

PHOENIX COMBAT SPORTS CLUB

100% TESTED ON HUMANS®

RULES AND REGULATIONS



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PHOENIX
COMBAT SPORTS
MARTIAL ARTS & FITNESS

INCLUDES:

- Phoenix etiquette and rules.
- Policy on working/coaching in the fitness or martial art industry or any related to Phoenix services and products.
- Phoenix 'open door' policy.
- Note to people with previous experience.
- Phoenix Combat Sports Club - code of conduct.

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ETIQUETTE AND RULES FOR PHOENIX

Phoenix is a club: Everyone that trains here is a member and an integral part of the club. Phoenix members respect each other, respect the gym, respect the coaches and staff and everything works as a team effort. An important aspect of the smooth running of the club is rules and etiquette. Please co-operate with them. It is a privilege to be a part of Phoenix and train at the club.

Phoenix is built on team work, friendships, loyalty and group development. There is no place for egos, excuses or selfishness.

Always respect your coaches. Listen to their advice, follow their example and aspire to get as much out of your time training as they did. Every Phoenix coach is very experienced, has competition experience and is a full time professional coach. Remember; when at first you don't succeed; do what your coach told you to do in the first place!

Training floor respect: The training floor is a place of energy, of learning, of character development, of sweat, of tears of effort and sacrifice. Always respect it and every minute of training that has gone on it before you and after you. Bring your equipment onto the mat, leave your worries and issues at the door. Leave nothing behind when you leave. Never eat, socialize or just hang around on the mat. It is a special place to be respected and demands respect from you.

The Phoenix Fit Room is a training mat and the same respect applies.

Punctuality: Punctuality is a part of discipline. All classes start on time. Please arrive early to get ready for your class. If you are late you need to check with the coach to see if you can still do the class. Please wait at the back of the class until you get the coaches attention; do not just join in. No warm up – no train.

Membership loyalty: Phoenix has an open door policy for anyone wanting to train at Phoenix. Phoenix is very proud of our club, our coaches, our style and our members. We have a national reputation and are well known for the quality of our training, our members and our Fight Team. As we are a club, we have invested more in our facility than any other gym and employ full time dedicated coaches. We expect loyalty from our members and do not coach people who compete for other clubs unless it is arranged between coaches. Phoenix has a policy on working in the fitness, martial art or combat sports industry. If that is you, please be aware of the policy. It is a privilege to train at Phoenix and to be a member.

Anyone who coaches, works, instructs or competes with or for another club is exempt from the open door policy and must declare their interests before joining.

POLICY ON WORKING/COACHING IN THE FITNESS OR MARTIAL ART INDUSTRY OR ANYTHING RELATED TO PHOENIX SERVICES & PRODUCTS

Employment/involvement: If you work or are involved with a club/gym or are a coach that profits any way from teaching martial arts, then it is unethical to be a Phoenix member and a coach somewhere else. This includes fitness instructors who include boxing or related martial art training into their workouts and say it is just for fitness as if misrepresenting yourself and your knowledge is ok.

You are either a student here or a coach elsewhere, not both. If you work for a gym/club, or are a personal trainer, then it is important you consider any conflict of interest. We ask you to declare your position so we can discuss any conflict of interest. We have many fitness industry trainers etc at Phoenix and we understand each other because they are here for their own training and not to improve their marketability by learning our methods and skills.

Many courses in the fitness industry exist to train you for your employment. Being a member at Phoenix should be for your own self development and not for financial gain or professional development for another business. If you instruct anything where there is a cross over, (eg – boxing pad work) you could draw from your experience (methods, systems or technique) at Phoenix to enhance your own of another businesses financial gain.

In martial arts, loyalty is a core philosophy. At Phoenix, we foster a philosophy of thought and experience. We would like people to be strong enough to evaluate their training and choose the best course for them. Phoenix training is not for everyone and many people prefer, and believe in, other martial art systems and training methods; this is normal. What is consistent, is that Phoenix is not a consumer driven club or gym. We are a martial art club at our core and philosophy. Members are students first and loyalty, dedication and commitment are essential to not only your own development but the other members of the club.

If you have a role as a coach in any capacity related to any program conducted at Phoenix then you are required to declare this. Phoenix is not in the business of coaching anyone to go and profit from what we do or serve themselves. Memberships are for members and not people looking to gain skills and experience to contribute to their employment/business or coaching knowledge.

PHOENIX 'OPEN DOOR' MEMBERSHIP POLICY

Welcome to Phoenix. Phoenix is a club many people migrate to, whether to just experience, to look for more or to take their training in a different direction. This document outlines where we stand on your training with Phoenix and other martial art clubs.

Phoenix is proud of our achievements and confident in the high standard of our programs, coaches, services, classes and facilities that we have an open door policy for anyone wanting to do martial arts or fitness training. You are welcome to train at Phoenix and balance how our training best fits into your life. We are confident we will grow together. Regardless of your martial art experience or goals there is something at Phoenix that will make you a better practitioner.

There are some guidelines to this policy and there is exceptions that you should note before joining Phoenix.

- Regardless of how often you train at Phoenix you are subject to our 'code of conduct' and 'rules and regulations'.
- If you are an instructor, coach or work in the fitness or martial arts industry in any capacity you must read the policy regarding this - 'Working in Martial Arts or Fitness'. This can be summarized by saying: if you want to join Phoenix you must declare your work, role, involvement with us and we will then discuss your training options so there is no conflict of interest.
- Regardless of your experience, grade or self-importance you start at Phoenix as with any new club or style – in beginner classes. Any grading or progression is based purely on our system and standards. People with experience in the programs we conduct may be invited to higher level classes when we feel you would be comfortable in them. People from styles that differ from our programs – you are here to learn so you start at the start.

Exceptions to the open door policy

Competitors: Competition requires a level of commitment from you and your coaches and we do everything at Phoenix from a team approach. If you represent another club in competitions then you should train with them 100% unless arrangements are made between our head coach. For example – if you compete MMA and do BJJ somewhere else, you cannot do Boxing (train) at Phoenix.

If you want to represent Phoenix at competitions for any of our programs then you must be a loyal dedicated member to be in our team. You train with Phoenix as a part of our fight team 100%.

Senior Students: Any training for your development is to be discussed with your program coach. Loyalty and integrity are essential to your progression in the system.

NOTE TO PEOPLE WITH PREVIOUS EXPERIENCE

Members with previous experience

Many people come to Phoenix for a variety of reasons; some with previous experience, but most are beginners. Phoenix is great for everyone, but what is important is to enjoy your training and take your time. We are here for the long term and no one needs to prove anything in their first few classes; just see if you like the place. Regardless of experience, everyone starts in general classes before a coach can determine which classes would suit you best. Previous experience can vary considerably and does not guarantee progression to Intermediate or above classes. The Phoenix training system is to be respected and enjoyed, before any progression is recommended by a coach.

Anyone with previous experience must prove themselves to Phoenix before being advised they can do anything but beginner classes. We are not just a facility you train at to do your own thing; we are a martial art club that trains and believes in teamwork. Our philosophy is “shut up and train”. Your CV won't get you promoted or special treatment; you earn everything but most of all you have to be having fun, enjoying yourself and feeling comfortable with the club and training methods.

Moving to intermediate classes is not based on your resume but on your actual ability, at the activities we do. If you come from another club, then join in and learn something new, then we can evaluate each other with respect. Proving yourself is not required; just join in and be a team player.

Canberra is a small town and Phoenix has many people training here who have done other Martial Arts training. Phoenix has many people from interstate who arrive in Canberra having heard of Phoenix. People gravitate here for something different, something more realistic, in search of something that suits them better, something more serious in a more professional environment. Whatever your reason; start with an empty cup.

Please read our code of conduct and rules and regulations booklets. We are an organized, disciplined and strict club. We encourage a strong work ethic, team work and a respectful approach to all members. The culture may be different to your previous experience but we know it works for us.

If anyone has individual concerns or circumstances that warrant unique consideration then please discuss your circumstances with me. Communication is the key to understanding everyone's position.



CODE OF CONDUCT

PHOENIX COMBAT SPORTS CLUB PROTOCOL AND RULES

Phoenix incorporates all classes, sessions and own training that occur at Phoenix or outside the gym if Phoenix is represented in any form.

All members of Phoenix are bound to comply with this Code of Conduct. Adherence to it makes Phoenix a safe and respectful training environment for all members at all times.

Currency of membership

- All members must keep their membership fees up to date. If a member has not paid within five days of their membership falling due their membership and all the entitlements that go with it will be cancelled until their fees are paid. This includes direct debit and pay in advance memberships.
- Ensure you have the right membership for your training and if there are any changes; sort them out. See a staff member at any time to discuss your membership or your personal administration. We are here to help you and keep you training.
- All changes to your membership must be done on the appropriate form at the gym. Your administration is your responsibility; if your life changes and you can no longer train, cancelling your membership is your responsibility. If you have a pay in advance membership then it is valid until the expiration date.
- I understand that if I contravene any of the Phoenix Combat Sports rules, notices or instructions from staff, my membership may be cancelled at the discretion of Phoenix.
- Phoenix retains the right to refuse membership to any individual. Phoenix Combat Sports Club has strict rules and regulations which members must abide by.

Club membership

- No member of the Phoenix may represent the club or compete as a student of the club without the express permission of Anthony Manning or Tracy Yeomans.
- Phoenix has a policy on training at or working in the fitness or martial arts industry. Please read this if it pertains to you.
- Phoenix does not coach members who are also a concurrent member of another martial art or combat sports club after you first 3 month trial unless specific

permission is given or the member is a visitor to the club. Phoenix has a specific policy on this and related issues. Please read this if it pertains to your membership. It is unethical and inappropriate to train at more than one club/style at the same time.

Sickness or injury

- All members must advise Phoenix of any pre-existing medical conditions and/or injuries when joining Phoenix – e.g., high blood pressure, history of cardiac disorders, neck, back and/or knee injuries, diabetes, asthma, epilepsy etc.
- All members must advise Phoenix of any medical conditions, sicknesses and/or injuries that occur during the term of their membership that may have an impact on their training.
- If requested by Phoenix, members with any of the types of conditions listed above must produce a medical certificate from a GP clearly stating that they are able to participate in classes conducted by Phoenix. Any such medical certificate must state if there are any restrictions or conditions on participation.
- Members returning to training after sickness or injury must discuss their medical situation and training options with Phoenix.
- Any member who is or may be pregnant must consult their GP and discuss their training with Phoenix.
- Members must not train if they are suffering from the flu or any other viral infection that may be passed on to others.

Hygiene: Phoenix has hand sanitisers located around the gym. Please use them before every class, every visit. Combat sports and fitness are physical and every class we do involves touching something another person will use and at times, other people. Always come to training clean and if you come from work or anything else physical; have a shower before you train. Please follow the following guidelines:

- Always start a class clean. If you do back to back classes, you must have a change of clothes. Use the hand sanitisers every class.
- Have a towel in your equipment bag at all times.
- Clean your personal equipment regularly.
- If you sweat on equipment in the grunt room. Wipe it down.
- If you are sick - do not come to the gym.
- If you have any type of rash or infection – do not come to the gym.
- If you bleed, vomit or do anything else disgusting in the gym - clean up after yourself! Ask a coach where the cleaning tools are and get it done. It is all a part of what we do as is looking after yourself.

Other health issues

- Members must not attend training under the influence of alcohol or non prescribed drugs.
- A core basic of training at Phoenix is so the training has a positive influence on your life and your health. We do not condone drinking to excess for any reason or the taking of drugs for recreational or performance enhancing purposes. If any of

these activities are a part of your life choices then Phoenix reserves the right to not allow you to become or remain a member.

- Smoking is not allowed in the training area or immediately outside the gym.
- Members must pay proper attention to personal hygiene and exhibit clean grooming (e.g. trimmed and clean fingernails and toenails).
- Members who incur a cut or bleeding injury must cease training immediately and receive appropriate first aid. Any blood must be cleaned and disinfected immediately by the member. Re-joining training will be at the instructor's discretion.
- Anyone administering first aid to a member who is cut or bleeding must wear protective gloves.

Gym ethics

- Respect ALL members for their effort.
- Participate and make an effort at everything you do to improve. Work hard, train regularly and have a strong work ethic. No excuses and don't blame anyone else for any challenges you have. Your attitude and success is up to you.
- All members must be courteous and helpful to each other at all times.
- Physical contact between members who are training must be appropriate to the situation and necessary for the skill development of the members concerned and supervised by an instructor.
- Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
- Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

Safety in classes

- Each Phoenix member is responsible for a safe training environment. Accordingly, students should always comply with the instructor's directions. Concern for each other's safety should be the prime consideration when in class and when practicing.
- If any student acts in an unsafe manner, they may be expelled from Phoenix and will not be entitled to a membership refund.
- Students who do not abide by the rules and/or the instructor's instructions will be expelled from Phoenix membership.
- Training under the influence of drugs and/or alcohol is prohibited.
- Members must not wear any form of jewelry or watches during training for any COMBAT SPORTS classes. Jewelry includes any object adorning a person's, ears, ankle, toes, hand, wrist, face, nipple, neck or any other body part. This requirement supersedes any personal or religious requirements and there are no exemptions.

Equipment required for classes

- Suitable training equipment must be worn in ALL Combat Sports classes. Seek the advice from STAFF before purchasing any equipment for classes. Equipment must be of the quality suitable for the classes being attended and the purpose intended and required use.

- Phoenix coaches may refuse the use of any equipment purchased if they are not of suitable standard or quality for the use required. Shin guards and gloves are NOT all the same and just calling them Boxing gloves does not make them suitable. Before you spend any money – spend it wisely! Many brands exist that are not suitable for real Boxing or Muay Thai and are unsafe.
- Easy wraps are banned. Wear correct wraps to protect your hands.
- Appropriate training equipment is required and each member must own their own equipment for the level they are graded to. Members should not share equipment.
- New members may borrow gloves for up to 1 month – buy your own gear as soon as possible! If gloves are borrowed from the club, latex/cloth gloves must be worn underneath.
- A mouth guard is required for all combat sports classes.

Training etiquette

- Students must abide by the Phoenix Combat Sports Club Code of Conduct and the instructor's instructions at all times. Failure to do so may result in membership suspension or expulsion.
- Any member who brings disrepute to the Phoenix Combat Sports Club name or brand may have their membership cancelled.
- Any member that engages in illegal activity which can be recognized by criminal charges may have their membership cancelled. Anyone with offences involving violence or illegal drugs will have their memberships cancelled.
- Any member who is a member of any outlaw/illegal group will have their membership cancelled.
- Any member, who, in training, exhibits behaviour that, in the judgment of the instructor, is a danger to other participants, shall not be allowed to continue training until the instructor determines the danger is no longer present.
- All members must maintain self-control at all times and take due care in the application of technique(s).
- Students should respect each other and their varying levels of ability.
- Members must be punctual and ready to train when class commences. No warm up, no train. Anyone late to class must seek the coaches' permission before joining the class.
- Persons must not chew gum while training.
- Head dress cannot be worn when training.
- Food must not be consumed while in the training area.
- Mobile phones must be turned off during training. (Any person who is "on-call" for work may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone on.)

Clothing

Wear appropriate sport specific clothing to all classes you attend. Phoenix is a combat sports gym. Look the part and be respectful to your training partners. Have a towel, have a clean shirt for when you sweat and always train in clothes! Look at the Level 1 and above classes as they are setting an example. No cargo pants, revealing clothing, zippers, belts, buttons, offensive slogans, jeans, pockets, buckles etc. Work out - don't dress up.

Approved clothing and training gear:

- For Muay Thai, the uniform is a Phoenix T-shirt with Muay Thai shorts.
- For adult members T-shirts, singlets, crop top or muscle tops are acceptable. No training is conducted with your 'shirt off' or in head dress of any type.
- ALL BJJ classes are in a Gi unless otherwise stated.
- No clothing with offensive logos or words may be worn at the Phoenix.
- For Muay Thai, Boxing or MMA, tights or skins type clothing can be worn UNDER Muay Thai/MMA shorts but NOT as pants themselves.

Shoes

COMBAT SPORTS: Muay Thai and all children classes – NO SHOES. Wrestling and boxing classes can wear sport specific shoes that HAVE NEVER been worn outside the gym (i.e. - you bring them to the gym and put them on in the gear area before you train and then you take them off after class and put them in your bag. If this is too hard – don't wear them.). BJJ – NO SHOES.

GRUNT: Sporting shoes ONLY. Shoes must be worn, but they must be runners or cross trainers.

Sparring requirements

- Each student should acknowledge their partner/opponent both prior to and at the conclusion of sparring by touching gloves. This is as an expression of appreciation and thanks.
- Graded badges are to be worn on shorts in ALL sparring classes.
- Persons participating in any sparring activities must have the approval of a senior coach at Phoenix.
- Persons participating in sparring must own and wear their own protective equipment - mouth guard, heavy-duty shin pads, boxing gloves, head guards, groin guards (men). Chest guards and ovary protectors are optional for females.
- Tip tap and rhythm sparring may be done under the supervision of a qualified Phoenix coach. Only members graded as intermediate and/or above may participate in this type of training. Level one and above students may practice light sparring if permission is given from a Phoenix Coach.
- Full contact and/or competition type sparring may only take place under the supervision of a senior Phoenix coach.

Grading conditions

- The opportunity to grade in line with the Phoenix Combat Sports Club curriculum occurs at scheduled grading days. Grading is subject to the assessment and final decision of a senior Phoenix coach and may occur in routine classes or on set grading days.
- Grading fees must be paid when you grade as per your invoice.
- All students participating in a grading must wear their current graded badge on their club shorts.
- In assessing a person's readiness to grade, an instructor will take into consideration factors such as consistency of attendance, attitude, ability, focus and

attention during training sessions, as well as a person's knowledge of the curriculum and attitude to training and other people.

- Phoenix reserves the right to revoke the grading of any person who breaches this Code of Conduct.

Coaching

- Any person wishing to coach any elements of Phoenix must get permission from Anthony Manning prior to conducting any coaching whether it be to another Phoenix member or otherwise.
- Coaching or representing Phoenix outside of the gym or to a non-member may only be done with the express written permission of Anthony Manning and this will only be provided after that person has achieved the standards and completed the tests as outlined in the coaching standards and requirements manual for Phoenix coaches.
- Phoenix training methods, techniques and systems are copyright and owned by Anthony Manning. They must not be used in full or in part without prior written permission.

PHOENIX BJJ/WRESTLING/MMA CLUB – HYGIENE & TRAINING

Hygiene

- A clean Gi must to be worn to ALL BJJ classes.
- A rash vest and MMA shorts must be worn in ALL wrestling/MMA classes.
- You must have clean hands prior to every class. Hand sanitisers are provided throughout the gym.
- Ensure your toe and finger nails are cut short and are not sharp, every lesson.
- You are not able to train with any type of surface rash on your skin. A doctors' certificate must be provided to confirm you are able to train in classes again.
- No self-diagnosis – you must see a doctor. Do not post results on Face Book!

Training

- Every member of the class is responsible for the safety of him/herself and of each other. This includes responsible control when training in drills or free grappling.
- A mouthguard **must** be worn in ALL classes.
- If any training is done in the cage, be responsible for checking the gate is secured and the padding is correctly positioned.
- If training in a ring, be responsible for staying in the ring and keeping your opponent inside the ring.
- Be responsible for ensuring that the environment you are training in is free from obstacles.
- A groin guard/cup (males) must be worn when free wrestling and in classes.

PHOENIX FIT – SAFE LIFTING PROCEDURES & GRUNT ROOM ETIQUETTE

Phoenix is a club that encourages development and correct training methods and techniques. All training should be done under instruction following a coordinated program. We highly recommend you do a PT session to learn correct form and technique. You should get a professional program to ensure you achieve your goals. All strength and conditioning training should be conducted within your limits and abilities.

Safety and rules in ‘THE PHOENIX FIT ROOM’

- No children under the age of 18 are allowed in the Phoenix Fit room without completing a ½ hour certification course.
- The Phoenix Fit room is for working out only.
- Members must follow their own training schedule and train within their limits.
- Weights/equipment must be put where they belong when members have finished using them.
- All members must use a towel in the Phoenix Fit room
- Only use the equipment for what it is intended.
- Appropriate, comfortable clothing and shoes are to be worn at all times.
- No food in the Phoenix Fit Room.
- All members should help and respect others.
- Members should feel free to ask for assistance at any time.
- Wear shoes when whenever you are lifting weights.
- Clean your hands before using the gym and any equipment.
- Always use a towel.
- Have good hygiene, bring a spare shirt and use deodorant.
- Wipe down equipment after use.
- Put equipment back to its correct spot after use.
- Be respectful to others and to the equipment.
- Please be patient when classes are being run as some of the equipment may not be in use and not available for your use.
- Share the equipment.

Signed - Anthony Manning – Director:

Date: