



MEMBER'S WITH PREVIOUS EXPERIENCE POLICY

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 to get to know how the gym runs. 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 beginner classes before a coach can determine which classes would suit 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 get you special treatment; you earn everything but most of all you must 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 organised, 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/gym, 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.