribing to a specific day to attend.
Please check the website for the most current class timetable.**

STARTER - Up to 2 classes per week	£45.00
STANDARD - Up to 4 classes per week	£55.00
PREMIUM - Up to 6 classes per week	£65.00
ALL ACCESS - Unlimited classes	£70.00

You may also add an extra class per week by increasing your subscription by £5 per month per person i.e., 3 classes a week would be £50/month

Pay As You Go

Phoenix SMA does offer a PAYG option at £10 per class. You can also pay for 4 or more classes together and receive a 10% discount*.

**a monthly payment of £35 per month can be set up one weekly class/SDS*

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 for details.

Methods of Payment

All fees can be paid by cash or bank transfer/standing order.

Bank Details – Lloyds Bank,
Sort Code: 301395
Account Number: 22766968

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). 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) or shorts (from £15).

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.

Belt Grading/Rank Advancement

When ready and eligible, students can Grade for their next belt.

Across our 3 martial arts styles, Gradings operate 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 £35. Black Belt Grading Fee is £75.

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 Combat kit includes:

Head Guard
Shin Pads

Gloves
Gum Shield *

Feet Pads
Mesh Bag

**recommended in all styles*

The total fee for a full set starts from £85 to £125 depending on the style needed.

(males to add £5 for groin guard)

Items can be purchased separately when outgrown or damaged.

SDS Combat kits have different Gloves and Shin Pads compared to TKD. When purchasing a combat kit to use in both TKD & SDS, members can purchase the different Gloves and Shin Pads in addition at a discounted price. *(SDS Gloves are from £30 and high-density shin pads from £40)*

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).

Filling out the enrolment form

When filling out the Licence & Membership Application Form below, please complete all sections and highlight your Club Leader (primary instructor) and chosen style/s.



**COBRA MARTIAL ARTS
ASSOCIATION**
(CMAA)
&
**PHOENIX SCHOOL OF
MARTIAL ARTS**
(Phoenix SMA)



LICENCE & MEMBERSHIP APPLICATION FORM

Use block capitals only. Information supplied is private and confidential

FULL NAME _____

ADDRESS _____ POST CODE _____

TELEPHONE _____ EMAIL _____

OCCUPATION _____ DATE OF BIRTH ____/____/____

WHO IS YOUR CLUB LEADER: **Matthew Marshall / James Godwin**

CIRCLE CHOSEN STYLES: **Freestyle TaeKwonDo / Self Defence Systems / Brazilian Jiu Jitsu**

**United Kingdom based CMAA members are automatically covered by a group insurance free of charge so long as your licence is in date.
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 CMAA/Phoenix SMA in respect of any injury caused to another member or against losses caused to the above mentioned 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.

Signature (under 18 parents only) _____ Date _____

NOTE: Although reminders of the annual renewal date for Licence & Memberships are published no less than 14 days prior to expiry, is it the students/parents responsibility to keep it in date and any out-of-date applications will be backdated to the actual expiry date.

PLEASE BE AWARE: CMAA MEMBERSHIP IS ONLY VALID WHILST THE PHOENIX SMA REMAINS WITHIN THE CMAA.

GDPR 2018: The CMAA & Phoenix SMA 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.