



# Welcome to Phoenix Muay Thai Boxing Club



Please find attached a membership form (which includes your member to member insurance cover), an equipment list and a flyer detailing all the classes you can attend.

## **Membership / Licences**

We don't ask students to join until after 4 weeks of training. After this period students are expected to join as this provides their insurance which is essential. Membership / Insurances costs £23 per year and also entitles members to cheaper rates for their classes

## **Uniform**

Again we do not expect student to buy their uniform until after 4 weeks of training. When buying uniform please refer to the Phoenix club items highlighted on the equipment list.

We only allow **RED** and **DARK BLUE** gloves. We advise you not to buy cheap gloves as the dye can stain clothing and you may be asked to replace and clothing ruined by your gloves. If you wish to purchase gloves yourself and not through the club ask, and we will advise you of the best ones to buy.

If you have any questions please do not hesitate to ask and please remember that we don't expect you to buy everything at once.

## **Footwear**

**NO** footwear is to be worn on the training area. You won't need any specialist footwear to do muay thai!

## **Class Times**

A leaflet is enclosed regarding class times but please note that classes start on time so please arrive on time.

## **Car Parking**

There is ample parking on site if people park considerately, please **DO NOT** park on the residents car park opposite the gym.

However, if your child is attending one of the children's classes and you are not stopping, could you please park up in a car space at the flats or on the Garrick Theatre outside the gym. It would be easier for all if everyone was to come up from the bottom of the road (Barclays's Bank) and exit at the other end (Bulls head Pub).

## **News & Information**

To find out all the latest information on the club including events and activities visit our website and social media pages.

[www.phoenixmuaythai.co.uk](http://www.phoenixmuaythai.co.uk)

Facebook – Phoenix Muay Thai

Twitter - @phoenixmuaythai

**Thank you and welcome to the club!**  
**Kru Rick Lewis**

# Phoenix Muay Thai



# Club Membership Application

The application form below covers your club membership and your Licence and Insurance. Please complete it as full as possible and if you have any queries please ask.

<b>First name(s)</b>		<b>Ethnic Origin</b> (Please circle)	Bangladeshi   Black (African)   Black (Caribbean)
<b>Surname</b>			Black (UK)   Chinese   Indian   Pakistani
<b>Address</b>			White (European)   White (Non-European)
			White (UK)   Other   Not Declared
<b><u>In Case of Emergency (I.C.E)</u></b>			
<b>Post Code</b>		<b>Next of Kin</b>	
<b>Home Tel</b>		<b>Emergency Tel.</b>	
<b>Mobile</b>		<b>Relevant Medical Information</b> (including any past serious illnesses or injuries)	None known   Asthma
<b>E-mail</b>			Diabetes   Epilepsy   Haemophilia
<b>Date of Birth</b>			Allergies (specify).....
			Other (specify).....
<b>Gender</b>	Male / Female		
<b>Occupation</b>			
<b>Work Contact Detail (these are for insurance purposes only)</b>			

## Disability

The Equality Act 2010 defines a disabled person as anyone with “if you have a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on your ability to do normal daily activities”.

**Do you consider yourself to have a disability? YES / NO**   If “yes”, what is the nature of your disability?

Visual impairment	<input type="checkbox"/>	Hearing impairment	<input type="checkbox"/>
Physical disability	<input type="checkbox"/>	Learning disability	<input type="checkbox"/>
Multiple disability	<input type="checkbox"/>	Other (please specify)	_____

## Please indicate your intentions for training (Please use an 'X' to show)

<b>General Self Defence</b>	<input type="checkbox"/>	<b>Light contact competition</b>	<input type="checkbox"/>
<b>Instructor</b>	<input type="checkbox"/>	<b>Full contact competition</b>	<input type="checkbox"/>

Grade attained (if applicable) \_\_\_\_\_

## Volunteers (Club Admin, Events Support, Medical Personnel, etc)

**Are you willing to volunteer in any way to help the club? YES/NO**   If “yes”, please circle or give details, Examples of areas where the club requires assistance include; -Accounting/Admin/Buildings/First Aid/I.T Skills/Legal/Logistics/ Maintenance/ Media/Medical/Newsletter Publication/Reprographics/School Contacts/Tradesmen/Transport.

Any Other Services you could offer \_\_\_\_\_

**For Club Use Only: Reg No.....**

**Date.....**

## **Photo Consent**

At times the club may wish to take photos or videos of individuals and the club as a whole. These will solely been used for the purpose they are intended for, which is the promotion and celebration of the club band for training purposes. These images may appear in printed publications, video and on the internet (via the clubs websites). **Please indicate whether this is acceptable to you / acceptable for you child.**

YES

NO

**Declaration** (PLEASE NOTE - for a young person under 16 the signature of a parent/carer is required).

By returning this completed form;

- I agree to take part in the activities of the club.
- I understand that in the event of injury or illness all reasonable steps will be taken to contact my next of kin (as provided in 'ICE' details), and that my injury/illness will be dealt with appropriately.
- I have read and agree to be bound by the Phoenix Muay Thai Club Rules and Code of Conduct

## **Data Protection**

- I understand that my personal data will be held securely by the club.
- I agree to the use of my personal data in a list of club members for internal club administration only and for insurance and licensing purposes

Name of parent/carer: \_\_\_\_\_

Signature of parent/carer: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of applicant: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Instructor \_\_\_\_\_

Date: \_\_\_\_\_



# Equipment List 2013



## Clothing (shaded items are club uniform)

Phoenix Hooded Sweat Shirt – Adults (White, Red, Black, Grey & Navy Blue*)	£25
Phoenix Hooded Sweat Shirt – Childs (White, Red, Black, Grey & Navy Blue*)	£20

White Phoenix Club Tshirts – Adults	£10
White Phoenix Club Tshirts – Childs	£8.50
White Phoenix Breathable Tshirts (pre order)	£12.00
White Phoenix Club Vest – Adults	£10

Red Satin Phoenix Club Shorts (all sizes)	£27
Red Satin Phoenix Club Skirt (all sizes)	£27
Your Name on Your Club Shorts	£2.50

Red Anklets (per pair)	£10
White Armbands (beginners)	£2.50

Phoenix Tracksuit Bottoms - All sizes (White, Red, Black, Grey & Navy Blue*)	£15
Phoenix Full Tracksuit – Adults (White, Red, Black, Grey & Navy Blue*)	£40
Phoenix Full Tracksuit – Childs (White, Red, Black, Grey & Navy Blue*)	£35

Phoenix Club Bags (pre order)	£18

**\*Please note if you want to train in your sweatshirt it must be red or white**

## Equipment

Bag Gloves (Red or Dark Blue Only)	£30
CHOK DEE BOXING GLOVES (Red or Dark Blue Only)	

	6 oz	8oz	10oz	12oz	14oz	16oz	18oz	
	£47	£48	£49	£50	£51	£52	£53	

M.T.G Pro Gloves £44.99. Tuff/F.B.T Gloves £54.99. Twins Gloves £59.99. Fairtex Gloves £69.99

Gum Shields	£2.50
Shin Pads (Foam)	£12
Hand Wraps	£5
Groin Guards From	£10

Thick Ropes	£10
Speed Ropes	£3.50

### Please Note:

**All Equipment must be paid for at time of ordering**

**Please ensure you order the correct size as we cannot change items once they have arrived**

**All prices subject to change without notice**

**Please buy your kit through the gym as non-uniform items cannot be worn for training (and you can be sure of the quality!)**

## Phoenix Muay Thai – Club Rules

1. UNIFORMS MUST BE WORN ACCORDING TO INDIVIDUAL CAMP COLORS, AND MUST BE KEPT IN A CLEAN CONDITION.
2. RESPECT MUST BE GIVEN TO MASTERS, INSTRUCTORS AND THEY MUST BE CALLED 'MASTER' OR 'AR-JAN', 'INSTRUCTOR' OR 'KRU'.
3. STUDENTS MUST STAND TO ATTENTION WHEN BEING SPOKEN TO OR SPEAKING TO MASTERS.
4. NO VALUABLE THINGS TO BE WORN DURING TRAINING, FOR EXAMPLE RING, WATCH, NECKLACE ETC.
5. WAI (BOWS) MUST BE MADE: -
  - a) WHEN ENTERING AND LEAVING TRAINING ROOM
  - b) JOINING THE CLASS
  - c) TO MASTERS
  - d) TO PARTNERS FOR TRAINING
  - e) ALL SENIORS
  - f) WHEN FOUL BLOWS ARE DELIVERED TO OPPONENTS DURING TRAINING
6. NO SMOKING IS ALLOWED IN THE PRESENCE OF MASTERS, NOT AT ALL FOR FIGHTERS.
7. NO CONSUMPTION OF ALCOHOL BEFORE TRAINING, NOT AT ALL FOR FIGHTERS.
8. NO SWEARING OR BAD BEHAVIOUR.
9. STUDENTS MUST OBTAIN PERMISSION TO LEAVE THE TRAINING ROOM DURING TRAINING.
10. STUDENTS ARE NOT ALLOWED TO TRAIN IN OTHER MARTIAL ARTS WITHOUT PERMISSION OF THEIR MASTERS.
11. DEROGATORY REMARKS ARE NOT TO BE SPOKEN AGAINST OTHER MARTIAL ARTS, AND PROPER RESPECT SHOULD BE GIVEN TO THEM.
12. ALL STUDENTS MUST CONDUCT THEMSELVES IN A SPORTSMANLIKE MANNER.
13. STUDENTS MUST TRAIN REGULARLY, IF THERE ARE ANY SERIOUS PROBLEMS THEY MUST REPORT TO THE MASTERS, OTHERWISE THEY WILL NOT BE ALLOWED TO TRAIN AGAIN.
14. STUDENTS MUST NOT USE THAI BOXING IN A WRONG PURPOSE, WHICH IS AGAINST THE LAW ORDER.

### BREACH OF THESE RULES

WILL BE PENALISED BY: -

1. WARNING
2. PUNISHMENT
3. ENDORSEMENT
4. SUSPENSION/BANNED  
(GIVEN LENGTH OF TIME)

### SPECIAL AWARDS TO BE GIVEN

ANNUALLY FOR: -

1. RESPECT
2. DEMONSTRATION & GOOD CONDUCT
3. TRAINEE INSTRUCTOR & INSTRUCTOR
4. CLASS OF FIGHTER
5. PROMOTER
6. OFFICER

# Grading Schedule: White to yellow

## Theory

1. Rules: All
2. Fighters Rules 2 (learn 3)
3. 1 Pledge of Muay Thai (found in your licence)

## Practical

1. Ram Muay N0 1
2. 10 Exercise In 30 seconds
3. 5 Self Defence Techniques

## 4. Boxing Techniques

- (Left Guard) Left Jab, Right Cross
- (Right Guard) Right Jab Left Cross
- (Left Guard) Left Hook, Right Hook
- (Right Guard) Right Hook left Hook
- (Left Guard) Left Uppercut, Right uppercut
- (Right Guard) Right Uppercut, Left uppercut
- (Left Guard) Left Jab, Right Spinning Back Punch, Right Cross
- (Right Guard) Right Jab, Left Spinning Back Punch Left Cross
- (Left Guard) Right Flying Punch
- (Right Guard) Left Flying Punch

## 5. Elbow Techniques

- (Left Guard) Left and Right Strike Elbow
- (Left Guard) Left and Right Uppercut Elbow
- (Left Guard) Left and Right Over The Top Elbow
- (Left Guard) Right Turning Back Elbow
- (Right Guard) Left Turning Back Elbow
- (Left Guard) Right Flying Elbow
- (Right Guard) Left Flying Elbow

## 6 Knee Techniques

- (Left Guard) Right and Left Knee
- (Left Guard) Right and Left Side Knee
- (Left Guard) Hold On Clinch Right And Left knee Turn. (Repeat)
- (Left Guard) Hold On Clinch Hopping Right and Left Side Knee
- (Left Guard) Right Flying Knee
- (Right Guard) Left Flying Knee

## 7. Kicking Techniques

- (Left Guard) Left and Right Front Kick
- (Left Guard) Left and Right Side Kick
- (Left Guard) Right and Left Round House Kick To The Body
- (Left Guard) Right Turning Back Kick
- (Right Guard) Left Turning Back Kick
- (Left Guard) Right Spinning Hook kick
- (Right Guard) Left Spinning Hook Kick

- If Double Grading, Ram Muay No2
- Don't rush; check guarding position each time and footing make sure you keep your guard up when throwing a punch.
- Make sure you come back to a good starting position be for you do your next technique, so you can put power in.
- Bow wai to the examiner and your partner before and after you do your technique.



## Phoenix Muay Thai - Students that want to Fight



If you want to fight you must let Kru Rick know that you want to start competing. This will enable him to change your training and help to get you ready!

### **If you want to fight:**

- Student must train regularly between inter-clubs and not just during the week before the inter-club
- Students must come to at least 3 classes per week during the weeks leading up to a fight i.e. sparring class and the classes before your inter-club or fight; unless Kru Rick states that you do not have to attend
- Once you have agreed to fight a student must fight unless they have a valid reason. Many phone calls and emails are made to arrange your fight as well as the other fighter who will have been training hard.
- All students who wish to fight must have their own gloves, licence, protective gear and full uniform
- Students who cannot drive must pre-arrange transport for their fights i.e. ask a family member or arrange a lift with someone from the gym. Do not turn up on the day and expect a lift.
- If for any reason you are unable to fight you must give as much notice as possible by speaking to Kru Rick (not texting or emailing). You must also inform anyone who may be giving you a lift as well.

### **What happens on the day of the fight?**

Each interclub / fight can be organised slightly differently but there are some basics things that are the same at most events:

- You'll be given a time to either meet at the gym or the venue. Don't be late for the meeting time as it will link to the time you need to weigh-in. If you are running late let Kru Rick know.
- Kit – Make sure you have all you uniform and kit for the day in your bag. If possible make sure you arrive in a club hoodie or t-shirt
- Food and Drink – Some venues have food and drinks available but just in case make sure you pack your own. It is not a good idea to eat too close to your fight (at least 1hr-2hrs beforehand depending on what your eating) but you'll certainly want something to eat afterwards
- Weigh-In – For most fights you will have to weigh in when you arrive in the morning. This is a case of getting weighed to check that you're evenly matched with your opponent.
- Before your fight – There will be a number of fights on during the same day so there will be some waiting around. Enjoy the fights and support your club mates but keep an eye of the fights so you know when your turn is coming up!
- Warm-up – Make sure your aware of what number your fight is and that you need to warm up beforehand. Don't worry too much though as there will instructors and other seniors to help you get ready!
- Fight Time – Relax and enjoy your fight. Remember to listen to Kru Rick and your corner. You've trained hard to do this so enjoy it!



## Phoenix Muay Thai - Students that want to Fight



There are also a number of **fighter's rules** that you should try to remember:

1. Every attacking move is to be executed with an exhalation (breath out).
2. Watch your opponent constantly, but never look into his eyes or at the point you mean to attack.
3. Never neglect your guard while you attack.
4. Never open your mouth, bite your lips or tongue.
5. Always watch your stance and never bring your feet close together.
6. Do not tense your muscles until immediately before an attack.
7. Do not expose your chin, neck and armpits unnecessarily.
8. Never face your opponent square on or turn your back towards him.
9. Never try a technique in the ring which you have not perfected during training.
10. Do not concentrate on defence, but attack before your opponent does.
11. Do not move widely but concentrate your attack on vital points.
12. If your opponent is taller than you are, concentrate on close-in fighting.
13. If your opponent is known to have a strong right you have a better chance if you fight him with your left.
14. Always take advantage of your opponents' mistakes.
15. Never show when you are hurt, try to get through the round with clinches.
16. Never listen to the audience or fans but follow the advice of your trainer and corner.
17. Always go slow at the beginning of a round and speed up towards the end.
18. Always register the point you have attacked and try to evaluate the amount of damage done.
19. Remember that a light attack on a target is better than a heavy one missed.
20. Never feel superior. Respect your opponent but also know that you can win whatever his reputation.
21. Remember that a winner of a bout is decided according to rules. It is wrong to beat an opponent with fouls and be disqualified.
22. Try to spar with a partner who is better than you and never use your full strength.
23. Whether in training or competition, always control your temper.
24. Even in training, always select the gloves that fit you best. Do not spar without wearing anklets, groin guard, mouth protector and head gear.
25. Always ask a friend or senior to watch you in training. By knowing your mistakes you improve more easily.

**Remember if you have any questions or queries about fighting or your upcoming fight just ask!**