



Long Eaton Kickboxing

A Unique Blend of Martial Arts



Your First Kickboxing Class.

Thank you for enquiring about our kickboxing classes. Whatever your personal targets or reasons may be, fitness, weight loss or self confidence, we can help you achieve these goals. Within this information pack you will find details for all of our class locations including days and times, our prices and payment methods, what to expect from your first session and much more!

We offer different classes tailored to your needs.

You will be participating in varied classes with different styles of kickboxing from east to west. No two classes are the same with always something new to learn. Kickboxing is a whole body workout where you are guaranteed to work up a sweat whilst improving your fitness, flexibility, strength & conditioning. A fun way to tone up, relieve stress, lose weight and get fit you will be able to progress from beginner (White Belt) to Black Belt and beyond. We offer a safe and friendly training environment focusing on self-control, self defence, self confidence, and self-discipline.

Before the Class

When you first arrive the instructor will introduce themselves to you and ask you to complete a simple form titled Your First Session. This form is purely for registration purposes and helps us comply with fire regulations within the centres that we hire.

During the Class

The instructor and other coaching team members will help you if you are struggling and will also periodically check in with you to make sure that you are okay and understand what you have been asked to do. We will do our best to ensure that you have an enjoyable and rewarding first experience.

After the Class

We will have an informal chat with you which should take no more than a few minutes, during this time we will go through our prices and explain our payment options. We will also give you time to think at home, if you wish to come back to train with us on a more permanent basis.



Unique Blend of Martial Arts.

We offer flexible payments either pay as you go or monthly rolling payment plans with NO contracts.

Membership Fees

Membership is required after 4 lessons and is renewed annually

ASMAA membership only £13.50

or

ASMAA Membership and
Hardback Licence Booklet £19.50

Class Fees

PAYG (pay as you go)

Kickboxing £5.00

Circuit £3.00

**Pay Monthly Standing Order (per person/
month - up to 2 training sessions per
week).**

Kickboxing and Circuit £20.00

Other costs

From £5 for Replacement white belt

From £15 for Club clothing and T-shirts

From £20 for Boxing gloves

From £15 for Protective gear

Clothing and Equipment

We are more than happy for you to wear any suitable bottoms/shorts to train in. To begin with we are happy for you to train in your own T Shirt, but do ask you to purchase a Club T Shirt within a few months of starting.

You are welcome to purchase your own training equipment; gloves etc, from anywhere, but we do ask that you check first they are suitable for use within the club. We however can purchase any training equipment for you at a discounted price.

Every Wednesday Evening

Venue Address: Martial Arts Centre,
Fields Farm Road, Long Eaton, Nottinghamshire NG10 3FZ

Kickboxing (mixed ages):
6:00pm to 7:30pm (7 years and over)

Every Saturday Morning

Venue Address: Martial Arts Centre,
Fields Farm Road, Long Eaton, Nottinghamshire NG10 3FZ

Fitness (mixed ages):
9:30am to 10:00am (7 years and over)

Kickboxing (mixed ages):
10:00am to 11:00am (7 years and over)

Full Grading System.

Beginner (White Belt) to Black Belt and beyond

We are a member of ASMAA (All Style Martial Arts Association) and we have a full grading system from Red Belt 7th Kyu to Black Belt 1st Dan and beyond.

Red Belt Grading Example

To complete the Red Belt you will be tested on basic guard, stance and footwork along with striking and kicking techniques. Pass mark for this grade is 60%

Guard & Stance: Demonstrate good Guard and Stance throughout the grading

Footwork: Demonstrate good Footwork throughout the grading

Evasion and Blocking: Jab / Cross Cover blocks - Check Low Thai Roundhouse

Hand Techniques: Back fist - Jab - Cross

Foot Techniques: Front Snap - Push Front - Low Thai & Mid Thai Roundhouse

Line Work: Single and Combinations of the above techniques

Pad Work: Combinations of the above techniques using focus mitts

Shadow Sparring: 1 x Hands, 1 x Feet, 1 x Combined

Sparring: Light body sparring kicks above waist only. Demonstrate good Footwork, Evasion and Blocking throughout the sparring

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