

# 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.

## **Insurance**

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, costs £30 per year

## **Fees**

Lessons are £6 per person, which is to be paid to reception on arrival. Fees MUST be paid before you train not afterwards.

One to one tuitions are available and cost £25.

## **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** or **DARK BLUE** gloves. We advise you not to buy cheap gloves as the dye can stain clothing you may be asked to replace the 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**

**Please remove all footwear once inside reception, 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.

## **Parking**

Please park on the main road. Not on doggie day care car park

## **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, instagram phoenixmuaythai

## **Toilets**

The toilets are located on the left at the entrance, the sinks are at the end of the cubicles. Please ask at reception for the key.

Phoenix Muay Thai will not be held responsible for any personal belongings left unattended. However CCTV is in operation which covers the walkway, corridor, and the training room and also in reception. Phoenix Muay Thai has a duty of care to safeguard all students. Taking photos or any recording is strictly forbidden.

## Insurance Application: cost of insurance is £30 yearly.

The application form below covers your 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>In Case of Emergency (I.C.E)</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).....
<b>Gender</b>	Male / Female		Other (specify).....
<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)

**General Self Defence**

**Light contact competition**

**Instructor**

**Full contact competition**

**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 the club will hold my personal data securely.
- 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 Student: \_\_\_\_\_

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

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

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

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

## 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 headgear.
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!**