



# WELCOME MEMBER

We are delighted you are looking to become a member of CDA, let's talk you through the things you will want to know!



**START NOW**

# ACHIEVE A BLACK BELT

For our Children's Martial Arts, Adults Kickboxing and Self defence programmes, we offer a full grading syllabus. This is a progressive programme to get you to the prestigious level of Black Belt, building your skills and confidence over time.



Students who grade stay longer and grow faster than those that don't.

Gradings are an additional service, and are an additional cost unless on our ADVANCED plan. Students will be invited onto gradings when they are ready.

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# GET STUCK IN

For those that really love the sparring side of things we offer lots of opportunity to take that to the next level!



## SQUAD TRAINING

We run free monthly squad training classes for juniors and adults looking to compete outside of the club!



MONTHLY

## FIGHT CLUB

Every month we have fight club, an hour of sparring for adults that want to test what they have been learning.



MONTHLY

## BLACK N BLUE

Twice a year we have this internal club competition so students can experience fighting in front of a crowd.



2X YEAR





# LEADERSHIP PROGRAMME

## MAKING FUTURE LEADERS

For our Junior aged students we offer the chance to be a part of our T4 leadership programme. Teaching them about confidence, communication, business and much more.

They also act as class helpers, helping younger students on their journey.





# ACCESS ONLINE LEARNING

We have the whole of our Kickboxing syllabus filmed and ready for you to access. We are working on completing our self defence syllabus too.

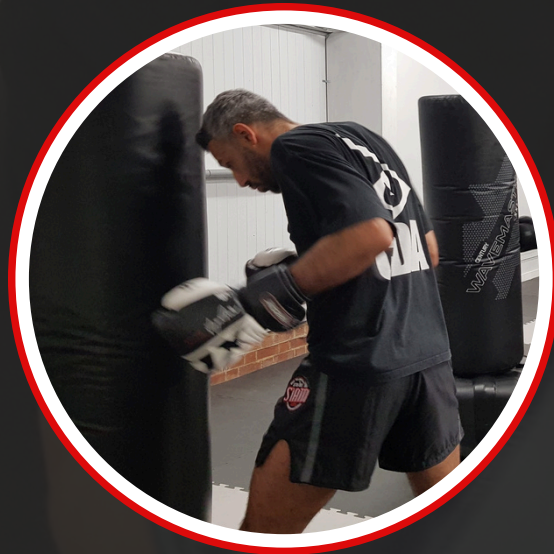
We also have stick fighting courses and more for you to access to train at home and compliment your learning in class.





# OPEN MAT

As a STANDRD or PREMIUM member you are allowed to use the matted areas when not being used for classes. Do all the things you do other than sparring. A great way to maximise your membership!



***HIT THE BAGS***



***USE THE WEIGHTS***



***PLYOMETRICS***



***PRACTICE TECHNIQUES***





# CLUB CLOSURES

We are open 6 days a week, but occasionally we need a holiday to, here is when we are shut:

## **SUMMER**

We shut for one full week at the start of August in the summer.

## **WINTER**

We close for 2 full weeks over Christmas and New Year.

## **BANK HOLS**

We are shut every bank holiday.

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# PRO STORE

Purchase everything you need to train at CDA in our Pro Shop. Gloves, shins, gumshield, some awesome hoodies etc, we have it all at competitive prices! Try on the kit to make sure it fits, you won't get that on amazon!



*Access a 15% discount on your first purchase from the store as a new member.*



# CHOOSING YOUR MEMBERSHIP

We have a range of price plans for you to choose from giving you flexibility with your training.

You are only ever tied into one month, and can change your plan when you wish.

**PLAY**  
£49

**STANDARD**  
£82

**ADVANCE**  
£97

**JOIN FEE**  
£66

**ANNUAL**  
£15



All this on joining:

T-shirt  
Shorts  
Syllabus

Gumshield  
Insurance  
Online training



# PLAY PACKAGE

Ideal for those with a busy lifestyle who cannot commit to regular training.

Come for 1 class from the 6 days a week we operate.

Miss a class, just make it up next week.

1 class a week

Access to online learning

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# £49 PCM

**1x class per week**



# STANDARD PACKAGE

This is our recommended package for beginners.  
Allowing you to develop fast and really fly in your training.

- 2 classes a week
- Access to online learning
- Access to open mat training
- Access to Fight Club
- Access to Squad Training

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# £82 PCM

**2x classes per week**

# ADVANCED PACKAGE

This is our ultimate package, for those who really want to get stuck in.

Attend **any** class  
Access to online learning  
Access to open mat training  
Access to Fight Club  
Access to Squad Training  
+ FREE GRADINGS  
+ FREE SEMINARS

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# £97 PCM

**All classes per week**



# CARDIO K-BOX & NINJA SKILLZ

These classes have a seperate payment plan as ninja skillz is 30 mins long and cardio has no instruction per say.

This is one set fee offering access to as many classes as you wish.

## UNLIMITED TRAINING

£47

## JOIN FEE

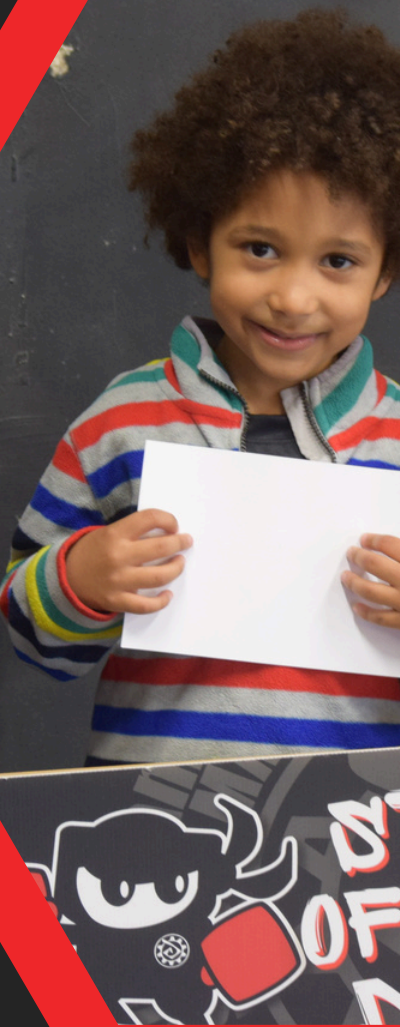
£22

## ANNUAL FEE

£15



T-shirt or Bag Mitts on joining





**WELCOME  
TO THE CDA  
FAMILY!**

