



MARTIAL ARTS

FOR ALL THE FAMILY



OUR LOCATIONS

Thorp Arch Martial Arts

Block 2, Unit E, Martree Business Park
Rudgate, Thorp Arch, Wetherby LS23 7QA

01937 203679

Haxby Martial Arts

Haxby Sports Bar, 64 North Lane
Haxby, York YO32 3JP

01904 307606

Doncaster Martial Arts

429 Bentley Road, Doncaster
DN5 9TJ

01302 454045

Acomb Martial Arts

201 Acomb Rd, York
YO24 4HD

01904 307606

Heworth Martial Arts

Heworth Without Community Centre
Applecroft Road YO31 0HG

01904 307606



Introducing our **POSITIVE START** Programs

We always start members on our **Positive Start Program** which is a 6 or a 12 month program where students can attend up to 3 classes per week.

Our programs are designed to help students develop life skills such as **confidence, focus** and **respect**.

Our high-energy skills based classes improve **fitness, team building** and offer students a **comprehensive martial arts experience**.



MINI DRAGONS

(3-6 YEARS)



NINJA KIDS

(7-12 YEARS)



Our mini dragon program is designed not only to give your child a safe martial arts workout but also a healthy mind work out too.

Using the **A,B,C** of martial arts - **Attitude, Behaviour** and **Character**. This 3 to 6-year-old program will give your child more confidence, discipline and the tools for success.

Belt Assessment and Graduation

is held every 12-14 weeks in normal class times. Our Belt Graduation is held at our HQ in Thorp Arch.



We feel that our ninja kids' program is the most exciting martial arts program around. We have 100's of kids attend weekly to our action-packed classes.

Your child will gain life skills for success with powerful life lessons such as **respect, courtesy, discipline** and **honesty**, whilst combining **fitness** and **fun** in a safe environment.

Our grading and belt awards play a crucial role in fostering positive progression, building confidence, and enhancing skill and fitness development. These structured milestones provide students with clear goals, motivating them to improve their techniques, discipline and overall understanding of their martial art. As students advance through the ranks, they gain a sense of achievement, reinforcing self-belief.

Our grading system ensures continuous skill development, refining techniques, strength, agility, and fitness. Additionally, earning a new belt demonstrates hard work and dedication, instilling a sense of pride and inspiring students to push beyond their limits. Ultimately, our martial arts grading cultivates a mindset of resilience, self-improvement, and lifelong learning.





TEENS & ADULTS

Programs

Our schools offer the ultimate in adult Martial Arts and Kickboxing. OUR PROMISE TO YOU is you will never feel **FITTER, STRONGER, SLIMMER** and more **CONFIDENT** after enrolling in our adult kickboxing programme.

Our friendly relaxed classes are the perfect alternative to boring repetitive gym workouts. They will leave you feeling fulfilled in every way. You will burn off excess calories in our advanced classes, develop and improve fitness and will be rewarded with energy levels and a new motivation that will make you feel renewed.



TEENS & ADULTS

(13 YEARS +)



LADIES ONLY

(13 YEARS +)



Our classes are full of people just like you...Doctors, Nurses, Police Officers, Fire men, Teachers, Factory Workers, House Wives, House Husbands and of course their children of all ages. More people train at our schools than any other Martial Arts Gym in Yorkshire for the simple reason we deliver the results we promise.

We offer a range of classes for;

- **YOUNG ADULTS** taking that step from kid's classes to adults
- **BEGINNER'S CLASSES** to build confidence and fitness
- **ADVANCED CLASSES** for those who want to go to the next level
- **1-2-1 TUITION** for those who want to accelerate their skills



What our adults learn

- **KICKBOXING**
- **BOXING**
- **K1**
- **MMA**

If you are looking to
GET FIT, LOSE WEIGHT, GAIN CONFIDENCE,
or become our next world champion, call us today,
get started with our **FREE** trial Membership

FREE
Trial
Membership

★ MEMBERSHIP & FEES ★

MONTHLY MEMBERSHIP FEES

MINI DRAGONS AGES 3-6



1 CLASS PER WEEK	£45
2 CLASSES PER WEEK	£60
3 CLASSES PER WEEK	£80

NINJA KIDS, LADIES & ADULTS



1 CLASS PER WEEK	£45
2 CLASSES PER WEEK	£72
3 CLASSES PER WEEK	£82
UNLIMITED CLASSES PER WEEK	£109



**2 MEMBERS
FROM THE SAME HOUSEHOLD**

**10% OFF
MEMBERSHIPS**

**3 OR MORE MEMBERS
FROM THE SAME HOUSEHOLD**

**25% OFF
MEMBERSHIPS**



OTHER FEES

 STARTER FEE	£75
 ANNUAL MEMBERSHIP LICENCE & INSURANCE	£30
 STANDARD BELT GRADING	£30
 MUSICAL FORMS	£15
 SENIOR BELT GRADING	£45
 BLACK BELT GRADING	£125

STARTER FEE - £75

INCLUDES:

- Annual Membership Licence & Insurance – 1st year
- Uniform
- 1st Grading
- White Belt
- Boxing Gloves



PAY MONTHLY

Membership fees are paid monthly by Direct Debit towards your training.



DIRECT DEBIT

All monthly memberships are paid by Direct Debit. A £5 administration charge applies to late payments and failed Direct Debits.



CANCELLATION POLICY

There is a 30-day notice period for cancellation on all membership options. Any payments due within the notice period must be paid in full.



PHOTOGRAPHY & VIDEO

By signing up, you are opting in to having pictures taken and used on social media. If you do not wish for this to happen, please contact us on **01904 307060**.

★ COURTESY & RESPECT | ★ NO EGOS | ★ SUPPORTIVE COMMUNITY | ★ CONFIDENCE & DISCIPLINE | ★ WE'VE GOT YOU

★ **TRAIN. RESPECT. ACHIEVE. TOGETHER.** ★

OUR CORE VALUES



We are a Family!



Highest Quality
instructors and teaching



Support and Guidance
to all Members inside and outside the gym



Fun classes, with
a great environment and energy



Affordable
We want everyone to have the opportunity of Martial Arts



Life skills
Creating the Next Generation of Champions

We are a family and community focussed school.
We want everyone to have the opportunity to have fun and get involved.



What Martial Arts will you or your child learn?

- **Kickboxing** – Punching and Kicks above the waist
- **Boxing** – Just Punches, no kicks
- **K1** – Same as kickboxing but with Knees and Low Kicks



All students Belt Grade in Kickboxing. But, we believe teaching all the above disciplines, which expands the student's knowledge, skills and enhances their Martial Arts journey.



Download our app - today!

This App has all the information you need, such as timetables, events our online shop and contact details to speak to your instructor.



More than just a Martial Arts school!

We run events/seminars every few weeks. Here is a few events we have ran recently:

- **Parents weeks**
- **Summer camps**
- **Nerf wars**
- **Easter egg hunts**
- **Mums month**
- **Dads month**
- **Family week**



We are a family and community focussed school. We want everyone to have the opportunity to have fun and get involved.



Bring a friend - get a month training FREE!

Bring a friend to your next session and if you both sign up you get A MONTH TRAINING FREE!

You still need to pay our sign up fee, but your direct debit will not come out till the following month.
(New members only).



TEL: 0800 069 9305



VISIT: www.martialarts4u.co.uk