

Welcome to Matrix Martial Arts!

This is a brief introduction to our club and ourselves.

**What’s being taught?**

You/your child will be learning mixed martial arts. This includes kickboxing and jujitsu. The content will of course be appropriately modified to the age range, and to the level of experience and fitness.

**Who’s teaching?**

The session will be led by Jake Johnson, a qualified martial arts instructor. The class is provided by Matrix Martial Arts.

The instructor is a world champion and fourth Dan blackbelt, is fully DBS checked and has many years of experience. He may be joined by assistant instructors (who are also DBS checked and appropriately qualified).

If you have any questions about the upcoming class, it’s format or what is being taught, please do not hesitate to speak to a member of the team or to message the instructor directly. Information about fees and kit as well as belt progression is overleaf.

Martial Arts training offers an effective, affirming opportunity to learn self-defence, get fit, build self-confidence, meet new people and make likeminded friends and try a new sport in an inclusive, welcoming environment. We will offer a safe training environment, encouraging respect, discipline and consideration of all club members.

Finally, you will see overleaf there is also an assumption of risk form that is required signed and completed prior to the class commencing.

On behalf of Matrix Martial Arts, we welcome you to our club.

**With Warm Regards.
Jake Johnson, Lead Instructor, Matrix Martial Arts**

**ASSUMPTION OF RISK**

Martial arts – as with all sports – carry an inherent risk of injury or harm and it is essential that you are fully aware of these dangers *before* participating or permitting your child the opportunity to participate in our class. Please read carefully the following document and sign overleaf **only** if happy to proceed.

Martial Arts carry inherent risks. Whilst your instructor will always do what is possible to minimise these risks and mitigate the possibility of harm occurring, there are certain dangers that are unavoidable.

Because of the nature of martial arts – and unarmed combat training – there is a managed exposure to potential risks throughout training with Matrix Martial Arts. These include, but are not limited to, slips, trips, sprains, falls, cuts, abrasions, contusions, swelling and in some more uncommon cases, breaks and other injuries. It is important to us that you understand the nature of what you/your child is about to participate in, and that you are happy to assume all risks having been made aware in advance of what these might be.

We train in a combination of unarmed combat disciplines – Muay Thai, Jujitsu, Karate, Kick Boxing, Self-Protection and others etc. There is an element of physicality within all of our classes, and general physical activity is part of the training.

All participants have the right to stop training at any point should they not feel comfortable performing any set technique or exercise, and they are under no pressure to complete any drill, technique or exercise if they do not wish to. The instructor will make clear before the session all rules and important safety guidelines. We ask that you remind your child of this.

If you do give permission for you/your child to participate within the class we ask that you take a moment to consider the nature of self-defence training and the techniques this might entail. Injuries are generally uncommon, but we cannot offer any guarantees. You/your child’s co-operation with fellow students, and their attention to the instructor is essential and we would ask you to, as condition of their participation, ensure they listen to instructions carefully to help avoid injury.

You are welcome and encouraged to speak to the instructor if you’re not completely at ease with the risks being assumed, or not completely confident about what our classes entail.

**Please ensure the instructor is aware of any medical conditions or injuries relevant to you/your child BEFORE the class commences.**

**KIT LIST**

|  |  |
| --- | --- |
| **Required**  | **Optional/Recommended** |
| * Boxing gloves

*You will need a pair of boxing gloves of an appropriate weight. For example, Ladies – 10oz, Mens/Adults – 16oz, Ninjas - 4oz up to 8oz (depending on child size) and Cadets 8oz – 10oz. Please speak to your instructor if you are unsure on the correct weight.* * Gum shield (if sparring/grappling)
* Head guard (if sparring)
* Shin pads/foot protectors (if sparring)
 | * Ear defenders (if grappling)
* Rash guard/spatz (if grappling)
* Groin guard/cup (if sparring/grappling)
* Chest protector (ladies only – if sparring)
 |

*Please also be aware jewellery (including watches) should be removed prior to class, hair should be tied back, and earrings should be removed or taped. Nails should be kept to a reasonable length and be aware that you are in close contact with others during the lessons. Observe the Matrix Ethos/Code of Conduct for all lessons.*

**MONTHLY FEES**

First month fee payable by bank transfer to Matrix Martial Arts is £75. This covers your first month of training and also your licence (which is your student-to-student insurance) and your membership of the British Martial Arts and Boxing Association.

After this first payment, the monthly fee which will be payable by direct debit, which is £50 per calendar month. Please visit our website: [www.matrixmartialarts.org](http://www.matrixmartialarts.org) – find your class and click on sign up to set up your direct debit before the end of your first month of training.

**OTHER COSTS**

After your first year, you will need to renew your insurance by making an annual payment of £25 to Matrix – we will arrange your insurance renewal and provide you with your insurance certificate.

If you wish to grade/earn belts, please be aware each assessment will be at a cost of £25 per student being examined up to and including 3rd Brown. These assessments take place roughly 4 times per year and your instructor will advise you when you/your child is ready. Dan Grade fees will be advised separately.

Matrix Martial Arts is proud to be affiliated with the British Martial Arts and Boxing Association. One benefit of this affiliation is that any grades you/your child earn are nationally accredited by the British Martial Arts and Boxing Association and are transferable (and can be included on a CV on this basis).

**BELT PROGRESSION**

* White
* Red
* Yellow
* Green
* Blue
* Second Blue
* Purple
* Brown
* Second Brown
* Third Brown
* Black Belt – First Dan

**CURRICULUM**

Matrix Martial Arts follows a curriculum to ensure you are progressing/improving as you train. This is available via our website. You will earn tabs (progression markers) on your belt as you attend and progress.

**WHATSAPP GROUP**

We communicate any timetable changes or other information such as grading dates via our private Whatsapp Group – by providing your mobile telephone number below, you confirm you are happy for us to use your number to add you to this group and you will monitor the messages within the group.

You will also be invited to join a Matrix Members Only Facebook page which will give you the opportunity to chat/ask questions with other members.

**DETACHABLE PAGE – PLEASE SIGN AND RETURN TO A MEMBER OF TEAM MATRIX**

LICENCE APPLICATION

|  |  |
| --- | --- |
|  | **PLEASE COMPLETE IN BLOCK CAPITALS** |
| FULL NAME |  |
| DATE OF BIRTH |  |
| ANY EXISTING MEDICAL CONDITIONS |  |
| MOBILE TELEPHONE NUMBER  |  |
| EMERGENCY CONTACT DETAILS  |  |

ASSUMPTION OF RISK

**PLEASE COMPLETE THE FOLLOWING:**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, having read in full the above assumption of risk disclosure, confirm that I am happy and willing to provide acceptance to the assumption of risks as presented on behalf of myself/my child [delete as appropriate] and do so with a clear understanding of the potential risks. I have done so in my own confidence and wish for my child/myself [delete as appropriate] to participate.

Adults name

Child’s Name

PLEASE HAND BACK TO A MEMBER OF TEAM MATRIX, THANK YOU!