



RED
DRAGONS
MARTIAL ARTS

Welcome to the **RED DRAGONS MARTIAL** **ARTS School**

We are absolutely delighted that you have chosen to join our martial arts family. We offer fully inclusive sessions for every member of the community.



OUR VISION

The vision of the Red Dragons Martial Arts school is to ensure that we deliver a fun, friendly and energetic brand of martial arts. We want every student to succeed to the best of their abilities.

RED DRAGONS CULTURE

1. All those interacting within the school are expected to be positive, enthusiastic and conscious of their role in helping to create an atmosphere of fun and excitement, engaging a 'can do' spirit in all.
2. All instructors should be addressed as "Sir" or "Miss."
3. Belts should be treated with respect and worn with uniform at all times, if a student loses a belt it must be replaced immediately.
4. Staff and instructors should be treated with respect by all, at all times, as they are there to help.
5. Students and parents of young students should be treated with respect by all, at all times, as they are there to learn and facilitate the learning of younger students.
6. The instructors, parents and students that come into our school do not carry animosity towards others within the school.
7. The instructors, parents and students that come into our school do not gossip about other students, parents or instructors at any time.
8. Any complaints shall be dealt with using the schools complaint procedure, a copy of which can be found on our website.
9. Equipment used and worn in the school will be subject to inspection and approval by the chief instructor before use.
10. Only official Red Dragons or Top Ten branded sparring equipment can be used while participating in sparring training (if you have been using sparring equipment purchased elsewhere please check with instructor to make sure this meets our safety standards).
11. All students must wear the Red Dragons clothing in every class (including official belt) – failure to adhere to this will result in the student not being able to train. We are proud of our club and a clean tidy up to date uniform is an important part of training.
12. Cleanliness is a pre-requisite for training in our school. Personal hygiene standards are expected to be high and uniforms are also expected to be clean at the beginning of all classes. Smelly uniforms and smelly bodies are an offence to others around us and show a lack of respect.
13. Instructors, students and parents of students in our school are positive, enthusiastic, caring individuals that combine to make our school a centre of enjoyment and development in our community.



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RDMA HISTORY

The Red Dragons Martial Arts School has been in existence since 1988. It began in Pembroke Dock, Wales and later expanded to Haverfordwest, Wales. The school was run by Graham Brockway (5 times world champion, black belt 6th Dan). The club produced a number of World Champions. One such champion is Lloyd Lewis the current chief instructor.

Red Dragons Martial Arts is now established in Bristol and has relocated from its previous site in Patchway, Bristol. The school is professionally run by a passionate and caring staff. The philosophy of the Red Dragons is to promote a positive ethos and develop a love of health and fitness through the discipline of Martial Arts.



OUR INSTRUCTOR

Lloyd has been involved in the world of martial arts for 30 years, and he has been an instructor for 27 years, his background is full contact kickboxing where he was trained by the legendary multi World champion Graham Brockway. Under the guidance of Graham, Lloyd also became a multi-World champion. During Lloyd's fighting career he has enjoyed many highlights, his record stands at 57 fights, 49 wins, one of his highlights is beating Alex Reid (Celebrity Big Brother winner and celebrated MMA fighter) in the final of the European Games. He has also been inducted into the WUMA Martial Arts Hall of Fame both as a fighter and a coach.

Lloyd also has, under his 'Black' belt, 15 years of Secondary school teaching as a Science teacher and head of year where his strengths in classroom management and pastoral lead were developed. Lloyd Lewis firmly believes that everyone should practice a martial art. The benefits are massive and the impact martial arts can have upon your life is immense.



THE RED DRAGONS TEAM

Chief Instructor and club owner - Lloyd Lewis

Assistant instructor – must be a black belt

Junior instructors – must be a black belt

Class assistants (provide regular class, instructor and admin support) – application form available

Class helpers (provide general support) – application form available

SWAT (Special Winning Attitude Team) – members selected for their commitment and dedication to the martial arts.

Marketing and Business Manager - Amanda Lewis

VENUES

Kudacan

(Sundays, Mondays and Tuesdays),
7Dongola Avenue,
Bishopston,
Bristol,
BS7 9HG

Scout Hut

(Mondays)
Baldwin Lodge,
The Old Quarry,
Eastfield Terrace,
Henleaze,
Bristol, BS9 4AR

Horfield Methodist Church

1 Churchways Ave,
Horfield,
Bristol,
BS7 8SN



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CONTACT AND COMMUNICATION

By phone - 07779740432

By email – info@reddragonsmartialarts.com

Website – www.reddragonsmartialarts.com

FACEBOOK

We communicate with our members via our **Red Dragons Martial Arts Facebook group** – please join this group to receive regular updates on classes, workshops, events, competitions, gradings, sale, offers and much more.

Don't forget to search, like and engage with our other Red Dragons pages.

LICENSE AND MEMBERSHIP RENEWALS

Your license to train with Red Dragons Martial Arts must be renewed annually and you will be notified when your license and membership is due for renewal (at a cost of £25). Failure to maintain a valid license will affect your opportunities to grade and may result in you being suspended from training sessions. If you misplace your license you should notify us immediately.

RED DRAGONS MERCHANDISE

We offer a variety of merchandise for our students. You can buy straight from your instructor or order online at: www.reddragonsmartialarts.com

REWARDING MEMBERS

We are passionate about recognising progress, commitment and effort. Although this is obvious through gradings we believe that it is the little things that count, we regularly reward 'Student of the Week' and 'Star of the Month' certificates.



We also like to thank our members for recommending us to friends and family to our school by issuing uniform badges and gift vouchers. We offer a chance to train for free for **6 MONTHS** by recommending 6 people to the school. If they all sign up then you will receive 6 months free training as a thank you.



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PAYMENTS AND ATTENDANCE

Membership at Red Dragons Martial Arts is secured by the payment of a monthly direct debit. There are no contracts, so your membership can be amended at any time. Fees and operating hours are calculated over a 48 week period, typically closing at Christmas for a 2 week period and a further 2 week period at the managements discretion. **Members are welcome to make up any missed sessions within a 3 month period.** This offer also extends to any sessions missed through illness, extreme weather conditions, site renovations or bank holidays.

Our members may attend any timetabled session without booking in advance, as long as there is space within that session. If at any time sessions or classes become full then we will ask that members commit to set sessions until spaces become available.

Red Dragons Martial Arts are committed to delivering a quality service at reasonable and competitive prices. However, if it becomes necessary to amend membership structure and/or prices, we will inform you in writing, giving reasonable notice. We will not change any payments without your prior permission.

UNIFORM

Each of the programs that we offer comes with their very own uniform. When students progress onto the next class they are expected to purchase the programme uniform.



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CLASSES

We run a variety of classes designed to cater for the needs of our community, these are:

PRESCHOOL TINY TITANS

This is a martial arts activity class for 2.5 to 4 year olds. This class will improve motor skills, flexibility, coordination and fitness. We develop the basics of martial arts and exceptional students will be permitted to grade with the Tiny Titans.



TINY TITANS

This class is for students aged 3 – 6 years old and is aimed at beginners. In this class we will be giving them a basic grounding in the skills of martial arts. The class will be focused on fun activities which will improve coordination, fitness, confidence and social skills.

JUNIORS

This class is for students aged 6-13 years old. The aim of this class is to teach the skills necessary to gain belts within the grading system. We will be focusing on delivering fun sessions that improve the knowledge of the arts whilst simultaneously increasing fitness and flexibility.



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ADULTS

This class is for students aged 13+ and is designed to give those attending a full and varied education in the arts. We focus on delivering fun sessions that improve all aspects of the individual.






LADIES SELF-DEFENSE AND FITNESS

This workshop is aimed at ladies aged 18+ and is designed to give those attending a good grounding in the basics of self-defence and improve general fitness.



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TIMETABLE

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|----------|--------|----------|
|  | TEENY TITANS 2-4 4:00-4:30 BISHOPSTON METHODIST CHURCH | 10:00-10:30 & 10:30-11:00 HELLIWELL HORFIELD PARISH CHURCH 4:00-4:30 HENLEAZE SCOUT HUT | 2:00-2:30 & 2:30-3:00 HELLIWELL HORFIELD PARISH CHURCH | 4:00-4:30 HORFIELD METHODIST CHURCH | | | |
|  | TINY TITANS 3-6 4:30-5:00 BISHOPSTON METHODIST CHURCH | 4:30-5:00 HENLEAZE SCOUT HUT | 6:00-6:30 HORFIELD METHODIST CHURCH | 4:30-5:00 HORFIELD METHODIST CHURCH | | | |
|  | RED DRAGONS JUNIORS 6-13 5:00-5:45 BISHOPSTON METHODIST CHURCH | 5:00-5:45 HENLEAZE SCOUT HUT | 6:30-7:15 HORFIELD METHODIST CHURCH | 5:00-5:45 HORFIELD METHODIST CHURCH | | | |
|  | RED DRAGONS ADULTS 18+ 6:00-7:00 BISHOPSTON METHODIST CHURCH | 6:00-7:00 HENLEAZE SCOUT HUT | 7:15-8:15 HORFIELD METHODIST CHURCH | 6:00-7:00 HORFIELD METHODIST CHURCH | | | |
|  | RED DRAGONS LADIES | | 10:00-11:00 HORFIELD METHODIST CHURCH | | | | |



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GRADING

Our club is part of the WUMA and we will be following their syllabus for grading in Freestyle Kickboxing. In order to progress through the grades it is recommended that all students train at least twice a week, this will enable you to progress at a faster rate. All members of the Red Dragons will be expected to grade. Our mission is to increase the number of black belts in the world.

These are held approximately every 3 months. Not every student will take a belt or tag at each grading, it very much depends on progress and also higher grades require much longer between belts to reach the required standard.

Each person grading **MUST** hold a valid licence which is required by all UK based martial arts clubs (please note this is not covered by your membership which is membership to our academy and includes your **FREE** uniform). Your licence affiliates you to a regulated Martial Arts Federation. We are affiliated to the World United Martial Arts Federation (W.U.M.A.).

Information on obtaining your licence is given out with notification of your first grading. Your first grading can range anything from 6 weeks to 3 months depending on regularity of training and progress.

| | | |
|---|--|---------------------|
| LEVEL 9 BLACK BELT 1ST KYU 'SENPAI' | | 1 ST KYU |
| LEVEL 8 ADVANCED BROWN BELT | | 2 ND KYU |
| LEVEL 7 BROWN BELT | | 3 RD KYU |
| LEVEL 6 PURPLE BELT | | 4 TH KYU |
| LEVEL 5 BLUE BELT | | 5 TH KYU |
| LEVEL 4 GREEN BELT | | 6 TH KYU |
| LEVEL 3 ORANGE BELT | | 7 TH KYU |
| LEVEL 2 YELLOW BELT | | 8 TH KYU |
| LEVEL 1 WHITE BELT | | 9 TH KYU |



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COMPETING

Any student wishing to compete must be an Elite member and must demonstrate the dedication and commitment necessary to compete. All students wishing to compete must purchase an annual sparring pass (at a cost of £75). Each student is then required to attend the monthly sparring class. We will be able to offer a number of opportunities for anyone that wants to compete.

PAYMENT PACKAGES

We offer a variety of payment packages:

| | | |
|---------------------|----------------------|--|
| Professional | £39.00/ month | Two sessions per week |
| Elite | £49.00/ month | Unlimited session at all of our venues. |



If at any point you wish to upgrade your membership please speak to your instructor for information.

All monthly memberships are based on a 48-week year, allowing for 4 weeks a year holiday time i.e. Christmas time + bank holiday weekends. Any classes that you miss through illness or holidays can be made up at any time during a 3 month period in any other classes at any venue. If you would at some point wish to change your class training day and venue this should be fine, just please let us know.

SAFEGUARDING AND SAFETY CHILD PROTECTION

At the Red Dragons Martial Arts School we have a duty of care to safeguard all children. It is our aim to provide children and young people with appropriate safety and protection that attend the School. We abide by The Child Protection Act 2004. Lloyd has received extensive training in this area as part of his 15 years in teaching.

PROTECTION OF OUR CHILDREN

At the Red Dragons Martial Arts School, we ensure that all children are protected. For younger students we insist they do not go home without their parents or guardian and will be kept within the hall with the instructor until collected. Once out of the lesson parents are responsible for their children. Parents and students will not let any persons in the hall if they do not know them or are suspicious of them. We also do not tolerate any behaviour that results in bullying or discrimination, the school will give a written notice for any unacceptable behaviour from a student. If this behaviour does not show improvement the school has the right to refuse admission.



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USE OF PHOTOGRAPHIC/ FILMING EQUIPMENT

At the school if parent wish to photograph or film classes, they may do so with the permission of the Chief Instructor, however we operate a policy that protects families that do not wish their children to be photographed or filmed. If this policy is found to be breached we will ask you to remove all evidence of the photography/filming.

HEALTH AND SAFETY

Some physical contact is necessary by the instructor to demonstrate exercises or techniques or to prevent injury during the class. When, in the case of minor accidents, first aid needs to be administered, the school will contact the Parent/Guardian immediately. No responsibility is taken for any injury occurred, during or after the class, although great care is taken to avoid such an occurrence. When a parent enrolls their child with the Red Dragons Martial Arts School, it is their responsibility to ensure that the information given on their registration form is correct and the school is aware of any illness or disability that may affect their child during lessons.



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THE USE OF SOCIAL MEDIA

We ask that current students who have access to social media do not contact teachers or student teachers direct on their personal pages. We ask that all students contact the School's email and/or social media page for any questions, helpful tips and advice. Social media is a wonderful communication tool however the Red Dragons Martial Arts School Facebook Page, Instagram Page and School email should be the only use of social media contact from current students to teachers. The School will not tolerate current students and or teachers being in contact through social media however please feel free to contact us personally when you have moved on from the school to keep us up-to-date on how you are doing. For this reason there has been a Google classroom set up where questions/tips/school tutorials can be shared with members in the safety of a closed and monitored online environment.

CONFIDENTIALITY

The school's emails and letters contain confidential and/or privileged information and is intended for only the person to whom it is addressed. Any unauthorised copying, forwarding, disclosure or distribution of the material contained in emails and its attachment is strictly prohibited. All personal information at the school is kept confidential and will not be discussed or shared by the school with any other parent or student.





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