



# INFORMATION PACK

#UNLEASHYOURPOTENTIAL



# MR ROSS JOHN PENMAN

FOUNDER & HEAD INSTRUCTOR

## WELCOME

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Ross Penman is a former 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 very soon!

Ross 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 - something he and his team are extremely proud of.

The number one reason why people join martial arts is to build their self confidence. Here at I-Kick, we focus on unlocking our students inner potential by encouraging them to try things that might take them out of their comfort zone at times. In doing so, step-by-step, our students become physically and mentally fitter and stronger. They also make new friends, develop new skills and grow in to a more resilient and assertive version of themselves that's better equipped to deal with whatever life throws at them.

In this document you will find all the information you need before getting started. If you have any questions, please feel free to contact us or just ask a member of our team who will be more than happy to help.

# CONTENTS

## **01 INTRODUCTION**

About Us	<b>04</b>
Our Mission	<b>05</b>
Join Our Tribe	<b>06</b>

## **02 WHAT WE OFFER**

Kids Classes	<b>09</b>
JNR Classes	<b>10</b>
SNR Classes	<b>11</b>
Fighting Fit	<b>12</b>
Private Lessons & Personal Training	<b>13</b>
Squad Training	<b>14</b>
Optional Extras	<b>15</b>

## **03 PROGRESSION**

Levelling Up	<b>17</b>
Ranking System	<b>18</b>

## **04**

### **TRIAL & PRICES**

Download Our App	<b>20</b>
What Happens Next	<b>21</b>
Membership Options	<b>22</b>

## **05 UNIFORM & KIT**

What You Need	<b>26</b>
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### **OTHER**

<b>06</b> Contact Us	<b>28</b>
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01

# INTRODUCTION

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# ABOUT US

I-Kick Martial Arts is a 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 outset.



**YOUR VIBE ATTRACTS YOUR TRIBE**





02

# WHAT WE OFFER

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# 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 trained 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 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.

1

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



2

## JNR KICKBOXING (10-13 YEARS)

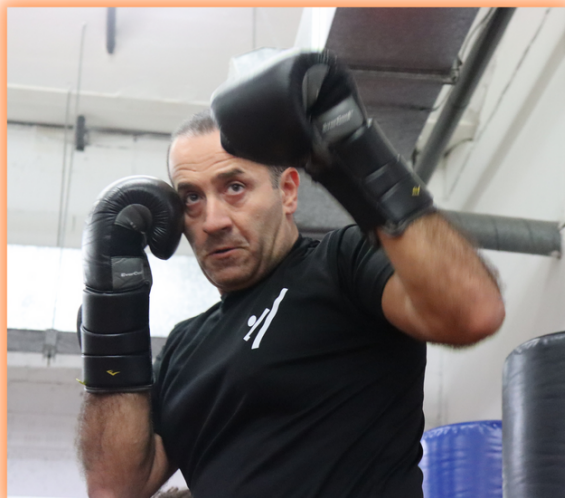
# SNR CLASSES

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

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

**NO EXPERIENCE  
REQUIRED**

# 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 sessions being tailored specifically to you. Work with your Coach 1-to-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 industry approved kit.

## 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**





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 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.

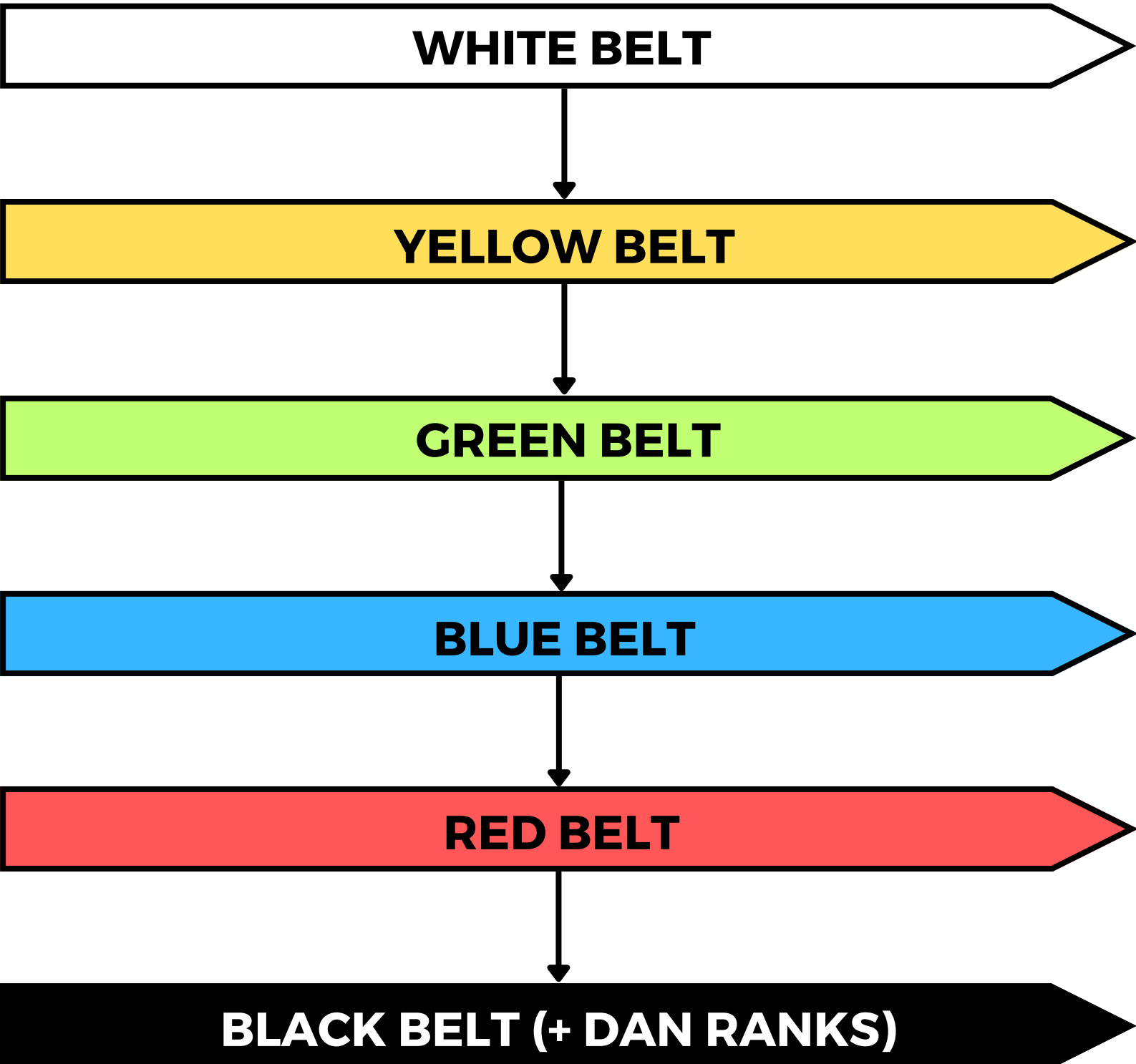
From that point onwards you can follow the path of obtaining new stripes/tags and/or belts as you progress through the syllabus with the coveted Black Belt being the highest colour of belt you can obtain before pursuing the advanced Degree/Dan ranks.

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.

# **RANKING SYSTEM**

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

# TRIAL & PRICES

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# MEMBERS APP'

In order to book a **FREE 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.



# 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 set-up and book you/your child in for a first session.

All new members receive a **FREE WEEK** of classes 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 have throughout your trial period and can then help you get set-up officially on a membership plan of your choice when you're ready to join.



# 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.**





05

# UNIFORM & KIT

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# WHAT YOU NEED

Once you join the club you will soon reach the stage where you will need to purchase the correct training clothing 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 merchandise 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.

A close-up, low-angle shot of a male boxer in a blue protective helmet and blue boxing gloves. He is shirtless and appears to be in a boxing ring, with his arms raised and hands near his face. The background is dark, suggesting an arena setting. The lighting is dramatic, highlighting the contours of his muscles and the texture of his gear.

06

# OTHER

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# 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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