



MEMBERSHIP INFORMATION PACK

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WELCOME TO PHOENIX

www.phoenixgym.com.au

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This booklet has been put together to inform new members about Phoenix Combat Sports Club. Please read it and hopefully it will assist you getting the most out of your membership and an understanding how Phoenix can work for you. The booklet will give you a good understanding of our training philosophy and vision.

Everyone at Phoenix is here to train and the club is an important part of their lives. Their training gives them a purpose, a challenge, a break from life and great skills. Phoenix is about retaining members and developing them. What we do works. You will start benefiting immediately. If you have any questions, at any time, just ask. Every staff member and coach has been a part of the gym for many years and will assist you in any way we can to get the most out of your membership.

PHOENIX COMBAT SPORTS CLUB incorporates Phoenix Muay Thai, Boxing and fitness training (Phoenix Fit).

Membership includes ALL programs. What you do with your membership is up to you. You can use your membership for any program; doing as much in one as you like or a little bit of everything if you prefer. We are not a collection of clubs at one facility; we are one club with one vision. Everything at Phoenix is professional, programmed, organised, disciplined and delivered with passion and experience.

Phoenix Combat Sports has been operating since 1996 and is a very unique gym. Phoenix is built on a group of like-minded people who like to enjoy honest hard training, training that works and training that gets results. It is a no-nonsense place to train where effectiveness is more important than how you look. The martial art programs at Phoenix are tried and tested effective self defence and fighting systems. Phoenix is a 'Shut Up and Train Gym', with no excuses and no egos. We are a club first and a team that works together. Training is safe, controlled and challenging, whether you want to just get fit, learn a skill, learn self defence or train to compete, Phoenix has the system that works.

The Phoenix Fit program is functional fitness that is practical, simple and works. Members enjoy an honest, hard work out in an environment different to the main stream fitness industry. Our fitness programs are the best kept secrets in Canberra. Most people think we only do Combat Sports, but many people train at Phoenix just for fitness. The environment is different to the glossy franchised gyms and everyone that trains here, is here to train. Many like-minded hard-working people are here to work and here to have a break from life. Everyone leaves with nothing left in the tank and feeling better about themselves and life.

PERSONAL TRAINING

If you would like a personal training package, talk to one of the instructors about individual training and development. Phoenix has affordable personal training packages in a wide range of options – including Muaythai, Boxing & fitness. 1 – 1 training is also available at a time to suit you if you prefer 1 – 1 attention, you have limited time availability, specific goals or don't like to share!

YOUR MEMBERSHIP

Phoenix memberships start with a 6-month package. This will enable you to develop the habits and discipline you need to get fit and healthy and achieve the goals you wanted to achieve when you joined the gym. The initial package will give you enough time to be comfortable at the gym, get positive life style habits and will give you enough time to be competent at our main programs. Everything we do is developmental, and your regular commitment is the way to get the most out of it. We are a results-based gym but that only works when you turn up.

Motivation got you into the gym but what will keep you going and not only achieving your goals but getting fitter and more skilled is action, discipline and the effort required to be here when the motivation declines, or it is cold or hot or you just forgot how much you wanted it. You are responsible for your achievements, but we will help you and lead you alone the way.

Every new activity takes time to learn and time to develop. Sometimes the start is the most exciting but often with fitness activities it can also be the hardest. You can be too sore and tired, and motivation can fade. We will work through this together. You must remember to start slowly, training regularly and build up to it. Fitness works when you develop without overdoing it, without injury and consistently. Your first 6 months is the time to build up, you will get results but give it time and it will work if you stick with it.

Results only happen if you take a long-term view of your training and your membership.

Your membership is your first step to achieving your goals. Just make sure you use it, keep it and stay a part of the gym for many years, to achieve the results you want or just to have fun and be a part of a great club.

Health and financial advice: We recommend that every member seeks independent professional advice relating to their health and fitness and the training they are electing to do at Phoenix. All activities in life come with a level of risk. Health and fitness training, combat sports and anything you do physically may result in injury. We advise you to seek financial advice regarding your insurance needs, income protection and health insurance. If anything in your life was to inhibit your ability to earn income or affect your health, we want to make sure you have the appropriate mitigation plans in place. Phoenix does not insure you for participating in the club programs and all related aspects are your responsibility.

PHILOSOPHIES OF PHOENIX

- To NEVER EVER be a victim.
- Have the diligence to work hard to develop your mind and body.
- Have the self-discipline to aim for goals and the persistence to achieve them.
- Have the wisdom to use your skills only for self defence, the protection of others and to face your own challenges and develop your character.
- Have the self-belief to keep a positive focus in all situations and the flexibility to adapt for positive outcomes.
- Have the courage to take full responsibility for your actions and the confidence and strength of character to do what you know to be right.
- Be honest with yourself and others and don't externalize blame.
- Respect others and know when to show compassion.
- Have the confidence to follow your dreams and make your own path in life.
- Have the patience to enjoy life's rewards and never take what you have for granted.
- Have pride in your achievements and stand tall in the face of all challenges.
- Pain is temporary. Pride lasts forever.
- Never confuse comfort with happiness.
- That talent is just the ability to work hard for something.
- No excuses and don't blame anyone else for any challenges you have.
- Your attitude and success are up to you.
- Shut up and train!

OUTLINE OF PHOENIX PROGRAMS

The Phoenix Fit room

The Phoenix Fit room is set up to be a strength and conditioning training room. Simply put, a place to come and get fitter, faster, stronger and tougher. The Phoenix Fit room is your gym, better than a home gym, not like a big commercial gym. We have a fitness room for athletic development with the emphasis on free weights, so you must learn the skills and technique required for it to be effective, with expert staff and high-quality equipment for you to enjoy getting fit.

If you are a serious athlete, or sports person, then the Phoenix Fit room has just the right equipment and atmosphere for you to train to achieve your goals. Get stronger and more powerful by training hard and smart with a specific program to benefit you and your sporting performance.

If you just want to get fit and develop easy, Phoenix is the right place because we will have people just like you and people around you to motivate you and inspire you.

Phoenix Fit classes incorporate a complete workout that trains you to be fitter, faster, stronger and tougher. It is either a stand- alone fitness and conditioning regime or an extra session to improve your fitness for combat sports. It is unique, developmental, great fun and always challenging.

Outline of Phoenix Muay Thai and Boxing

If you have joined Phoenix you will be exposed to a wide variety of new activities during sessions: including warm ups, skill development and fitness development. Your first lesson is to learn how we train and how the classes are formatted and structured. After this first easy step, your skill and fitness will improve, and you will feel comfortable training at Phoenix. It is always a steep learning curve trying something new, but you will learn fast and start enjoying the benefits of our training very quickly. It is a good idea to look at your first few months as a beginner course to give you time to learn and develop the basics.

It will still take a few months of training to really notice improvement and be competent at your new skills, but this whole process is new, exciting and challenging. You have taken the hardest step in developing fitness and skill – you have started!

PHOENIX VISION

MUAY THAI, BOXING & PHOENIX FIT

FITTER FASTER STRONGER TOUGHER

Phoenix is a specialty gym. We teach Phoenix Muay Thai, Boxing and Phoenix Fit, all combined and enhanced by effective and dynamic fitness development and conditioning. Everything we do is for a purpose, results driven and optimised by our branding:

‘100% Tested on Humans®’

Phoenix training is different. We do not fit neatly in either the Fitness or Martial Art Industries. That is because we are not an ‘industry’, or a factory. We deal with real people and get real results with real training. We keep members, we make them work outside their comfort zones and train hard! We don’t have customers. We have members, students, friends and they love it! Phoenix builds connections and relationships, so you can develop the training habits you need to be healthy for life.

Phoenix trains ‘old school’ effective fitness exercises that have been validated through the latest scientific research. Our result driven system proves they work. We are not driven by glossy marketing promises. We are not a trend and there is no techno, no lycra and no gimmicks. We do what we say we do, and it works. We respect people for who they are, what they do and what they have achieved. We train the way we do because we believe it is the best way to train. We believe this because we are constantly testing what we do, improving it and delivering the most effective training you can get. We are unique and effective and not constrained by any franchise system or mass-produced products.

It is not what we do that separates us from everyone else. It is why we do it. We are dedicated and passionate about it and every Phoenix coach is a full time professional dedicated to club and the delivery of our system.

All our memberships are partnerships between our members and the coaches. If you want to achieve your goals you have to earn them, you must work at them. At Phoenix you must do what your coach tells you, to achieve your goals. Leave your excuses and ego at the door. It is not about looking good, image, uniforms, levels, belts or untested theories. It is about being PROUD, taking a challenge and achieving something for yourself. It is about being a participant in life and not a spectator.

Traditionally, Boxing, Muay Thai, Kickboxing and Wrestling gyms trained fighters; fighters that fight to live, to eat and to have honour. The training was result driven, tough and what worked was absorbed regardless of how it looked or how much fun it was. Over time these exercises have been refined, better understood, researched and coaching and delivery standards have improved. At Phoenix we teach effective techniques via modern methods, but the core stays the same – you have to train hard! Talk less, train more.

Muay Thai and Boxing are still some of the toughest sports in the world and combined with REAL 'Martial' Arts are extraordinary methods of development of physical performance and character development. Our fitness ethos is based on these attributes and that is why we have a fitness grading system for you to test yourself against.

The difference now is anyone can give them a go. You can try the fitness industry for a watered down, soft, mass produced, abbreviated version; you could try most modern martial arts and see what has been lost and modified into safe, politically correct, rote learned, ego and movie driven stylistic versions, or you can join PHOENIX! We believe in the honour, the tradition, the results and the truth of 'martial' arts combined with the best of modern sport science and advances in safe exercise principles.

In a world of few real challenges, with most things being politically correct, safe, soft, and image driven; people need an outlet, a personal test. They want character, spirit, something real. They want to be somebody more than their mediocre world allows. They want to be unique, to be different and not just accept what is given to them by 'mainstream' media and information sources.

Combat sports are about self-respect, self-development and personal pride. At Phoenix we understand this. We live it and can share it with you. The challenge never stops.

At Phoenix we can get anyone fitter, faster, stronger and tougher. Our martial arts, fitness, strength and conditioning training are functional, practical, fun and challenging. It is driven by our history of being a result based, sports focused success orientated training gym. We give our members challenging and interesting activities to engage them and they include intellectual and personal challenges to develop them. Over time we increase the intensity, load and challenges but the same demanding and successful principles remain. We adapt and change our system to ensure it develops and the improvements and lessons are passed on to you.

For members, Phoenix is more than a gym. It is an integral part of their lives. It is an essential part of who they are.

WELCOME TO THE CLUB



PHOENIX TRAINING PROGRAM AND CURRICULUM

Most people that start at Phoenix just want to give it a go with no long-term goals or expectations. We have a lot to offer and specialised classes that are far more interesting and challenging than what you will find anywhere. Everything is based on a deliberate training program regardless of your selection of classes. Our obligation is to organise and plan each class for you, so you can turn up and enjoy yourself. Our class plans are based on a training program that is designed over a 12 months period and then broken down into monthly, weekly and daily training plans. If you train regularly you will find the program working and you will feel the results in your life. Leave the detail to us and just turn up regularly, you won't do the same class twice. Every session will follow a format you will become familiar with, but no two classes will be the same. You will practice the fundamentals in many ways and develop your basic skill and fitness whilst always learning more and developing new skills.

For those that want to measure their progress we have a grading system for Fitness, Muay Thai and Boxing. The grading system is displayed on posters in the gym.

You will soon realise that following a curriculum is a great way to set goals, monitor your improvement and give you something to focus your training on. We believe that to really get the most out of your exercise you need to have an intellectual component that stimulates you to learn and improve, so you can stick with it. Sticking with it is the key to getting and staying fit, weight loss, fitness development, stress release, toning up and many of the other reasons people have for training. The curriculum provides a medium for you to maintain your training and really get the full benefit out of your membership.

Phoenix is well grounded in high quality technique and application. You will learn skills that will enable you to defend yourself against an angry attacker or to train effectively with someone from any martial art style. We teach good people no-nonsense, effective martial arts in a safe and modern environment. We have built a solid reputation in Australia due to the quality of our competitors, coaches and training methods. We have been operating in the ACT since 1996 and regardless of your goals you can be confident you are a part of proven system.

You can now be a part of a successful training system and enjoy the dynamics of the fun and challenging way we train and develop your skill and fitness. You will be privileged to train in Canberra's premier full time Combat Sports Gym, purpose built for your training under the guidance of full-time experienced coaches, competitors and others that started this process just like you.

All our sessions are well planned and coordinated to ensure the maximum benefit to you. We do this by detailed planning and long experience at getting every one of our students as good as they can be. We train on a monthly program that covers all the beginner skills for Muay Thai, offensive skills, defences, partner work and basics etc. You should be confident that you are participating in a very well-developed training program that is competency based, developed on adult learning principles and the most modern and

effective fitness training. Our system is tested and evaluated constantly for quality assurance and to ensure we are the best at what we do.

HOW WILL YOU GET THE MOST BENEFIT FROM JOINING PHOENIX?

By making a commitment to the person who counts most – you!

If you want to get fitter, stronger, learn or fulfill those dreams and desires that made you call us in the first place, we need to be honest about something. It is going to be a lot of fun, but it won't always be easy. To really learn and progress, you need to persist. It seems difficult at the start, but it gets easier and you will start feeling results quickly and enjoy your training even more.

The atmosphere at Phoenix is one of results. People come here to train. A fun and relaxed atmosphere will assist you enjoy your training experience. Everyone is supportive and knows how hard it is to stay motivated. Coaches help you get results and our current members will assist and encourage you. Stay focused on your goals and persist until training is a positive habit.

The coaches are not here to be your friend or fill you with compliments. They are here to develop your training habits, to push you, to lead you, to inspire you and to encourage you, to make you cry and to see you succeed. Phoenix coaches will lead you every step of the way but really, the results are up to you. We will toughen you up and provide everything you need, that's why there are no excuses. Your actions will determine your own success.

Phoenix Muay Thai and Boxing are a simple effective martial art system that is without equal. You are learning a system that has been tested and improved for over 20 years and really works for your fitness, development and self-defence. It is built on foundations of training hundreds of years old that have always been focused on doing what works, developing to keep pace with the real world and utilising the latest scientific methods to develop your skills and fitness. To get the most benefit you need to stick with training for as long as you can. Those who have been around the gym for a while incorporate training into their lifestyle. It is a part of their routine and it can be for you too. Incorporating our training into your lifestyle will always be rewarding and you will be better for it.

At Phoenix we don't believe in the get fit quick schemes because that's all marketing bull--t. You must develop training as part of your daily habits. Phoenix training is one of the best mediums for this because you are learning a skill that incorporates your intellect and your physical development that can take your entire life to master. Every day you will learn something new and face a greater challenge. Martial Arts have lasted for thousands of years because it works at developing the mind and body and improving your life. You are doing a great thing for yourself. Our programs suit people that like to work hard to achieve things regardless of age, size or sex.

Things do come up that may keep you away from training for a while, in the long run, these short-term things are not important. Just keep coming back. If you are losing interest in your program, talk to the instructor because it's in your best interest to not give up. Try a different program if you are not motivated but you should never practice the habit of quitting! Long term development requires consistency. One class a week for 10 years is better than 5 a week for one month.

Motivation is over-rated, at times you will need discipline and just action to keep going. Everything comes in phases so don't let something as fickle as motivation determine your success. Success and satisfaction will come from discipline and struggle not compliments and short-term rewards.

When it's too cold, too hot or you're too tired, remember how good you feel after a class. You must come, you must stick out the morning pain, the lethargy and get to training because you joined for a reason and that reason is still important. We hope your association with Phoenix is positive and worthwhile.

100% TESTED ON HUMANS®

FREQUENTLY ASKED QUESTIONS

➤ What do I wear? We have a dress code.

Loose fitting shorts and a T-shirt is recommended. Look around and see what everyone else is wearing. It is best to get some Muay Thai shorts, a club T-shirt or muscle top as soon as possible. Pants with zippers, buckles, belts, buttons or pockets are not acceptable, as are shirts or jumpers with buttons or zippers. When doing Muay Thai you do not wear shoes. You can wear shoes in Boxing if they are sport specific shoes if they have never been worn outside. In the weight room you **MUST** wear practical shoes for the sport and exercise you are doing.

No jewellery in any Muay Thai or Boxing classes.

➤ How do I get 24-hour access?

To get 24hr access you need to complete an application. Do an interview and be approved. Phoenix is not an impersonal swipe card gym, so we must know who you are. You must be a member who follows the rules when no one is looking, is safe and technical capable of training by themselves. You must be someone that respects the club as if it is their own home. To train in non-staffed hours, we must trust you and you must be able to use the equipment, do the exercises and train safely. You must be fit and healthy enough to work out alone.

➤ What equipment do I need?

When you first join we will lend you some gloves to train in. We will give you one pair of cloth gloves that you **MUST** wear under our gloves, if you lose or forget your cloth buy them at the counter.

Your first purchase should be suitable gloves for the classes you are doing. See a coach for advice. We sell all the equipment you need. We only sell high quality, tested and proven equipment that is suitable for your training. You need to get your own equipment as soon as you can, not only for function, but for hygiene reasons as well. You wouldn't borrow someone else's shoes to run in or undies to wear, so keep the time you borrow our gloves to a minimum. We minimise the hygiene risk with gloves, but it is not the preferred option as sweat and nasty diseases can still be shared and it is not comfortable wearing old sweaty gear. Keep your diseases to yourself – get your own gear.

➤ **How often should I train?**

You should train at least twice a week to develop the required motor skills and fitness level. More often is a bonus. 3 times a week is the average and our recommendation. You should work hard at getting in a regular habit of training consistently. Look at the long term, once a week for a year is better than five times a week for a month. This can also depend on what other activity you do. I believe if you want results you need to do at least 150 minutes a week of cardio to really get developmental results and benefit from the training.

The first few weeks are the toughest, stick with it. It is the time for forming habits and discipline not quick results.

➤ **How do I progress?**

You train. You train regularly and get into it. You will get better. The start is always the hardest part. Form the habit now and get the benefits in the future. You will get fitter, faster, stronger and tougher, but you need to persist. You learn fast at the start, but it will take a few months to feel development. Then you need to develop from knowing something to owning it and being able to do it. You will feel the results and one day, look around at the new people and you will remember how far you have come.

We have a grading system for our Martial Arts programs and when you are ready you can come to a seminar or grading and be rewarded for your efforts and achievements by progressing to a higher-level class if that is what you drives you. The first level for Muay Thai and Boxing is TTFU. This level allows you to come to development to Level 1 classes. You grade to Level 1 when you are ready and depending on ability, attitude, training habits and that you have your own gear.

For more information on the training program or grading system, ask a coach. The grading system is displayed in the gym. Badges and graded tops are awarded to people who grade. The badges go on your shorts and are required for sparring classes.

➤ **What sessions can I attend?**

You need to attend the right classes for your level. All members can do beginner classes and all level classes. All memberships include ALL programs. How often you train is based on your membership category. 1 session is one class or one own workout. A class then doing your own 'workout' is 2 sessions!

➤ **What do I have to sign in for?**

Every time you come to the gym you are required to sign in. You MUST select which class you are going to do on your visit. You can make more than one selection. You can even change your mind if you decide to stay for two classes and come down and sign in for a second one. If you decide to stay and do your own workout, you MUST sign in for 'own workout' on the computer. The computer screen will tell you your average, so you can keep track of how often you are training.

If you need assistance with the sign in computer, just ask.

NOTE TO PEOPLE 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 Level 1 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 a club for you to use for your own purposes or selfish goals, we are team. Just shut up and train. 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.

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.

EQUIPMENT REQUIRED FOR PHOENIX COMBAT SPORT CLASSES

If you need any gear for training, please support your club first. Purchasing equipment from Phoenix helps the club operate. It keeps the training fees down! We guarantee we have the best prices available and excellent equipment that we recommend and stand behind. If there is something we don't have we will try and get it for you. We will ensure you get the right equipment for your training and expert advice. If you prefer to get your gear from a large corporate franchise and risk getting substandard over marketed equipment made by child labor in a 3rd world country and not support your own club and local business, that is up to you.

- Suitable training equipment must be worn in ALL Combat Sports Classes. 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. If gloves are borrowed from the club, latex/cloth gloves must be worn underneath.
- A mouth guard is compulsory for all combat sports classes.

BEGINNER	Muay Thai	<p>Compulsory:</p> <ul style="list-style-type: none"> • Partner work gloves, wraps & mouthguard <p>16oz - 70 kgs plus 14oz - 60 – 70 kgs 12oz - 60 kgs or less (NB: If you are planning on sparring, you are not allowed to spar in 12oz gloves)</p> <p>Not compulsory until intermediate level, but recommended:</p> <ul style="list-style-type: none"> • 8oz or 10oz gloves for bag work or Thai pads • Shinguards – highly recommended and required to grade or to be able to do checking and body kick drills in class • Appropriate shorts and t’shirt/singlet
	Boxing	<p>Compulsory:</p> <ul style="list-style-type: none"> • Partner work gloves, wraps & mouthguard <p>16oz - 70 kgs plus 14oz - 60 – 70 kgs 12oz - 60 kgs or less (NB: If you are planning on sparring, you are not allowed to spar in 12oz gloves)</p> <p>Appropriate shorts and t’shirt/singlet</p>
NB: Ovary / chest protectors are recommended for females for sparring, but are not compulsory		

PHOENIX COMBAT SPORTS GYM - WHAT PHOENIX IS NOT!

Phoenix is not a modern franchise of martial arts or a fitness industry tokenised product, a place for ego's and macho development or your movie watching video game playing wanna be super hero black belt wearing ninja movie star kung fu master certificate giving 12 year old black belt wearing mind melding death touch using money taking fancy kicking one punch doing, bought the shorts got the tap out shirt did a two week course in Thailand, meet a Gracie did a seminar with Bruce Lee, got a black belt in three styles trained in the backyard with the secret klingon special forces who cloned Krav Maga with Spetnez after visiting an army base in a CIA t'shirt, first time released to the public course and have a friend who is a world champ who taught me in the back yard after receiving his 18th dan from a 27 year old master who once won a non-contact forms demonstration world championship held in Queanbeyan, against a guy from Greece (who has lived in Charnwood for 12 years), come to train in your gym for the benefit of everyone already there so I can just join into any class and jump straight into competing as a professional because I memorised every word of Monkey Magic and own every issue of Black Belt magazine since Karate was invented and I actually believe that doing non-contact martial arts in a pyjama outfit and winning a competition at point sparring makes me a martial artist and as tough as the karate kid and although I am a nerd I can be like Darth Vader and Harry Potter because they started out as nerds but did a Jedi course in fighting magic and I can measure the quality of a martial Art school by the amount of black belt wearing unfit people teaching the classes to copy each other and perform memorised movements in choreographed scenes because if I ever get the chance to audition for an extra in karate Kid 12 I will have a shot because I have 14 certificate's and payed to grade every month to finish my black belt course in 12 months and signed up 24 other gullible people to my Amway Kmart karate system that sounded more authentic when we count in Korean, have Japanese characters and a fancy name that I got from the local Chinese restaurant waiting for my noodles reading the I-Ching to add a philosophy degree to my deadly fighting skills type of person, who has visited the Shaolin Temple and learnt the true forgotten art by osmosis and believe that all my potent chi power will save my life in a real fight because I read the encyclopaedia of martial arts and have UFC on play station, so I know what to do in every fight and as I comment about it on face book and sports blitz I must be an expert and are not phased by the fact that my only experience with anything resembling contact sport is the contact I have with myself.

