



# INFORMATION PACK

#UNLEASHYOURPOTENTIAL



# MR ROSS JOHN PENMAN

FOUNDER & HEAD INSTRUCTOR

## WELCOME

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Ross is a multiple National, British and World Champion Martial Arts Athlete, Internationally Accredited Examiner, Certified Personal Trainer and Nutrition Coach. He's also the Founder and Head Instructor here at I-Kick Martial Arts and is delighted that you/your child are interested in starting your Martial Arts journey with us.

Ross opened the club in 2013 in a local community hall with only two students. Since then, it's grown to become one of the largest independent Martial Arts clubs in the country and has been recognised for multiple awards along the way - something Ross and his team are extremely proud of.

The main reason why people start Martial Arts is to build their self confidence. Here at I-Kick, our mission is to help our students ***unleash their potential*** through training in Martial Arts.

We teach our members how to become more self-assured as well as fitter and stronger both physically and mentally. As a result, they become more resilient and assertive versions of themselves that are better equipped to deal with whatever life throws at them. They also develop new skills, make new friends and become part of an incredibly powerful and supportive community too.

In this guide you will find all the information you need to know before getting started.

We look forward to meeting and welcoming you to the club very soon!

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01

# INTRODUCTION

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# ABOUT US

I-Kick Martial Arts is a premier family-focused Martial Arts club.

Founded by our Head Instructor, Ross Penman, in 2013, his vision is to make Martial Arts more mainstream and help all those who take part in it realise what they are capable of achieving through training.

Initially, the club started in a local community hall in the Netherlee area, South Side of Glasgow. As it grew, we added more locations to enable us to reach more students before successfully opening our purpose built facility in Barrhead, South Side of Glasgow in 2016.

The club continues to grow year-on-year and we believe the reason for this is because we offer something very unique.

We specialise in TaeKwon-Do & Kickboxing for children as young as age 4 right through to adults. We pride ourselves on the quality of Martial Arts tuition and customer service that we provide to all of our members but most importantly, we're proudest of the incredible community that we have built here at I-Kick!

Our classes and sessions are a safe place where like-minded individuals can come together to improve themselves, meet new people and work towards their goals.

We have a wide-range of classes suitable for beginners through to Black Belt and beyond. We also offer Private Tuition, Competitor training, Workshops and much more for those who are keen to take their training that step further.





# OUR MISSION

*"To empower our members to unleash their inner potential and become the greatest version of themselves!"*

**EMPOWER YOURSELF  
BY EMPOWERING OTHERS**





# JOIN OUR TRIBE

Starting a new activity isn't always easy. However, with our support and guidance along the way, you can be rest assured that we will help you feel welcomed in to the I-Kick Martial Arts family from the beginning.



**YOUR VIBE ATTRACTS YOUR TRIBE**







02

# WHAT WE OFFER

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# WHAT'S AVAILABLE?



**CHILDRENS CLASSES (4-9 YEARS)**



**JNR CLASSES (10-13 YEARS)**



**SNR CLASSES (14+ YEARS)**



**COMPETITION TRAINING**



**PRIVATE LESSONS**



**ONLINE ACADEMY**



**OPTIONAL EXTRAS**

# CHILDRENS CLASSES

Our Little and Junior I-Kickers programmes are specially designed Martial Arts development programmes for children between 4-6 years and 7-9 years of age. They have been created to help instil confidence, discipline, focus and valuable life skills as well as enhance your child's fitness levels and improve their motor skills. This is achieved through sport-specific activities, exercises, games and drills taught by our team of professional Instructors.

## LITTLE I-KICKERS (4-6 YEARS)



## JUNIOR I-KICKERS (7-9 YEARS)



# JNR CLASSES

Our JNR TaeKwon-Do & JNR Kickboxing classes are suitable for children ages 10-13 years. TaeKwon-Do is a traditional style of Martial Art with a modern twist that originated in Korea. Kickboxing is a mix of a range of different striking styles combined together for the purposes of combat sport.

Both offer incredible physical and mental benefits to help your child become a stronger, more confident and disciplined version of themselves.

## JNR TAEKWON-DO (10-13 YEARS)



## JNR KICKBOXING (10-13 YEARS)



# SNR CLASSES

Our SNR TaeKwon-Do & SNR Kickboxing classes are suitable for teenagers and adults ages 14+ years. TaeKwon-Do is a traditional style of Martial Art with a modern twist that originated in Korea. Kickboxing is a mix of a range of different striking styles combined together for the purposes of combat sport.

Both offer incredible physical and mental benefits to help you become a stronger, more confident and disciplined version of yourself.

## SNR TAEKWON-DO (14+ YEARS)



## SNR KICKBOXING (14+ YEARS)





# **PRIVATE LESSONS**

We offer private lessons with our Instructors which are designed to help you take your training to the next level!

These sessions are specifically tailored to you and the areas you want to focus on to ensure you get as much benefit as possible.

Work with your Instructor 1-to-1 or split the cost with a family member or friend by working 2-to-1.

This is one of the best methods of training to improve your rate of progress as you get that extra personal level of attention and feedback from your Instructor.



# COMPETITION TRAINING

Competition Training is an optional add-on that is there to facilitate extra training for students who are keen to compete.

These sessions focus on fitness conditioning, skills & drills and sparring to ensure that our students get the extra push that they need to represent the club competitively.



Squad Training is open to all students age 10+ years who are yellow belt rank or above.

**All students must have the full set of approved sparring equipment in order to take part in these sessions.**

Please speak to a member of our team who will be able to recommend the industry approved kit.



# **OPTIONAL EXTRAS**

Over and above our classes and private tuition we also offer a range of other exciting opportunities for our members who want to get more involved in our community at the club or do more training and learning.



**HOLIDAY CAMPS**



**COMPETITIONS**



**WORKSHOPS / SEMINARS**



**LEADERSHIP PROGRAMME**



**BIRTHDAY PARTIES**



**COACHING / REFEREEING OPPORTUNITIES**



03

# PROGRESSION

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# LEVELLING UP

Martial Arts is more about the journey than the destination but there are some key milestones that are exciting to aim for that will help keep you accountable to your goals, improve motivation levels and thus help with your overall adherence to training.

## **KNOWLEDGE HAS A BEGINNING BUT NO END**

Each one of our programmes has a syllabus in place that offers students the opportunity to learn and then be formally assessed in order to progress through our ranking system.

All students begin their journey at white belt - they obtain this rank the moment they receive their training uniform.

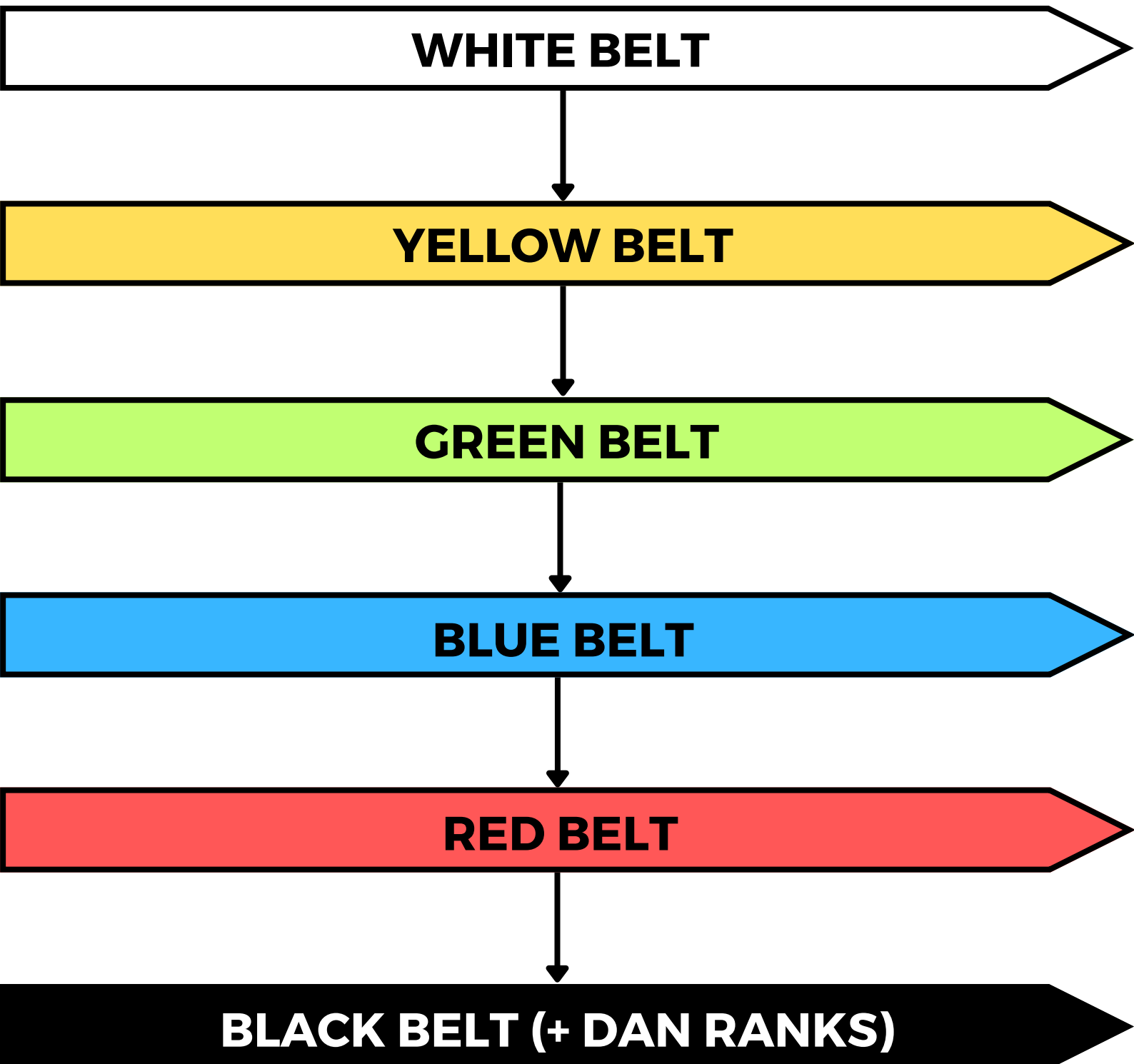
From that point onwards you can follow the path of obtaining new stripes/tags and/or belts as you progress through the syllabus with the coveted Black Belt being the highest colour of belt you can obtain before pursuing the advanced Degree/Dan ranks.

We offer plenty of testing opportunities at the club for students to earn new ranks but these opportunities have to be earned through hitting class attendance targets (70% minimum), practicing at home, demonstrating good behaviour and showing improvements with your physical fitness and martial arts skills.



# **RANKING SYSTEM**

The colour order of our belt ranking system is as follows.





04

# BECOME A MEMBER

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BECOME A MEMBER

# MEMBERS APP'

In order to book a trial you have to download our club app.

When you do so, create an account using your details (if you're booking on behalf of someone under the age of 18 years old then you must create a parent account in your name **first** and then add your child(ren) on as family accounts).

## HOW TO DOWNLOAD:

- To download our app' Scan the QR here or go to the App store/Google Play Store directly and search for '*I-Kick Martial Arts*'.
- It will ask you to sign-in if you already have access approved. If not, then click '*Not a Member?* *Click here to create an account*' and follow the steps.



**BECOME A MEMBER**

# WHAT HAPPENS NEXT?

Once you've downloaded our app and created an account and/or family accounts, a member of our team will be in touch to book you/your child in for a first session.

We recommend that all new members book a trial to get a taste of what we do, the atmosphere at the club and to meet other members before making a decision to join.

Our team will ensure they've answered any questions you may prior to joining the club and can then help you get set-up officially on a membership plan of your choice.



# CLUB JOINING FEES

**£49**

**KIDS (4-9 YEARS)  
JOINING FEE**

**£69**

**JNR & SNR (10+ YEARS)  
JOINING FEE**

Our joining fee is a one-off payment and covers; member insurance, uniform & belt, student handbook, club branded bag & t-shirt.

This is the perfect way to integrate in to the club from the beginning and ensures you have all the necessary kit to hit the ground running with your training here at I-Kick Martial Arts.





# CHILDRENS MEMBERSHIPS

(4-9 YEARS)

**£69**  
PER  
MONTH

## PREMIUM PACKAGE

Our **Premium Package** is our gold standard option for our youngest students and offers them the opportunity to train in our classes (relevant to their age and experience) twice per week. This package also includes access to our members online academy resource which they can use to practice outwith the club too.

**£49**  
PER  
MONTH

## BASIC PACKAGE

Our **Basic Package** is our entry level option and offers our youngest students the opportunity to train in our classes (relevant to their age and experience) once per week. This package also includes access to our members online academy resource which they can use to practice outwith the club too.

Family Discount - the first family member pays full price and any additional family members from the same household receive a 10% discount.

# JNR & SNR MEMBERSHIPS

(10+ YEARS)

**£89**  
PER  
MONTH

## PREMIUM PACKAGE

Our **Premier Package** is our gold standard option for our JNR & SNR students and offers them the opportunity to train in our classes (relevant to their age and experience) twice per week - including the competition class. This package also includes access to our members online academy resource which they can use to practice outwith the club too.

**£69**  
PER  
MONTH

## BASIC PACKAGE

Our **Basic Package** is our entry level option and offers our JNR & SNR students the opportunity to train in our classes (relevant to their age and experience) twice per week - excluding the competition class. This package also includes access to our members online academy resource which they can use to practice outwith the club too.

Family Discount - the first family member pays full price and any additional family members from the same household receive a 10% discount.



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# UNIFORM & KIT

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# WHAT YOU NEED

When you join the club you will receive a joining package which will have the essential kit that you need (relevant to your age and experience) to get the most out of your training as soon as you start.

Students are not required to purchase all of the necessary sparring equipment right away but it is compulsory that they have it by the time they reach green belt rank for both their own and their peers safety.

We stipulate that all uniforms and merchandise are bought through us to ensure that everyone has the correct approved equipment first and foremost but also so that we keep everybody at the club the same. ***Equality is important to us*** here at I-Kick Martial Arts and we thank you for your cooperation with this in advance.



All purchases can be made online or in person. If you're unsure about what to purchase, please speak to a member of our team who will be happy to help.



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# OTHER



# QUESTIONS? GET IN TOUCH BELOW!

If you have any questions about anything at all, please don't hesitate to get in touch, our team are here to help.



**SOCIAL MEDIA:**

**Facebook:**  
I-Kick Martial Arts

**Instagram:**  
@ikickmartialarts

**Tik Tok:**  
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