

WELCOME TO ATLAS MARTIAL ARTS



ATLAS MARTIAL ARTS ACADEMY



ATLAS.MARTIALARTS

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WELCOME

WELCOME TO ATLAS MARTIAL ARTS, BROUGHT TO LIFE IN 2020 AFTER YEARS OF TRAINING AND TEACHING PART TIME IN VARIOUS MARTIAL ARTS. OUR AIM IS TO PROVIDE A CLEAN, SAFE ENVIRONMENT FOR CHILDREN AND ADULTS ALIKE TO EXPERIENCE THE ENORMOUS BENEFITS MARTIAL ARTS CAN HAVE BOTH INSIDE AND OUTSIDE THE GYM.

WE WILL ALWAYS STRIVE TO PROVIDE MEMBERS WITH THE HIGHEST STANDARDS OF MARTIAL ARTS WHILE DEVELOPING WITHIN OUR STUDENTS, NOT ONLY THE PHYSICAL ATTRIBUTES OF SKILLED MARTIAL ARTISTS BUT ALSO THE MENTAL DISCIPLINES AND STRENGTHS OF CHARACTER REQUIRED OVERALL.

WE PROMOTE A FAMILY ATMOSPHERE WITH EMPHASIS ON GROWTH. STUDENTS ARE ENCOURAGED TO HELP OTHERS SO THAT EVERYONE AT THE ACADEMY WILL GROW AT A FASTER PACE. THIS FAMILY ATMOSPHERE GARNERS LOYALTY AND DEDICATION AMONGST STUDENTS, PARENTS AND STAFF ALIKE. WE ALSO SEE A WONDERFUL SHARING ETHIC WITHIN THE CLUB WITH STUDENTS AND PARENTS KEEN TO RECOMMEND AND INTRODUCE FRIENDS AND ACQUAINTANCES TO US WHICH FURTHER ENHANCES THE FAMILY FRAMEWORK.

AS WELL AS OUR REGULAR CLASSES WE ALSO HAVE ACTIVE COMPETITORS AT THE ACADEMY. WITH COMPETITIONS ON A REGULAR BASIS THERE IS OPPORTUNITY FOR ANYONE THAT WANTS TO GET INVOLVED WITH THE COMPETITIVE CIRCUIT. WE ALSO HOLD ADDITIONAL WORKSHOPS/SEMINARS FOR SPECIALIST SUBJECTS THAT CANNOT BE COVERED IN REGULAR CLASSES.

COMMITMENT FROM STUDENTS AND PARENTS ALIKE IS ESSENTIAL TO PROGRESS HAPPILY AND SUCCESSFULLY IN THE MARTIAL ARTS. YOUR COMMITMENT TO US IS REPAID WITH OUR COMMITMENT TO CONTINUALLY STRIVE TO BRING YOU THE HIGHEST QUALITY CLASSES IN THE COUNTRY, GIVE YOU A CLUB AND INSTRUCTORS TO BE PROUD OF AND ENSURE YOUR JOURNEY IS HAPPY, SERVED WITH EXCELLENCE, AND IS ONE THAT FAR EXCEEDS YOUR EXPECTATIONS.

“HARDEST PART OF ANY JOURNEY IS TAKING THAT FIRST STEP”

DEAN HARDWICK

HEAD INSTRUCTOR & FOUNDER
ATLAS MARTIAL ARTS ACADEMY



ADULTS PROGRAMMES



BRAZILIAN JIU JITSU

EXPERIENCE THE WIDE VARIETY OF BENEFITS BRAZILIAN JIU JITSU HAS TO OFFER INCLUDING HOW TO DEFEND YOURSELF - IMPROVEMENTS TO YOUR HEALTH AND FITNESS - REDUCTION IN STRESS - IMPROVE YOUR MENTAL HEALTH - INCREASE YOUR FLEXIBILITY AND MOBILITY - MAKE NEW FRIENDS

ADULT GI - BRAZILIAN JIU JITSU IN THE GI (UNIFORM) LEARN HOW TO CONTROL YOUR OPPONENT WITH EVERYTHING AVAILABLE TO YOU, BE CREATIVE AND USE YOURS AND YOUR OPPONENTS GI AGAINST THEM TO TRAP, CONTROL AND SUBMIT. ALL EXPERIENCE LEVELS WELCOME.

ADULT NO-GI - TAKE OFF THE GI (UNIFORM) AND EXPERIENCE THE FAST PACED ACTION OF NOGI GRAPPLING. GRIPS NO LONGER PLAY A PART AND ALLOW FOR A FASTER MORE DYNAMIC EXPERIENCE.

CHILDRENS GI - WE HAVE DEDICATED CHILDRENS BJJ CLASSES TO ALLOW THE CHILDREN TO PRACTICE ON OTHER CHILDREN THEIR OWN SIZE AND WEIGHT WHICH WILL HELP THEM IMPROVE FASTER AND BUILD GREAT FRIENDSHIPS ALONG THE WAY.

THAI KICKBOXING

KNOWN AS THE ART OF EIGHT LIMBS, IT IS CHARACTERIZED BY THE COMBINED USE OF FISTS, ELBOWS, KNEES AND SHINS. A COMBAT SPORT THAT USES STAND-UP STRIKING ALONG WITH VARIOUS CLINCHING TECHNIQUES. OUR THAI KICKBOXING CLASSES ARE DESIGNED WITH THE INTENSION TO MOTIVATE, INSPIRE, CHALLENGE AND PROGRESS OUR STUDENTS IN A VERY STRUCTURED MANNER.

THE BEAUTY OF THAI KICKBOXING IS THAT IT IS A MARTIAL ART AND SPORT, BUT PEOPLE HAVE BEGUN TO RECOGNISE THAI KICKBOXING AS A MEANS OF FITNESS AND WELLNESS. A THAI KICKBOXING WORKOUT IS UNLIKE ANY OTHER FITNESS REGIME.



BOX N BURN (LADIES ONLY)

BOX 'N' BURN AIMS TO DELIVER A WORLD CLASS BOXING FITNESS EXPERIENCE, NO MATTER YOUR LEVEL OF BOXING ABILITY. WHETHER YOU'RE AN ABSOLUTE BEGINNER WHO'S NEVER WORN A PAIR OF BOXING GLOVES, OR AN EX-PROFESSIONAL WHO WANTS TO CONTINUE TRAINING AND STAYING SHARP, YOU'LL BE WELCOMED WITH OPEN ARMS TO TAKE PART IN THE WORLD'S #1 BOXING FITNESS CLASS.

BOXING CLASSES WITH A DIFFERENCE! THE BRAINCHILD OF EX OLYMPIC AND PRO BOXER TONY JEFFERIES. THESE CLASSES ARE DESIGNED FOR ULTIMATE FUN AND ULTIMATE FITNESS. BOXING FOR FITNESS IS A GREAT WAY TO BURN LOADS OF CALORIES AND REALLY DE-STRESS AFTER A HARD WEEK. SO LETS TURN UP THE MUSIC, HIT THE PADS AND HAVE SOME FUN!

SEMINARS

AS WELL AS OUR FULL TIME CLASS SCHEDULE WE HOLD A NUMBER OF SEMINARS THROUGHOUT THE YEAR IN BOTH THAI KICKBOXING AND BRAZILIAN JIU JITSU. GUEST INSTRUCTORS AND SPECIAL EVENTS WILL BE PUT ON FOR MEMBERS AND NON MEMBERS TO ATTEND. THESE ARE ANNOUNCED VIA OUR WEBSITE, FACEBOOK PAGE AND BY EMAILS TO MEMBERS.

CHILDRENS PROGRAMMES

OUR KIDS CLASSES ARE SPLIT INTO 3 AGE GROUPS. EACH AGE GROUP WILL WORK ON DIFFERENT FUNDAMENTALS DEPENDING ON THE STAGE OF THEIR DEVELOPMENT.



TINY TITANS AGES 3YRS - 4YRS

DESIGNED TO HELP BUILD MOTOR SKILLS, COMMUNICATION SKILLS AND BASIC TECHNIQUES. AT THIS AGE THE CHILDREN WILL LEARN AND DEVELOP THROUGH FUN AND GAMES. WE STRUCTURE THE CLASS AT 80% PLAY 20% TECHNIQUE. EACH GAME IS DESIGNED TO DEVELOP YOUR CHILD'S CORE ABILITIES INCLUDING BALANCE, AGILITY, SPEED, AWARENESS AND MUCH MORE. AT THIS YOUNG AGE THE LEARNING IS ACHIEVED THROUGH GAMES TO KEEP THE LESSONS FUN AND THE ENGAGEMENT HIGH.

MINI TITANS AGES 5YRS - 8YRS

AT THIS AGE THE CHILDREN'S TRAINING STARTS TO BECOME MORE SPECIFIC. BEING MORE INDEPENDENT AT THIS AGE THE CHILDREN ARE PUSHED HARDER BOTH PHYSICALLY AND MENTALLY. TRAINING IS STILL FUN FOCUSED HOWEVER NOW THEY BEGIN LEARNING SPECIFIC TECHNIQUES. CLASS STRUCTURE IS NOW 60% PLAY 40% TECHNIQUE. THEY WILL BEGIN TO LEARN FUNDAMENTAL TECHNIQUES IN STRIKING AND BJJ. GAMES WILL NOW DEVELOP THEIR FITNESS AS WELL AS THEIR MOTOR SKILLS.



JUNIOR TITANS AGES 9YRS - 12YRS

TRAINING IS NOW FOCUSED ON DEVELOPING TECHNIQUE. WITH A SMALL AMOUNT OF GAMES THAT ARE BASED ON TECHNIQUES WE HAVE BEEN WORKING ON IN THE CLASSES. STUDENTS WILL DEVELOP THEIR TRAINING IN ALL AREAS. STRIKING, WRESTLING, BJJ AND SELF DEFENCE. AT THIS STAGE WE EXPECT A LOT FROM OUR STUDENTS AND THEY WILL GROW IN CONFIDENCE, LIFE SKILLS AND COMMUNICATION SKILLS AS THEY WORK WITH NEW STUDENTS TO HELP THEM GROW.

CHILDRENS MMA BELT/ GRADING SYSTEM

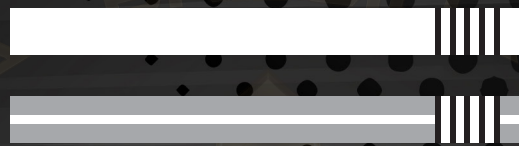
STUDENTS ARE AWARDED STRIPES AND BELTS WHEN THE INSTRUCTORS FEEL THEY HAVE MET THE CRITERIA'S SET OUT IN THE CHILD SYLLABUS FOR EACH GRADE. STUDENTS WILL BE CONTINUALLY ASSESSED AS THEY TRAIN TO DETERMINE WHETHER THEY ARE READY TO BE PROMOTED, NO FORMAL GRADING EVENT WILL BE NECESSARY.

LEVEL

BELT

AGE

BEGINNER



ANY

5+

INTERMEDIATE



6+

8+

8+

ADVANCED



8+

9+














11+





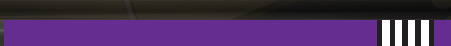
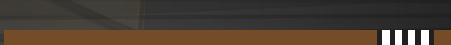
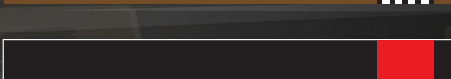
BRAZILIAN JIU JITSU GRADING SYSTEM

STUDENTS ARE AWARDED STRIPES AND BELTS WHEN THEY REACH THE REQUIRED TECHNICAL KNOWLEDGE FOR EACH GRADE. THEY WILL ALSO BE ABLE TO PERFORM THESE TECHNIQUES ON A LIVE TRAINING PARTNER (SPARRING) OF SIMILAR AGE/WEIGHT AND SKILL LEVEL. A NUMBER OF FACTORS WILL BE TAKEN INTO ACCOUNT WHEN ASSESSING ELIGIBILITY FOR PROMOTION THIS ARE: CONSISTENT TIME ON THE MATS, TECHNICAL KNOWLEDGE, PERFORMANCE DURING LIVE SPARRING, TIME AT CURRENT GRADE. STUDENTS WILL BE CONTINUALLY ASSESSED AS THEY TRAIN TO DETERMINE WHETHER THEY ARE READY TO BE PROMOTED, GRADINGS WILL USUALLY TAKE PLACE AT SEMINARS HELD TWICE A YEAR.

CHILDREN RANK SYSTEM

BELT	AGE
	ANY
	4+
	4+
	4+
	7+
	7+
	7+
	10+
	10+
	10+
	13+
	13+
	13+

ADULT RANK SYSTEM

BELT	AGE
	ANY
	16+
	17+
	18+
	19+



SCHEDULE AND PRICING

ADULTS 13YRS +

BRONZE

OUR MOST BASIC PACKAGE FOR THOSE THAT CAN ONLY COMMIT TO ONCE A WEEK OR THAT TRAIN ELSEWHERE AND WISH TO TOP UP THEIR TRAINING.

1 CLASS PER WEEK

(OPEN MATS NOT INCLUDED)

£47 (INC VAT)

SILVER

OUR MINIMUM RECOMMENDED PACKAGE FOR THOSE LOOKING TO PROGRESS IN ANY OF THE MARTIAL ARTS WE OFFER

2 CLASSES PER WEEK

(INCLUDES OPEN MATS)

£58 (INC VAT)

GOLD

OUR MOST POPULAR PACKAGE FOR THOSE LOOKING TO TRAIN IN MULTIPLE STYLES AND STILL SHOW GOOD PROGRESSION

3 CLASSES PER WEEK

(INCLUDES OPEN MATS)

£68 (INC VAT)

PLATINUM

ALL CLASSES ON SCHEDULE AND OPEN MATS INCLUDED. FOR THOSE LOOKING TO MAKE THE QUICKEST PROGRESS

UNLIMITED CLASSES +

ONLINE VIDEO LIBRARY ACCESS

£79 (INC VAT)

CHILDREN (3YRS - 12YRS)

3-4YRS TINY TITANS • 5-8YRS MINI TITANS • 9-12YRS JUNIOR TITANS

1 CLASS PER WEEK - £42 (INC VAT) 2 CLASSES PER WEEK - £53 (INC VAT)

UNLIMITED CLASSES PER WEEK - £64 (INC VAT)

FAMILY DISCOUNT AVAILABLE FOR ADULTS AND CHILDREN

2 FAMILY MEMBERS 5%, 3 OR MORE 10%

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AVAILABLE FOR PRIVATE 1:1'S	4:15 - 4:45PM TINY TITANS	6:00 - 7:00AM BOX N BURN LADIES ONLY	4:15 - 4:45PM TINY TITANS	AVAILABLE FOR PRIVATE 1:1'S	9:00 - 10:00AM BOX N BURN LADIES ONLY	AVAILABLE FOR PRIVATE 1:1
7:00 - 8:00PM BEGINNERS THAI KICKBOXING	5:00 - 5:45PM MINI TITANS	9:00 - 11:30AM CHILDREN'S STAY & PLAY FROM NEWBORN - 6YRS	5:00 - 5:45PM MINI TITANS	6:00 - 7:00PM ADULTS BJJ (GI)	10:30 - 11:30AM BJJ FUNDAMENTALS (GI)	
8:00 - 9:00PM BJJ COMP/ SPARRING CLASS	6:00 - 6:45PM JUNIOR TITANS	5:00 - 5:45PM CHILDREN'S BJJ AGES 5 TO 11	6:00 - 6:45PM JUNIOR TITANS		11:45AM TO 12:45PM BEGINNERS THAI KICKBOXING	
	7:00 - 8:00PM ADULTS BJJ (NOGI)	6:00 - 7:00PM BJJ FUNDAMENTALS (GI)	7:00 - 8:00PM ADULTS BJJ (GI)		AVAILABLE FOR PRIVATE 1:1	
	8:00 - 9:00PM ADULTS BJJ (GI)	7:00 - 8:00PM THAI KICKBOXING	8:00 - 9:00PM ADULTS BJJ (NOGI)			

CHILDREN'S CLASSES

KICKBOXING CLASSES

BRAZILIAN JIU JITSU CLASSES

LADIES ONLY

* ALL MEMBERS ARE REQUIRED TO HAVE ACTIVE INSURANCE TO TRAIN *

£25 PAID ANNUALLY

PARKING & ACCESS

WE REQUEST THAT ATLAS MEMBERS AND PARENTS SUPPORT OUR POSITIVE RELATIONSHIP WITH LOCAL BUSINESSES BY PARKING APPROPRIATELY AS FOLLOWS:

- WE HAVE APPROX 12 SPACES OUTSIDE THE FRONT OF THE GYM (WE ASK YOU KEEP ONE FREE FOR THE INSTRUCTOR FOR THAT DAY)
- THE INDUSTRIAL ESTATE IS USED BY THE OTHER BUSINESSES USUALLY UP UNTIL AROUND 6PM. PLEASE DO NOT PARK OUTSIDE THEIR BUILDING OR USE THEIR SPACES
- ADDITIONAL PARKING CAN BE FOUND ON SCHOOL LANE AS THERE IS A CUT THROUGH TO THE GYM A SHORT WALK AWAY.

ADHERING TO THE ABOVE HELPS KEEP OUR RELATIONSHIP WITH THE FELLOW INDUSTRIAL ESTATE USERS HEALTHY AND WE THANK YOU FOR YOUR UNDERSTANDING

PHOTOGRAPHY & VIDEOGRAPHY

ATLAS MARTIAL ARTS ACADEMY ACTIVELY PROMOTE THEIR PRODUCTS AND SERVICES IN PRINTED AND ELECTRONIC FORMATS AND REGULARLY TAKE VIDEO FOOTAGE AND PHOTOGRAPHS OF MEMBERS AND CLASSES FOR VARIOUS PROMOTIONAL PURPOSES. ALL IMAGES AND VIDEOS ARE STORED SECURELY IN ACCORDANCE WITH THE DATA PROTECTION ACT.

IF YOU'D LIKE TO TAKE ANY OF YOUR OWN VIDEOS OR PHOTOGRAPHS DURING CLASSES PLEASE MAKE SURE YOU ASK THE PERMISSION OF THE INSTRUCTOR TEACHING THAT CLASS.

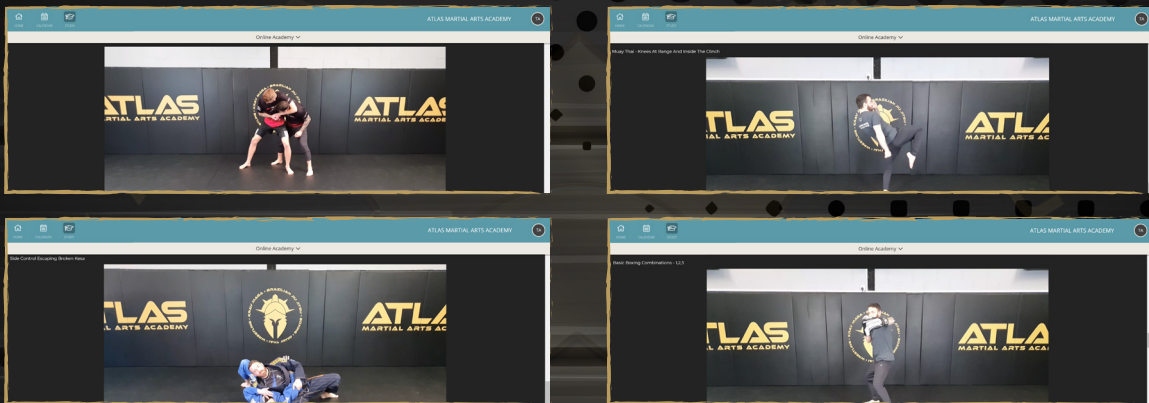


ONLINE ACADEMY

WE HAVE AN EVER GROWING LIBRARY OF INSTRUCTIONALS AND HELPFUL VIDEOS TO AID YOU IN YOUR LEARNING ACROSS ALL SYSTEMS HERE AT ATLAS MARTIAL ARTS ACADEMY ALL FILMED IN CRYSTAL CLEAR 4K RESOLUTION.

FOR JUST £4.99 (MEMBERS) OR £9.99 (NON MEMBERS) PER MONTH YOU'LL HAVE ACCESS TO HOURS OF FOOTAGE BREAKING DOWN TECHNIQUES, SEMINARS, GUEST INSTRUCTORS, LIVE SPARRING BREAKDOWNS AND MUCH MORE.

TO INCLUDE THIS IN YOUR PACKAGE SPEAK TO YOUR INSTRUCTOR OR SEND US A MESSAGE.



PAYMENTS & CANCELLATIONS

MEMBERSHIP AT ATLAS MARTIAL ARTS ACADEMY IS SECURED BY THE PAYMENT OF A MONTHLY DIRECT DEBIT. THE MEMBERSHIPS ARE ON A ROLLING MONTHLY BASIS, YOUR MEMBERSHIP ARRANGEMENTS CAN BE AMENDED AT ANY TIME AT YOUR REQUEST BY OUR ADMINISTRATOR, FOR REASONS SUCH AS MEMBERSHIP LEVEL CHANGE, BANK DETAILS CHANGES OR DATE OF PAYMENT CHANGES.

INSURANCE IS REQUIRED TO TRAIN AT THE CLUB. AFTER YOUR FIRST MONTH OF TRAINING WE WILL NEED TO REGISTER YOU WITH THE BRITISH COMBAT ASSOCIATION THIS COSTS £25 AND IS RENEWED ANNUALLY.

IF YOU WISH TO CANCEL OR PAUSE YOUR MEMBERSHIP, WE REQUIRE THAT YOU GIVE US A MINIMUM OF 31 DAYS NOTICE.





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