

NAME



MEMBERSHIP PACK

Welcome to Champion Tang Soo Do

Dear Student,

A BRIEF HISTORY

Tang Soo Do is a self defence based Martial Arts evolved from an ancient fighting system called Soo Bahk. This Art was used to fight many wars dating as far back as The Three Kingdoms of Korea, some two thousand years ago. The art form we know today was founded in Seoul Korea after the Korean war ended in 1945.

YOUR CLUB

5th Dan Master Jag Basra has been practicing the art of Tang Soo Do for over 25 years and has competed over the world gaining many titles such as World, European and British Championships. As well as his dedication to pass on his knowledge of Tang Soo Do every evenings, Master Jag was also previously a Police Constable, serving and protecting the lives of Northamptonshire & Bedfordshire Police Force. All instructors at Champion Tang Soo Do are fully licensed, insured and CRB checked through the UK's Governing body ISMA. For further information please visit our website. We work to a strict syllabus making sure that we teach a high quality all round Martial Arts.

STUDENT REQUIRMENTS

As new student you will be required to have full insurance to enable you to train for one year. This cost **£10.00** and over 16's **£15.00** and is a legal requirement. Training fees are paid monthly in advanced – further details are attached to this pack. If starting mid way deductions will be made. Family concessions are available. Uniforms include back patch, front embroidery and belt and should be obtained one month after start of training along with mandatory safety equipment (head and hand guards). For your first class loose fitting clothes will be sufficient. No footwear required as all training is bare foot.

Thank you for choosing Champion Tang Soo Do. We hope your training with us will be an enjoyable experience. Please fill out the membership and media permission form and bring it with you to your second class along with your monthly fees. You can pay by cash or online via paypal on our website.

King Regards

Champion Tang Soo Do

Website – www.championsd.com

Mobile – 07495 771421

Email – championtangsoodo@hotmail.com



Standard Class Times

Monday

Mixed Class

6:30pm – 7:30pm

Bilton Infant
School

Magnet Lane

CV22 7NH

Wednesday

Mixed Class

5:30pm – 6:30pm

Bilton Infant
School

Magnet Lane

CV22 7NH

Thursday

Mixed Class

5:30pm – 6:30pm

6:30pm – 7:30pm

Bilton Infant
School

Magnet Lane

CV22 7NH



MEDIA PERMISSION FORM

PLEASE USE BLOCK CAPITALS

Dear Student/Parent/Guardian

During your/your child's time at Champion Tang Soo Do we may wish to take photographs of activities that involve you/your child.

Photography or filming will only take place with the permission of Chief Instructor Jag Basra under appropriate supervision. When filming photography is carried out by the news media, children will only be named if there is a particular reason to do so. (e.g they have won a prize) and home address will never be given out.

Before taking any photos of you/your child we need your permission. Please answer the question below, sign and date the form and return to us. You can ask to see the images of you/your child held by us, you may withdraw your consent at any time.

Name of Student _____

Name of person responsible if student is under 16 _____

I understand that :

The local media may take images of activities that show the establishment and children in a positive light, e.g Tournaments. Photographers acting on behalf of Champion Tang Soo Do may take images for use in displays in publications or on our website.

Embarrassing or distressing images will not be used.

The images will not be associated with distressing or sensitive issues and the establishment will regularly review and delete unwanted material.

Having read the above statement do you give your consent for photographs and other images to be taken and used

YES / NO

Please **circle** as app

APPLICATION OF INSURANCES

PLEASE USE BLOCK CAPITALS

MR/MASTER/MRS/MISS/MS *delete as appropriate

STUDENTS FIRST NAME _____ STUDENTS SURNAME _____

PARENTS/GUARDIANS NAME IF STUDENTS IS UNDER 16 _____

ADDRESS _____

_____ POSTCODE _____

STUDENTS DATE OF BIRTH ____/____/____ AGE _____ EMAIL _____

TELEPHONE _____ MOBILE _____

EMERGENCY CONTACTS IF DIFFERENT FROM ABOVE OR ANY ALTERNATIVES YOU MAY WISH TO PROVIDE – PLEASE ALSO STATE RELATIONSHIP TO STUDENT _____

DOCTORS NAME & ADDRESS _____

DOCTORS TELEPHONE NUMBER _____

CONSENT

I am/my child is in good health and I consider myself/him/her capable of taking part in Martial Arts. I have completed the medical details and consent that in the event of any illness/accident that any necessary treatment can be administrate to myself/my child which may include anaesthetics. In all cases instructors will always make every reasonable effort to contact parents/contacts in an emergency. It is essential that you/your child if asthmatic carries their inhaler with them to every class and must be clearly named. Undertaking it is understood that Champion Tang Soo Do cannot be liable for any personal loss or injury which the above named applicant may susutain whilst attending Champion Tang Soo Do. It is also understood that it is the parents/guardians and young person over the age of 16's responsibility to inform Champion Tang Soo Do of any medical condition that could effect a students participation in any activity.

Please sign here to consent _____ Student/Parent/Guardian Date _____

ISMA DECLARATION

I (Students name or parent/guardian if under 16) _____ hereby give consent for _____ (Students name if parent/guradian name above) to apply for insurance to the ISMA and to take up Moo Duk Kwan Tang Soo Do lessons. If my/his/her application is accepted for insurance I shall be responsible for and shall release and indemnify the association and its servants/agents from all liabilities for personal, injury loss or damage to property and any other damage, cost claims or expenses caused by myself/him/her.

JUNIOR INSURANCE PRICE (UNDER 16) £10.00 (UNLESS TAKING OUT A PACKAGE OFFER)

SENIOR INSURANCE PRICE (16 AND OVER) £15.00 (UNLESS TAKING OUT A PACKAGE OFFER)

PAR Q FORM

(PHYSICAL ACTIVITY READINESS QUESTIONNAIRE)

FULL NAME _____ SIGNATURE _____ DATE _____

YOUR CONTACT NAME AND NUMBER _____

PLEASE DELETE AS APPROPRIATE YES OR NO TO THE FOLLOWING:-

Has your Doctor ever said you have a heart condition and recommended only medically supervised physical activity. (YES) (NO)

Do you Frequently have pains in your chest when you perform physical activity? (YES) (NO)

Have you had pains in your chest when you were not doing physical activity? (YES) (NO)

Do you lose your balance due to dizziness or do you ever lose consciousness? (YES) (NO)

Do you have bone, joint or any other health problems that cause you pain or limitations that must be addressed when developing an exercise programme? E.g Diabetes, Osteoporosis, High Blood Pressure, Hernia, High Cholesterol, Arthritis, Anemia, Epilepsy, Back Problems, Anorexia, Bulimia, Respiratory, Liver or Kidney conditions, Stroke, DVT or Glandular Fever etc? (YES) (NO)

IF YOU HAVE MARKED "YES" TO ANY OF THE ABOVE PLEASE ELABORATE BELOW:

Do you have Asthma? (YES) (NO)

If yes is an inhaler required? (YES) (NO)

If yes it is essential that you/your child carries their inhaler with them to class and must be clearly named. We will not be responsible for anyone not carrying their medication

Sign here to agree to these terms _____

Do you have any injuries or orthopedic problems such as bad knees, back, shoulder, wrist or neck issues (YES) (NO)

IF "YES" PLEASE ELABORATE BELOW:

Do you take any medications, either prescriptions or non prescriptions on a regular basis?(YES) (NO)

What is the medication for? _____

Have you been in hospital recently? (YES) (NO)

Are you or do you think you may be pregnant? (YES) (NO)

Have you given birth in the past 6 weeks? (YES) (NO)

Do you suffer from any of the following:?

	YES	NO
VISUAL PROBLEMS		
HEARING PROBLEMS		
DISABILITY/MOBILITY		
EMOTIONAL BEHAVIOUR		
MENTAL ILL HEALTH		
DEPRESSION DIAGNOSED BY GP		
TEMPORARY DISABILITY FROM ILLNESS		

If anything in your physical condition changes after completing this form you MUST inform Champion Tang Soo Do. I release, indemnify and hold harmless Champion Tang Soo Do and its staff from all responsibility and agree to take no action nor direct others to take any action whatsoever on my behalf if any of the following events occur. Any personal, physical or mental damage, aggravation of any existing condition, disability, any property damage, theft or loss suffered by me. All information supplied is held in strictest confidence by Champion Tang Soo Do.

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TANG SOO DO

MONTHLY FEES

Our fees are payable one month in advanced and Champion Tang Soo Do will email you the bill in plenty of time. Our fee terms are as follows to ensure the best quality of Martial Arts is met.

1 Month Free Trial

All new beginner students automatically receive 1 month's free trial as soon as they step into their first class. This allows the student to get to terms with what Tang Soo Do is, as i believe you cannot determine whether Martial Arts is right yourself after 1 free session. This is why Champion Tang Soo Do offer a whole month of free training to get to grip with class times, location, atmosphere and structure of classes as well as placing Uniform / equipment order ready for them to start if they continue to pursue training with Champion Tang Soo Do Within this month the student may attend as many classes as they wish to determine if Champion Tang Soo Do is right for them.

If the student decides to continue, they will then be able to choose their monthly price plan.

Basic / Beginner plan - £35 per month

The basic / beginner price plan allows students to train for just **£35** per month. This will allow students to attend any 1 session class a week. This plan is ideal for those students who are just starting off their martial arts journey as well as those students who find it difficult to attend any other classes. The breakdown of this class results in £8.75 per session over 4 weeks totalling to £35 per month. Even if there are 5 weeks the price will always remain the same.

Unlimited class plan - £40 per month

This plan allows students to attend as many sessions as they wish to for just **£40** per month. This allows students to get maximum achievement out of their training allowing students to make progress every single class in order to pass their examination every 3 months. Classes run 4 times a week creating 16 hours a month of Tang Soo Do training breaking down to around £2.50 per session!

Senior Unlimited Class Plan - £50 per month

This plan is set for senior students who are green belt and above attending **unlimited amount** of sessions. Once a student passes their grade for 6th Gup Green Belt the following monthly bill will be moved up to this plan. This is because becoming a senior grade requires more 1 to 1 tuition as the syllabus requires more detailed teaching, for example, weaponry, weapon sparring, weapon self-defence techniques, kick forms, advanced breaking etc.

Senior Students Basic Class Plan - £40 per month

This plan is set for senior students who are green belt and above who can only attend **1 session** per week. Once a student's passes their grade for 6th Gup Green Belt the following monthly bill will be moved up to this plan. This is because becoming a senior grade requires more 1 to 1 tuition as the syllabus requires more detailed teaching, for example, weaponry, weapon sparring, weapon self-defence techniques, kick forms, advanced breaking etc.

Family Discounts

Having more than one family member can be quite expensive, therefore at Champion Tang Soo Do we offer the best price on family discounts as possible with guidance from yourselves to suit what's right for you!

Champion Tang Soo Do offer a discount of **£5** per person, off their monthly invoice per month. For example,

- 2 family members on the basic plan @ £35 per month would have totalled to £70 a month. With the family discount put in place this would bring the invoice down to just £60 per month (£10 off).
- 3 family members on unlimited class plan @ £40 per month would have totalled to £120 per month! However, with the discount in place this would bring the invoice down to £105 per month (£15 off)
- 1 family member on a basic plan @ £35 per month and the other on a senior unlimited class plan @ £50 per month would normally total to £85! With the plan in place this will now be reduced by £10 to just £75 per month.

4th Person trains FREE!!

If there are more than 4 people in a family the 4th person trains for completely free! This discount will still enable the other 3 students to have £5 off on each monthly invoice. For Example,

- 4 Students on a basic plan @ £35 per month would usually cost £140! With the 4th person free, just 3 students will be billed £105. However, with the £5 off per person this reduces the bill by £15 to £90 per month for just 3 students!
- 4 students on an unlimited senior plan @ £50 per month would usually cost £200! As the 4th person trains for free this brings the bill down to £150. A further reduction of £15 brings the final total to £135 for unlimited classes for 4 students!

Champion Tang Soo Do will always listen to concerns regarding payment methods. If there is any concern over the invoice or prices, we at Champion Tang Soo Do will always respect what suits you and may come to an agreed price.

Family Discount

We understand parents may want more than one child participating in martial arts. We offer a £5 discount **per person** of each monthly Bill.

Payment Methods

To prevent any late payments Champion Tang Soo Do offer three types of payment methods; **Cash, Online Bank Transfer or Card** (J. S. BASRA) When paying online please Reference the payment as the students name

Bank Transfer: Account Number: **01438893** Sort Code: **04-09-17**

Name of student _____

Monthly Bill Cost _____



MERCHANDISE



Student White Polycotton Uniform - £35

Includes Emroidered Jacket, Trousers and Belt

Sizes available – 100cm / 110cm / 120cm / 130cm / 140cm / 150cm / 160cm / 170cm / 180cm / 190cm / 200cm / 210cm



Red Belt Polycotton Uniform - £45

Includes Emroidered Jacket with Red Trim, Trousers and Belt

Sizes available – 100cm / 110cm / 120cm / 130cm / 140cm / 150cm / 160cm / 170cm / 180cm / 190cm / 200cm / 210cm



Black Belt Polycotton Uniform - £55

Includes Emroidered Jacket with Midnight Blue Trim, Trousers and Belt

Sizes available – 100cm / 110cm / 120cm / 130cm / 140cm / 150cm / 160cm / 170cm / 180cm / 190cm / 200cm / 210cm

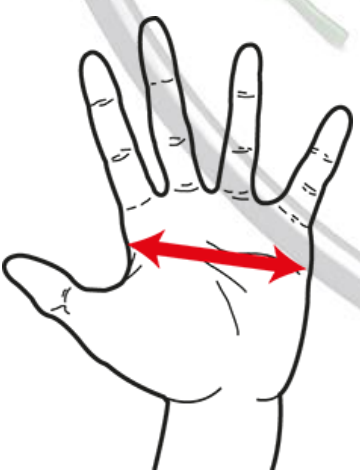
Dipped Foam Sparring Equipment - £35 each item

Light and safe our dip foam head and hand gaurds are easy to put on and remove, one of the most versatile PPE around and can be used for our semi contact competitions and training sessions. The Head Gaurd and Gloves have air holes throughout to reduce sweat and a vlecro fastening strap.

Available in Black, Blue, Red and White – Please see Size guide below



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SIZE	WIDTH (CM)
XX- SMALL	6.4 - 7.0
X- SMALL	7.2 - 8.2
SMALL	8.2 – 8.5
MEDIUM	8.5 – 9.1
LARGE	9.1 – 9.5
X- LARGE	9.5 – 9.8
JUNIOR	8.2 – 8.5
SENIOR	8.5 – 9.8



SIZE	WIDTH (CM)
XX- SMALL	50 – 51.9
X- SMALL	52 – 53.9
SMALL	54 – 55.9
MEDIUM	56 - 58
LARGE	58 +

Dipped Foam Sparring Boots - £35 each item

Light and safe our dip foam boots are easy to put on and remove, one of the most versatile PPE around and can be used for our semi contact competitions and training sessions. The Boots have air holes throughout to reduce sweat and a vlcro fastening strap.

Available in Black, Blue, Red and White – Please see Size guide below



SIZE	UK SHOE SIZE
XX- SMALL	13 – 1
X- SMALL	2 – 3
SMALL	4 – 5
MEDIUM	6 – 8

Personalised Training T-Shirts - £25

During the summer months students can train in their custom-made sports t-shirts. Each T-shirt is personalised with the student's name on the right breast along with the club's logo on the left and rear of shirt.



Tracksuits

Club tracksuits include personalised name, with front left logo, large rear logo, and left and right arm country flags. Colours available Navy/White.

Child Size Guide: 3-4yrs 22-24" 5-6yrs 24/26" 7-8yrs 26/28"

9-10yrs 28/30" 11-12yrs 30/32" 13yrs 32/34"

Adult size Guide – XS 34-36" S 36-38" M 38-40" L 42"

XL 44-46" 2XL 48" 3XL 50-52"

Up to 13 years - £55

Adults - £65



NEW STARTER BUNDLE

Everything you need to start training – plus a FREE month. Perfect for beginners

What's Included.

- Official Champion Tang Soo Do uniform
- Complete sparring kit
- 1 Extra month of FREE membership

TOTAL VALUE £175

STARTER BUNDLE PRICE - £150



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TANG SOO DO