



WELCOME GUIDE

#UNLEASHYOURPOTENTIAL



MR ROSS JOHN PENMAN

FOUNDER & HEAD INSTRUCTOR

WELCOME

I'd like to personally welcome you to I-Kick Martial Arts and thank you for downloading this welcome guide.

I started the club back in 2013 in a local community hall with only two students. Since then, it's grown to become one of the largest, award-winning independent Martial Arts clubs in the country, delivering quality tuition and levels of service to all of it's members - something I'm extremely proud of and grateful for every single day.

Training in Martial Arts changed my life for the better, so I know first hand how positive it can be for one's own personal development. I'm thrilled that you/your child have taken that first step to becoming the greatest version of yourself/themselves by starting your Martial Arts journey!

I know that you/your child will be excited to get started but before you do I'd highly recommend that you have a read through this guide to familiarise yourself with the club and how it operates as well as ensuring that you know the best ways to communicate with us and keep up-to-date with all that's going on.

Take 5 minutes to do that now and I look forward to training with you in the future!

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01

GETTING STARTED

ABOUT US

I-Kick Martial Arts is an award-winning, 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 over the years 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 tribe from the outset.



**SURROUND YOURSELF WITH PEOPLE WHO
PUSH YOU TO BECOME YOUR BEST SELF**



EXPECTATIONS

WHAT YOU CAN EXPECT FROM **US**

1 PASSION

We are deeply passionate about the positive impact that training in Martial Arts can have on an individual. As a result, you can expect our team to be full of enthusiasm whenever you're training with them.

2 HONESTY

A good Instructor tells you the things that you need to hear, not just what you want to hear. You can always count on us to be transparent when it comes to answering queries or giving feedback during sessions as we know honesty is always the best policy.

3 SUPPORT

You have our full support from day one when you join the club. We offer a range of different classes, private tuition and we also have our online members area so you should never be stuck for help if you need it.

4 EXPERTISE

Our team are vetted, qualified professionals with years of experience behind them. Therefore, you can trust that you are in safe hands when training with us.

EXPECTATIONS

WHAT WE EXPECT OF YOU

1 PUNCTUALITY

Being well planned, structured and organised is one of the key ingredients to achieving success. Not to mention that being on time is a form of good manners. We'll ensure that we're ready and on time and expect the same in return from all of our members.

2 PATIENCE

Things won't always move as fast as you might want. Remember, "*Rome wasn't built in a day*". We have all the tools and support systems in place to help you reach your goals but progress takes time. Focus on enjoying the journey, don't just think about the destination.

3 COMMITMENT

"*You get out what you put in.*" Cliche, but true. We facilitate the opportunity for you to progress and develop but ultimately you decide whether to take it or not. You owe it to yourself to commit to reaching your goals.

4 COMMUNICATION

Talk to us. Sadly being a Black Belt doesn't give you "*Jedi mind-reading powers*". Therefore, throughout your journey it's important that you give us feedback with how you're feeling and what you're thinking, as this will allow us to continue to improve our service and ultimately help you as best as we can along the way.



02

TOOLS YOU'LL NEED

USE THESE TOOLS TO STAY UP-TO-DATE & ON TRACK

1

I-KICK MEMBERS APP'

Used to book classes & events, buy merchandise etc.

2

MEMBERS ONLINE ACADEMY

Online resource with tutorial videos, downloadable content and much more!

3

E-NEWSLETTER

Keep up-to-date with everything going on at the club by subscribing to our e-newsletter.



MEMBERS APP'

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.



FEATURES:

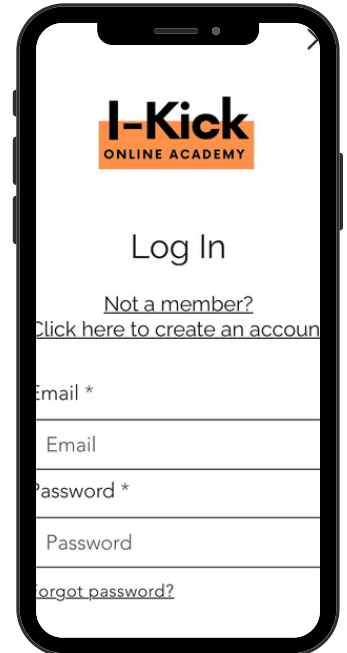
- Book Classes & Sessions
- Book Events (e.g. Exams, Workshops, Holiday Camps etc)
- Purchase Merchandise & more



MEMBERS ONLINE PORTAL

HOW TO JOIN:

- Go to www.i-kickmartialarts.co.uk and then click the logo that says '*Online Academy Portal*'.
- 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.



FEATURES:

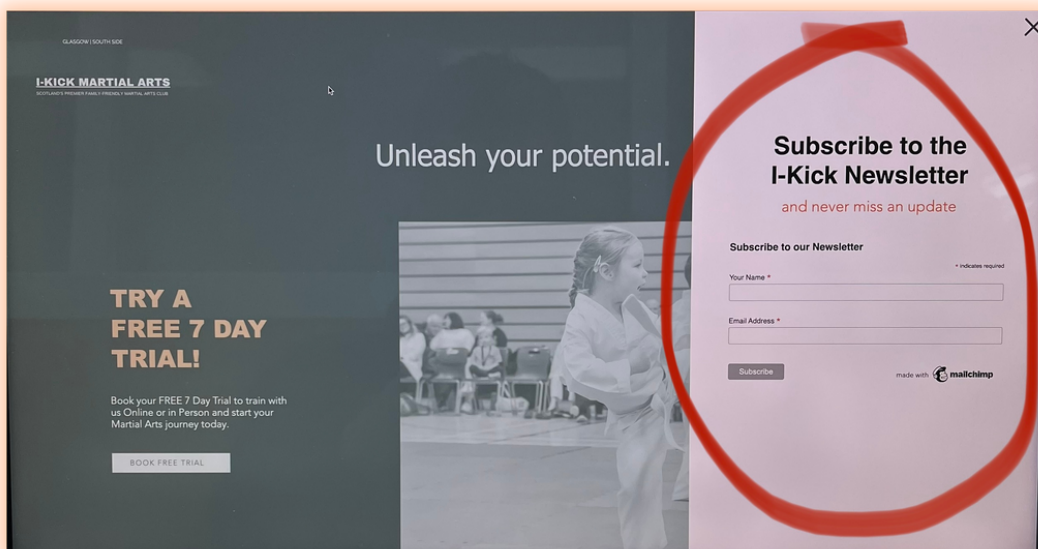
- On demand classes & tutorial videos
- Downloadable Content
- Fitness Workouts
- Challenges
- Grading Exam Materials



NEWSLETTER

HOW TO SUBSCRIBE TO OUR E-NEWSLETTER:

Go to www.i-kickmartialarts.co.uk and wait 5 seconds for the subscribe form to pop-up automatically on the home page or scroll down to the bottom of them home page to find the subscribe form - you can also subscribe by scrolling to the bottom of any page on our website.



FEATURES:

- Never miss an update about what's going on at the club.

PLEASE NOTE:

We send a weekly newsletter out via email on Monday of each week.



03

WHAT WE OFFER

WHAT'S AVAILABLE?



KIDS CLASSES (4-9 YEARS)



JNR CLASSES (10-13 YEARS)



SNR CLASSES (14+ YEARS)



FIGHTING FIT (LADIES ONLY 14+ YEARS)



PRIVATE LESSONS & PERSONAL TRAINING



SQUAD TRAINING



OPTIONAL EXTRAS

KIDS 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 enhancing 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 high level Instructors.

1

LITTLE I-KICKERS (4-6 YEARS)



2

JUNIOR I-KICKERS (7-9 YEARS)



JNR CLASSES

Our JNR TaeKwon-Do & JNR Kickboxing classes are suitable for children aged 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 purpose of combat sport.

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

1

JNR TAEKWON-DO (10-13 years)



2

JNR KICKBOXING (10-13 YEARS)

SNR CLASSES

Our SNR TaeKwon-Do & SNR Kickboxing classes are suitable for teenagers and adults aged 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.

1

SNR TAEKWON-DO (14+ years)



2

SNR KICKBOXING (14+ YEARS)

FIGHTING FIT

Our Female Fighting Fit classes are suitable for ages 14+ years. You do not need any specific level of fitness or martial arts experience to take part. It's all about getting fit using a fresh, alternative style of training. These classes take the main components of fitness used in martial arts training to create a high energy, enjoyable fitness class that will leave you feeling great afterwards!

1

FEMALE ONLY



2

**CARDIO
CONDITIONING
COMBAT**

PRIVATE COACHING

We offer Private Lessons & Personal Training to both members and non-members of the club. These options give you an opportunity to train in a more focused environment with the session being tailored specifically to you. Work with your Coach 1-on-1 or split the cost with a family member or friend to reap the benefits of that extra special attention when it comes to your training.

1

PRIVATE MARTIAL ARTS LESSONS



2

PERSONAL FITNESS COACHING

SQUAD TRAINING

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

This session focuses on sport specific fitness conditioning, skills, drills and sparring to ensure that our competitors get more high level applicable training to help give them the extra push that they need to be competitive.



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

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

To order sparring equipment, please speak to a member of our team who will be able to recommend the appropriate industry approved kit.

COMPETITOR CRITERIA

If you wish to take your training to the next level in terms of the sport side of the Martial Arts by representing the club in competitive events, then the below criteria has to be met before you do so...

- You must be at least 10 years old and hold a Yellow Belt rank as a minimum level in TaeKwon-Do or Kickboxing to compete in your respective discipline.
- Your mainstream class attendance must be 70% or higher (based on training 2 times per week).
- You must be attending squad training sessions regularly (2 per month is our minimum recommendation).
- You must have a full set of approved sparring equipment in order to compete in sparring events. *(Speak to a member of our team who will be able to recommend the appropriate industry approved kit).*



Competitors may also be required to help coach other club members or umpire/referee at events, where needed, on behalf of the club too.

WHAT WE OFFER

OPTIONAL EXTRAS

Over and above our classes and private tuition we also offer a range of other exciting options and opportunities for our members who want to do more or take their training further.



WHAT ELSE IS AVAILABLE?



HOLIDAY CAMPS



COMPETITIONS



WORKSHOPS / SEMINARS



BIRTHDAY PARTIES



UMPIRING / REFEREEING OPPORTUNITIES

PROGRESSION

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 on 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.

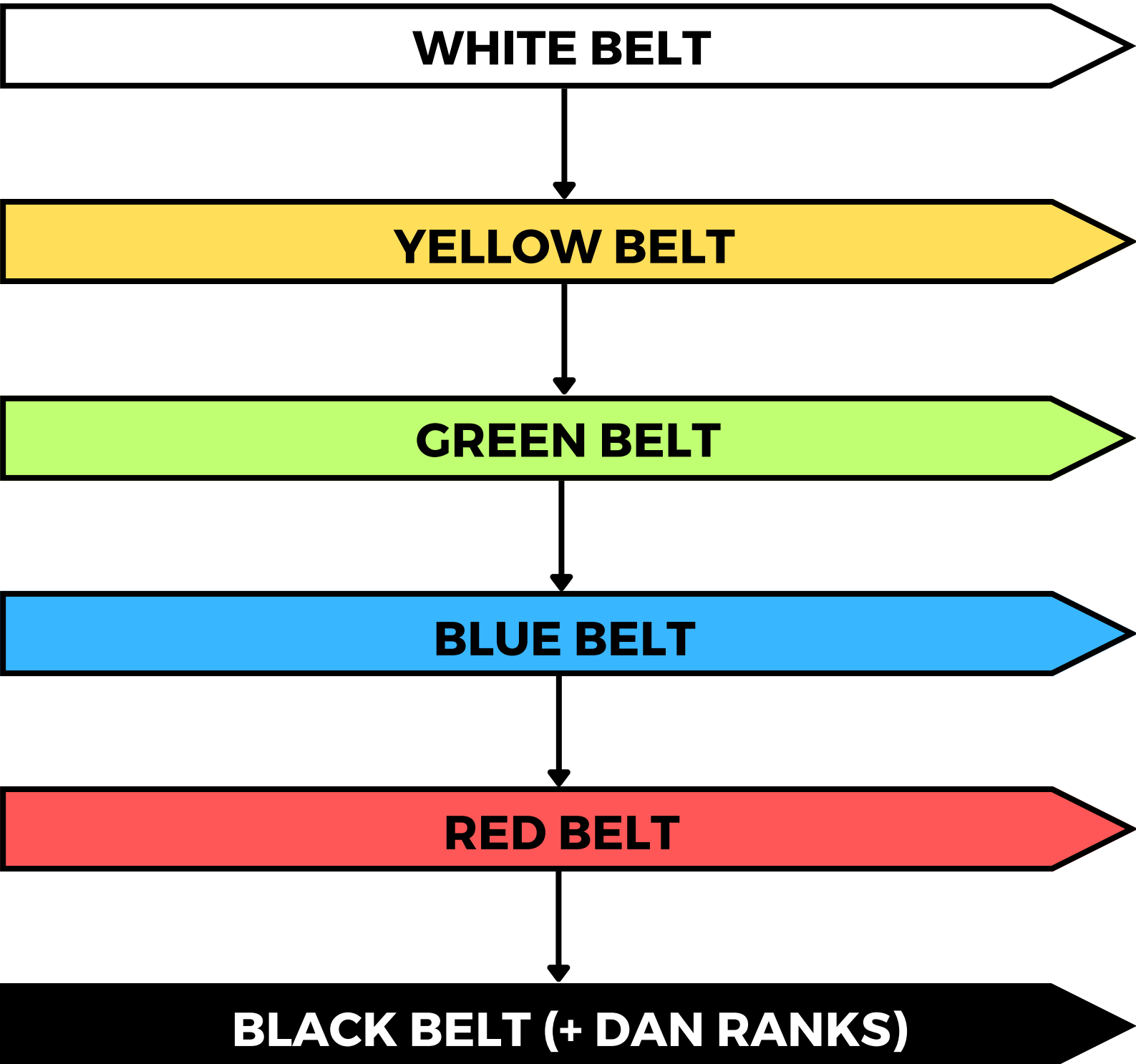
From that point onwards you can follow the path of obtaining new stripes/tags and/or belts as you progress through the syllabus with the coveted Black Belt being the highest colour of belt you can obtain before pursuing the advanced Degree/Dan ranks.

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.

PROGRESSION

The colour order of our ranking system is as follows.

Please Note - Some programmes such as Little I-Kickers & TaeKwon-Do have colour stripes/tags as part of the ranking system too which still follow the same order that is below.





04

PRICES

MEMBERSHIPS

We have different membership options available at the club to ensure that we have something that suits everybody.

Our club is a *members only club* which means that only our members can access our services when they have an active membership in place.

If your membership is cancelled for whatever reason, then you immediately lose the benefits and privileges that comes with being part of the club.

Should you wish to terminate your membership, please give us **30 days notice** via email to info@i-kickmartialarts.co.uk. Otherwise, your payment subscription will continue to run until notice is given.

Please note - that your membership payment secures your space at the club and is not a pay-as-you-train fee. This ensures that we can monitor our membership numbers so that we do not overfill our classes and dilute the service being provided. If you/your child are not attending classes, refunds or discounts will not be given.

It is the students responsibility to ensure that they attend the classes that are available to them on a regular basis in order to see continued progress and reap the incredible benefits that training in martial arts can offer.



MEMBERSHIPS

Once your FREE trial period finishes, new members have the option of the following packages to choose from:

MA

GOLD - MARTIAL ARTS (£79 PER MONTH)

Our Gold Martial Arts membership is our *premium package* and offers our students unlimited credits so they can train in as many Martial Arts classes as they wish (relevant to their age and experience). This also includes access to our members online academy portal.

MA

SILVER - MARTIAL ARTS (£59 PER MONTH)

Our Silver Martial Arts membership is our *most popular package* and offers students 10 class credits per month. Students are welcome to use these credits for any Martial Arts class of their choice (relevant to their age and experience). Please note that once credits run out, extra classes are charged at £7 per class. This also includes access to our members online academy portal.

MA

BRONZE - MARTIAL ARTS (£39 PER MONTH)

Our Bronze Martial Arts membership is a fantastic *entry level option* and offers students 5 class credits per month. Students are welcome to use these credits for any class of their choice (relevant to their age and experience). Please note that once credits run out, extra classes are charged at £7 per class. This also includes access to our members online academy portal.

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

MEMBERSHIPS

Once your FREE trial period finishes, new members have the option of the following packages to choose from:

FF

GOLD - FIGHTING FIT (£54 PER MONTH)

Our Gold Fighting Fit membership is our *premium package* and offers our members unlimited credits so they can train in as many Fighting Fit classes as they wish. This also includes access to our members online academy portal.

FF

SILVER - FIGHTING FIT (£44 PER MONTH)

Our Silver Fighting Fit membership is our *most popular package* and offers members 10 class credits per month. Members can use these credits for any Fighting Fit class of their choice. Please note that once credits run out, extra classes are charged at £7 per class. This also includes access to our members online academy portal.

FF

BRONZE - FIGHTING FIT (£24 PER MONTH)

Our Bronze Fighting Fit membership is a *fantastic starter option* and offers students 5 class credits per month. Members can use these credits for any Fighting Fit class of their choice. Please note that once credits run out, extra classes are charged at £7 per class. This also includes access to our members online academy portal.

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

UNIFORM + KIT

Once you join the club you will soon reach the stage where you will need to purchase the correct training clothing and kit as well as equipment in order to get the most out of your sessions.

Students are not required to purchase a uniform right away but it is compulsory that they have the club approved uniform by the time they are ready to do their first grading, competition or event.

We stipulate that all uniforms and kit should be bought through us to ensure that we keep everybody at the club the same. Equality is an important value to us here at I-Kick Martial Arts and we thank you for your cooperation with this in advance.



All purchases can be made via the I-Kick Martial Arts App or by cash or card payment through a member of our team whilst at the club.

SAFETY EQUIPMENT

Once students reach Yellow Belt rank we expect them to start investing in their own and their peers safety in the form of sparring gear.

Although Martial Arts is a contact sport, *safety is a priority* for us here at the club. Our team are experienced and very diligent when it comes to sparring or self-defence to ensure that everyone is learning and developing at their own pace but with the confidence to do so in a safe and controlled manner.

One of the things students can do to keep themselves and other members safe is purchase the correct sparring equipment such as; Gloves, Foot Pads, Head Guard, Gum Shield, Shin Pads, Breast/Groin Guard.



Our team can advise you on what to purchase in regards to safety gear. Students don't need everything right away, we usually recommend a stepped approach when it comes to purchasing kit that aligns with their progress and experience.

A close-up, low-angle shot of a boxer in a blue protective helmet and blue boxing gloves. The boxer is shirtless and appears to be in a boxing ring, with the ropes visible in the foreground. The background is dark, suggesting an arena setting. The lighting is dramatic, highlighting the boxer's muscles and the texture of the gloves and helmet.

06

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:
@ikickma

Twitter:
@ikickma



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