

# PHOENIX

## Muay Thai & Kickboxing Club



## MEMBERSHIP INFORMATION PACK

### IMPORTANT THINGS ABOUT PHOENIX YOU SHOULD READ

#### INCLUDES:

- Welcome to Phoenix.
- Outline of Phoenix programs.
- Overview of the Phoenix training program & curriculum.
- How to get the most out of your Phoenix membership.
- Frequently asked questions and equipment required list.
- Note to people with previous experience.
- Required equipment list.
- Rules and regulations.
- WHAT PHOENIX IS NOT!
- The Phoenix vision.
- Philosophies of Phoenix.

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# WELCOME TO PHOENIX

[www.muaythaibyphoenix.com.au](http://www.muaythaibyphoenix.com.au)

**LIKE US ON FACE BOOK**

[www.facebook.com/phoenixcombatsportsgym](http://www.facebook.com/phoenixcombatsportsgym)

**& JOIN the Phoenix Members Page**

This booklet has been put together to inform new members about Phoenix. Please read it and hopefully it will assist you in getting the most out of your membership and an understanding of how Phoenix can work for you.

You are starting a journey. Your training will be challenging for the first month as you get comfortable coming to Phoenix and adjust your life to the routine and discipline required. It will take about 3 months to build a base foundation of skill and fitness. After this initial period, training will always be hard, but you should have the habit of turning up and will start to feel more confident with your skills. What we do works, and 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 they can.

Join the Phoenix Members Page as it is our private members group and will keep you up to date on all upcoming events and activities. We also send newsletter out so check your email.

Phoenix has been operating since 1996 and is a unique club. Phoenix is built on a group of like-minded people who enjoy honest, hard training, which works and 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 always programmed, organised and classes are disciplined. Many like-minded hard-working people are here to work and here to have a break from their life. Everyone leaves with nothing left in the tank and feeling better about themselves.

## **YOUR MEMBERSHIP**

All memberships are a subscription to be a member of the club. To be a member you will pay a fortnightly direct debit on an ongoing basis. This subscription is payable every fortnight whether you train or not and even during any breaks you have yourself via holidays or sickness and over short close times like Easter and Xmas/new year's.

Some kid's classes (3:45pm time slot) do not run over School Holidays however the fees are still payable. This and the adults' payments are amortised over the year to include life.

**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. 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. All related aspects are your individual responsibility.

## **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. We follow a grading system that is designed to develop your skills and conditioning in incrementally challenging steps. The grading system has stringent standards, and every level is progressive and offers increasing challenges and expectations of competence. There is a Junior (The Warrior program) and Adult grading system.

Our obligation is to organise and plan every 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-month period and then broken down into monthly, weekly, and daily training plans. You are expected to train regularly, at least 3 times a week. You will find the program working and you will feel the results in your life quickly. 80% of success is just turning up. Every session will follow a format you will become familiar with, but no two classes will be the same.

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 just to train to be proud of yourself. We teach 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 a 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.

## **HOW TO GET THE MOST FROM JOINING PHOENIX?**

If you want to get fitter, faster, stronger, tougher and learn or fulfill those dreams that made you call us in the first place, we need to be honest about something. It will be hard, it will take discipline and you have to turn up regardless of how you feel. You will notice improvement, but you will also face challenges. To really learn and progress, you need to persist. **Nothing worthwhile ever came from something easy.**

The atmosphere at Phoenix is one of results. People come here to train. 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.

**DISCIPLINE IS THE KEY.**

**Phoenix Freestyle Muay Thai and Kickboxing** is simple, effective martial art system. You are learning a system that has been tested and improved for over 25 years and really works for your fitness, development, and self-defence.

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.

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 not to give up. You should never practice the habit of quitting! Training is like compound interest. Phoenix is also something you do that is not a water slide, a hobby, it is a lifestyle and means there will be times that training is a challenge.

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 always important.

## **FREQUENTLY ASKED QUESTIONS**

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

Muay Thai shorts and Phoenix singlet/T-shirt. Look around and see what everyone else is wearing. 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.

No jewelry in any Muay Thai. NO exceptions. None, nadda, zip. Think about this BEFORE you get your face pierced!

### ➤ ***What equipment do I need?***

You will be lent gear for your trial but then you must purchase a starter pack to join. For all classes you need a towel and water bottle.

### ➤ ***How often should I train? As much as possible!***

Adults are expected to train 3 times a week and start extra aerobic training in the morning or when you are not at Phoenix. Juniors are expected to train 2 times per week and start aerobic work and do another sport.

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 improve. 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.

The grading system is designed to reward you when you reach new benchmarks. It is not easy and takes anywhere from 6-12 months to earn Level 1 and progress to Intermediate training.

➤ ***What sessions can I attend?***

Check the timetable. Classes are labelled, Beginner, All level, everyone etc.

➤ ***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.

## **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 (beginner) 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. Please talk to Anthony if you have experience and want to discuss your change of clubs or to Muay Thai.

Muay Thai is far more effective, physical, partner orientated and has a specific 'style' than most martial arts. Other martial grades are rarely relevant or transferable, especially kids gradings. It is best to think of joining Phoenix as doing a completely different sport and learning again. There is no point coming to Phoenix to show us your great 'Take Ones Do' skills. Be an empty vessel, half full and adapt and learn.

## **EQUIPMENT REQUIRED FOR PHOENIX**

You will get a starter pack when you join. If you have your own gear, we need to determine if it is suitable first.

- A mouth guard and towel are compulsory for all combat sports classes.
- Easy wraps are banned as they are useless and gimmicky. Wear correct wraps to protect your hands and learn to wrap your hands correctly.
- Males should get a groin guard as soon as they join as they are not in the packs.
- Head Gear is needed to begin sparring. No sparring without head gear!

## **RULES & REGULATIONS**

- Safety is paramount. Look after yourself and others.
- Be responsible for your own administration, read the conditions of membership and other relevant documentation provided.
- Arrive early for class so you can start on time. No warmup, no train.
- Use a towel for every class.
- No jewelry for any classes. No adornments of any material are allowed.
- No hats or head dress in any classes.
- Do not use your phones in Phoenix. Keep them in your bag and OFF.
- Wash your hands before every class.
- Always start a class in clean clothing with a clean body.
- If you have any infections or sickness – do not come to Phoenix.
- Wear appropriate clothing suitable for the class. Follow the dress code.
- Use suitable approved equipment for all classes.
- No one is to train if they are under the influence of alcohol.
- Members are not allowed to take recreational or performance enhancing drugs. Legal or not, it is unhealthy.
- No offensive clothing is to be worn.
- No offensive language is allowed inside the club.
- Respect every member for their training efforts.
- Phoenix has the right to refuse or cancel membership for any breach of the rules and regulations.
- Fingernails and toenails are required to be kept smooth and short.
- No leaving a class unless the instructor is advised.
- All knowledge received is for self defence, protection of others or for the competition arena only.
- Once the class has started, there is no unnecessary talking.
- Phoenix is a secular club. Your beliefs are yours and are to be kept separate from training.
- No marketing sales schemes at Phoenix or directed to Phoenix members. Keep your AmyWay, Juicy Plus, scientology to yourself.
- If you earn an income teaching/coaching/instructing anything like or like the classes conducted at Phoenix, you must declare any conflict of interest. This covers the Fitness Industry and any Martial Art or Combat Sport.

## **PHOENIX GYM - WHAT PHOENIX IS NOT!**

This was written 20 years ago and still applies today!

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 18<sup>th</sup> 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.

# PHOENIX VISION

(since in 1996)

## MUAY THAI & KICKBOXING

**FITTER      FASTER      STRONGER      TOUGHER**

Phoenix is a specialty gym. We teach Phoenix Muay Thai, Kickboxing and Fighting 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:

**‘FORGED IN FIRE ®’**

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 and friends.

Phoenix trains effective fitness exercises that have been validated through the latest scientific research and are simple and practical. Our result driven system proves they work. We are not driven by glossy marketing promises. 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. We have been ahead of our time for 25 years and continue to lead.

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. Nothing worthwhile is easy.

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. Leave your excuses and ego at the door. It is not about looking good, image, SM followers, uniforms, levels, belts, or untested theories. It is about being PROUD, taking a challenge and achieving something for yourself. It is about integrity of your training and competence.

Phoenix trains everyone to be a world champion but what they do with it is up to them. Everyone at Phoenix is involved in the grading system, is learning to spar and everyone is training to fight in a fight team environment.

Muay Thai, is tone of the toughest sport in the world. We do more than that and are a martial Art school with a warrior code.

The fitness industry is often a watered down, soft, mass produced, abbreviated version of everything good about martial arts. Boxing fitness type training is ridiculous and a con. A majority of modern martial arts are no better than Box Fit as they have been modified into



safe, politically correct, rote learned, ego and movie driven stylistic versions. Paying for gradings that just mean you paid, turned up and rote learned something else impractical. They have taken the martial out of martial arts and can't fight. Grading kids to black belts and never doing any real contact or reality fighting training. These McDojo franchised Asian names with 'traditional' training type clubs just con the weak and the baby-sitting looking parents. Yes, there is good solid Karate out there but isn't big and commercial, door knocking or selling memberships in the mall.

At 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 character development.

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 feed to them or appears popular.

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 club. 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.

## **WELCOME TO PHOENIX**

## **PHILOSOPHIES OF PHOENIX**

- YOUR ATTITUDE IS UP TO YOU.
- NEVER EVER BE A VICTIM.
- YOU ARE CAPABLE OF AMAZING THINGS.
- TAKE ON CHALLENGES AND HAVE NO EXCUSES.
- ROUTINE AND DISCIPLINE ARE THE CORNERSTONES OF SUCCESS.
- WITHOUT THE LESSONS OF FAILURE THERE WILL NOT BE THE REWARDS OF SUCCESS.
- YOU ARE NOT ENTITLED TO ANYTHING - YOU MUST EARN WHAT YOU ACHIEVE.
- OUR GREATEST ACHIEVEMENTS COME IN THE FACE OF THE GREATEST ADVERSITY.
- TAKE PRIDE IN YOUR ACHIEVEMENTS AND STAND TALL IN THE FACE OF CHALLENGES.
- WORK HARD TO DEVELOP YOUR MIND AND BODY.
- BE HONEST AND REMEMBER THE VALUE OF LOYALTY.
- HAVE THE CONFIDENCE TO FOLLOW YOUR DREAMS AND THE WORK ETHIC TO ACHIEVE THEM.
- REMEMBER WHERE YOU CAME FROM AND WHO CONTRIBUTED TO WHAT MADE YOU WHO YOU ARE.
- ACKNOWLEDGE THAT WE AS INDIVIDUALS ARE RESPONSIBLE FOR OUR LIVES.
- BE PATIENT, ENJOY LIFE'S REWARDS, AND NEVER TAKE ANYTHING OR ANYONE FOR GRANTED.
- MAINTAIN A FLEXIBLE OUTLOOK AND A POSITIVE FOCUS IN ALL SITUATIONS.
- HAVE THE CONFIDENCE AND STRENGTH TO STAND UP FOR WHAT YOU BELIEVE AND THE WISDOM TO QUESTION EVERYTHING. FIND YOUR OWN ANSWERS.
- TRUE HAPPINESS OCCURS WHEN YOU ENJOY FINDING AND THEN SOLVING YOUR OWN PROBLEMS.
- PEOPLE WHO ARE GREAT AT SOMETHING KNOW THAT THEY WEREN'T GREAT TO START WITH - THEY ARE ALWAYS LEARNING.
- MEASURE YOURSELF BY YOUR BEHAVIOUR AND HOW YOU AFFECT OTHERS, NOT BY TITLES, SYMBOLS, OR POSSESSIONS.
- PHOENIX IS A FAMILY OF LIKE-MINDED PEOPLE WITH A COMMON PURPOSE. IT IS HEALTHY AND GOOD TO HAVE IT IN YOUR DAILY/WEEKLY SOCIAL INTERACTION.
- USE YOUR SKILLS FOR SELF-DEFENSE AND THE PROTECTION OF OTHERS (OR IN LEGITIMATE AND CREDIBLE COMPETITIONS THAT YOU ARE WELL PREPARED FOR).