

# Sleaford

## Korean Martial Arts

Dear Prospective Black Belt,

Korea martial arts provide a comprehensive martial art system that covers the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training. Sleaford Korea Martial Arts is a family friendly martial art school that is committed to developing students through physical activity, building confidence and teaching the important skill of self-defence. Classes will be run in a disciplined but enjoyable way to ensure children and adults alike have a positive experience and enjoy their training.

### Membership, Class Structure and Fees

Each student is allocated to a specific class depending on age and experience. The first class is free and single class costs are then payable until the first full month where all students transfer to a monthly fee structure, payable by standing order within the first 5 days of each month. The monthly fee is pro rata and is based on a minimum of 42 classes per year, although more than 42 classes are normally delivered throughout the year. This facilitates a standard monthly fee despite routine class closure for a short period during the summer, at Christmas and during the weekends of major tournaments and other events.

#### **Fees:**

- Juniors (age 4-12) - £28 per month (class cost until first standing order: £6)
- Adults - £33 (class costs until first standing order: £8)
- Advanced/thematic classes (on a case-by-case basis) - £5 per class.
- **Discounts are available for families:** Where two family members are training, there is a 10% discount. Where three family members are training, there is a 20% discount.

**Membership / Insurance:** Once your enrolment form has been completed, your standing order set up and you are committed to continue your training, you will be required to pay a joining fee and student insurance (must be renewed annually).

**Equipment:** As you progress through your training you will require equipment, uniforms and weapons. The price of these items will be confirmed on a case-by-case basis. However, as a general guide uniforms and a belt cost around £20-25 depending on size, a set of patches for the uniform is also available for around £35 and a full set of sparring gear can cost between £75-100. T-shirts, hooded sweatshirts and bags are also available.

**Testing:** Testing (or grading) are held throughout the year as determined by the instructor. Students will only test if they have achieved the required level of competence, knowledge and attendance. Testing fees are: Juniors and Adults cost £15, DBNs (double black stripe belt) cost £25.

### Policies

**Risk Assessment:** All students and their parents/guardians are required to review the latest risk assessment to ensure they know what role they play in reducing the risk of injury/harm. A hazard/incident log is maintained to assess trends and improve where possible.

**Medical support:** Basic first aid cover is provided during classes and urgent medical support is available via the emergency services. All students must report any injuries or accidents to the instructor. If any students become aware of an injury after class, they are requested to inform the instructor and seek appropriate medical aid.

**Use of the facility:** The club is responsible for running the class and supervising students from the double doors that lead into the hall. Parents/guardians are responsible for supervising their children in the entrance hall, the toilets and the viewing balcony. Should a child need to use the toilet during the class, the instructor will permit them to do so and wait for them to return to class – parents/guardians must be confident of their child’s ability to use the toilet unaided and return to class, or be on hand to provide support if required. Parents and guardians are welcome to observe the class from the viewing balcony or the entrance foyer. In some circumstances, access to the viewing balcony may be restricted by the instructor. **Parents are to drop off and collect their children at the double doors that lead into the hall at the beginning and end of class.**

**Tournament/Seminar:** Competing at tournaments and attending seminars are strongly encouraged for progression to DBN and black belt. These events will be provided on a case-by-case basis.

**Safeguarding:** Sleaford Korean Martial Arts works with Sport England and has acquired the Safeguarding Code in Martial Arts. Safeguarding policies are in place for the school and are available on the school website. All instructors are DBS checked and insured. The initial procedure for reporting concerns or for making a complaint is through the designated Safeguarding Officer via [safeguardingsleafordkoreanmartialarts@outlook.com](mailto:safeguardingsleafordkoreanmartialarts@outlook.com). If you would rather contact someone independent of the school, please contact the the lead for Safeguarding in Lincolnshire on 01522 730 325 or the Lincolnshire Local Authority Designated Officer (LADO) team on 01522 554 674. Alternatively, Childline can be contacted on 0800 1111 or the NSPCC on 0808 800 5000.

### **Etiquette**

Good etiquette plays an extremely important role in developing the martial art character of the student. It develops self-control which is an essential prerequisite to advanced martial art training. It is the first section of the testing sheet and is the single most important requirement to be eligible for further training.

#### **Etiquette within the Dojang facilities:**

- Please try to arrive 5-10 minutes before your class starts and attend on a regular basis.
- Bow upon entering / leaving the training area (Dojang) and enter your class with energy and enthusiasm.
- As a mark of respect always bow and greet your instructors but do not interrupt them to do this.
- Address instructors by their correct title or use Sir / Ma’am.
- When your instructor is teaching or talking to the class make sure you are listening (e.g hands on belt, looking at your instructor and not talking to others) and respect your fellow classmates when practising.
- Do not leave class without asking permission from your instructor.
- Always introduce yourself to the new beginners.
- Make sure your uniform is clean and always wear a black t-shirt; learn to tie your own belt. Hair should be tied back and jewellery removed.
- Only practise what your instructor has taught you - do not teach what you have learnt to others.

On completion of the enrolment form and on your next visit to class you will be a white belt. This is the first and most important step on the journey to achieving a Black Belt at Sleaford Korean Martial Arts.

*JIKJN Keith Slack*

Keith Slack – 6<sup>th</sup> Degree Black Belt