

KANE ACADEMY OF MARTIAL ARTS

Bringing Martial Arts into the 21st Century!

FAQ Sheet

Kickboxing, Eskrima and Modern Martial Arts

Are the classes okay for beginner's or do I need to have done any previous martial arts training?

Yes the classes are ideal for beginners. You do not need any previous training as our chief instructor and assistant instructors will guide and instruct you in everything you will need to know.

Are the classes only for beginners or can advanced practitioners come too?

Advanced practitioners are welcomed into our club too. Every martial arts instructor has their own unique way of teaching and motivating students. There is always something that you can learn or train slightly different thusly adding to your pre-existing font of knowledge.

Do I need to buy any equipment before I start?

No you do not purchase any equipment before you start our classes. Anything that you will require for classes can be purchased through the club. This will also save you a lot of money in the long run.

What do I wear?

Just wear clothes that are comfortable and sensible to train in. For example tee shirt and jogging bottoms are ideal for starting out. We prefer that you have bare feet when training.

Do I have to join the club?

No, you do not have to join the club. You are not forced to become a member, however, you will not be permitted to train in certain classes or participate in certain activities that require martial arts insurance if you are not a member. We understand that you do not want to rush into joining any club and we allow four weeks for you to try the classes and decide whether or not you want to become a member. If after this time you wish to still train at the club but for some reason you are having difficulties finding funds to purchase membership, then you can still continue to train at the non members' rate.

What are non - members not allowed to do and what classes does this relate to?

No non - member is permitted to take part in any sparring activity.

People who are still non members after their 4 week trial period will not be permitted to take part in any of the following;

- ☒ All self defence drills
- ☒ Partner drills— i.e. exercises directly assisted by a partner.
- ☒ All Groundwork
- ☒ All weapon drills
- ☒ Certain pad work drills

This directly affects students participating in the following classes;

- ☒ Little Warriors
- ☒ Children's Classes
- ☒ Kickboxing
- ☒ Eskrima
- ☒ MMA

What will students who have not become members after 4 weeks be able to do?

These students will simply be given a separate task to those who have purchased membership. They will be assigned drills that are strictly no direct contact with any other student. It most definitely won't affect anyone who wishes to use the classes for fitness only.

What are the benefits of joining the club?

The benefits of joining the club are firstly that you will save money on tuition fees. Secondly, you will not be restricted from activities such as sparring and certain partner and team drills. Thirdly you will be able to proudly wear our club member's shirt. The joining packages mean you save money on our uniform.

What does the club membership fee include?

The Fitness membership fee is our entry level membership package. It is the most economical membership package we offer at **£20:00**. This fee includes;

- 1x standard club shirt RRP 12:99
- Club membership RRP £10:00
- One year member to member insurance and administration fee RRP £10:00

This means you are saving £12:99 with our entry level package.

Our Martial arts club membership fee is our premier membership package. It is priced at just **£40:00**. This fee includes;

- ☑ 1 x Standard Club shirt RRP £12:99
- ☑ 1 x Club training trousers RRP £15:00
- ☑ Club membership RRP 10:00
- ☑ One year Licence fee for one PKS style RRP £10:00
- One year Insurance and administration fee RRP £10:00

This means you are saving £17:99 with our premier package.

Who is Fitness membership for?

Fitness membership is for anyone who wishes to be able to train at our club unrestricted from certain training methods. Generally people who chose this method are training in order to get fit, as opposed to enter our diverse range of grading syllabi. There are people in all of our classes who have joined via this method. Generally the main classes that attract fitness members are **Fitness and Conditioning/Kickboxercise** classes.

Who is Martial Arts Club membership for?

Martial Arts Club membership is for anyone. Generally the people who have chosen this method of membership are those who are dedicated to their training and wish to grade or compete. Some people who do classes for fitness chose this method due to the further savings they receive on classes via this method. Parents have chosen this method for children that train in our mixed age classes as they don't feel as financially committed particularly if their child tends to chop and change hobbies a lot.

Do I have to renew my insurance fee every year?

Yes. You have to renew your insurance fee every year in January. The current cost is £10:00 per renewal year.

Do I have to renew my martial arts licence every year?

Yes. For each style of martial arts you do you need to keep your licence fee up to date in order for your grades to stay recognised. The Practical Kombat Systems currently charge £10:00 per individual martial arts style, per annum. Fees are to be renewed every January.