



All Range Combat

More than just kick boxing!

FUN,
FITNESS
and **SELF-DEFENCE.**

allrangecombat.com/bath

Description

The All Range Combat clubs teach a true multi-style martial arts system, which continuously evolves and incorporates new techniques and strategies into solid, tried and trusted martial arts.

Over 30 years of existence it has produced more than 40 high quality black belts, proficient in their chosen areas- and continues to do so. Chief Instructor Colin Lawrence has trained since 1975 and has been taught and graded by the first generation instructors in this country and the USA, and has reached the highest levels in TaeKwonDo, Thai Boxing, Kickboxing, Kali, Boxing, Jiu Jitsu and Jeet Kune Do. Other martial arts are also incorporated. The club has been running for 30 years.

Students can grade as high as 3rd Dan Black Belt in Taekwondo, Kickboxing or Mixed arts. This core training brings the power of Thai Boxing, the grace and fluid kicking of Korean Taekwondo, the devastatingly effective art of western boxing , the complex and fascinating weaponry and open-hand defence of Phillipino Kali, the stunning efficiency of Bruce Lee's JKD, and the vastly numerous locks , holds and ground-fighting techniques of Jiu Jitsu (Japanese and Brazilian)....and much more besides! Flexibility and fitness feature strongly.

Students are welcome from the age of 12 until any age whatsoever. The age restriction is because of size. Men and women of course. beginners and seasoned veterans. We have absolute beginners through to people training 30 yrs plus.

If you are looking for real self-defence, technically pure martial arts techniques from multiple styles, grading to all levels in different arts, the opportunity for safe but real combat sparring, a relaxed but disciplined environment, with a big emphasis on health and fitness, look no further.

Students can concentrate on certain areas if they desire- there is simply so much to learn!

Contact Membership Details

Club Details

Name	Bath Freestyle Martial Arts
Town	Bath
Instructor	Bruce Munding
Style	Free-style Tae Kwon Do (A.R.C.S)
WAKO Code	BA23

Student Name & Address

Name
Address

Telephone
E-Mail
Data Of Birth

Annual Licence & Insurance

First WAKO Licence
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Annual Licence & Insurance	
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The holder is a Member of WAKO GB for the period licenced. The Licence is the property of WAKO GB and may be revoked at any time.

WAKO GB	94, Ray Mill Road West, Maidenhead, Berks, SL6 8SL
Telephone	01628 415923
Email	office@wakogb.com

WAKO GB

World Association of Kickboxing Organisations

The Bath ARCS club is affiliated with WAKO GB for licencing & insurance purposes.

WAKO is the largest unified Kickboxing organisation in the World. It has over 110 countries currently in membership. In 2006, it became recognised as the World Governing body for Kickboxing by SPORTACCORD (formally GAISF) and OCA.

W.A.K.O GB is the World Association of Kickboxing Organisations for Great Britain. Insurance & Membership with WAKO GB gives you full access to comprehensive support, insurance and international martial arts recognition, access to accredited courses and competitions, locally, nationally and world-wide. Whatever the size or style of your martial arts group, club or even as a solo practitioner, WAKO GB can help you progress!

Our membership offers the validation of Dan Grades, Student Grades and provides official WAKO GB Certificates. WAKO GB hold regular National & International martial arts competitions and tournaments and the most competitive martial arts insurance for over 30 years in the Martial Arts.

Grading & Syllabus

Overview

We use the grading system to help you and us determine what your next piece of training should be.

Traditional Kung Fu doesn't have coloured sashes or belts, as they traditionally had the sole purpose of holding up the pants.

For the most part, coloured belts are a Japanification of the ranking systems. Rank in traditional Kung Fu also doesn't follow the same general pattern as Japanese arts either, as titles are familial based, not rank based (sidi = younger brother/sister, sihing = older brother, sigung = grandfather, sitaigung = greatgrandfather) If a student of a Sifu opens his own temple, the student gets title of Sifu and the Sifu get Sigung, etc).

Many modern styles, especially in the west, have belts to help display rank and to give students the feeling of achievement.

Grade Record

Under no circumstances must you make any alterations or unauthorised entries in your record book. If you lose your licence please notify a senior instructor.

This is a complete record of your grading's / courses you attend on your martial arts journey.

When you receive your licence make sure you insert an up to date photo and the student named on the licence must sign the back of the book.

GRADE	DATE PASSED	EXAMINER(s)
White (9 th KYU)		
Yellow (8 th KYU)		
Orange (7 th KYU)		
Green (6 th KYU)		
Blue (5 th KYU)		
Red (4 th KYU)		
Brown I (3 rd KYU)		
Brown II (2 nd KYU)		
Brown III (1st KYU)		
Black (1 st Dan)		
Black (2 nd Dan)		
Black (3 rd Dan)		

First Belts

This is a summary of the techniques needed to grade across your first four belts.

The techniques for the higher levels include those from the levels below it.

	Yellow (8th Kyu)	Orange (6th Kyu)	Green (6th Kyu)	Blue (5th Kyu)
Basics	<ul style="list-style-type: none"> •20 press-ups (or half press-ups) •Stances:Fighting stance(both sides) •1 for 1 sparing 	<ul style="list-style-type: none"> •25 press-ups (or half press-ups) •2 for 2 sparing 	<ul style="list-style-type: none"> •30 press-ups (or half press-ups) •Free sparing (semi) 	<ul style="list-style-type: none"> •30 press-ups
Strikes	<ul style="list-style-type: none"> •Jab •Cross •Back Fist 	<ul style="list-style-type: none"> •Basic Hook •Fore-Fist Punch •Inside Knife~Hand •Outside Knife-hand •Palm heel 	<ul style="list-style-type: none"> •Ridge Hand •Elbow Strike (Cross Elbow) •Uppercut <p><i>All techniques without target and against focus mitt</i></p>	<ul style="list-style-type: none"> •Fingertip Strike •Knuckle Strike •Front Elbow •Rear Elbow •Spinning Back Fist
Combos	<ul style="list-style-type: none"> •Jab.Jab •cross.Jab 	<ul style="list-style-type: none"> •Jab.Jab •cross.Jab •jab.Cross •jab.R-Hook •F-Hook.Cross. 	<ul style="list-style-type: none"> •Jab.Cross.Jab •Jab.Hook.Cross 	<ul style="list-style-type: none"> •
Blocks	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •Inside Block •Outside Block •Rising Block •Double Knife-Hand 	<ul style="list-style-type: none"> •Single Knife Hand • All with One step sparing - Three techniques required on each 	<ul style="list-style-type: none"> •Rising Block
Kicks	<ul style="list-style-type: none"> •Front Kick •Roundhouse Kick <p>(Both legs)</p>	<ul style="list-style-type: none"> •Side Kick •Front Stop Kick •Back Kick •Long Knee <p><i>(With correct balance & against pads)</i></p>	<ul style="list-style-type: none"> • Grab & Long Knee to body •Basic Hook Kick •Stepping Side Kick <p><i>All techniques without target and against pad</i></p>	<ul style="list-style-type: none"> •Long Knee (Against Pad) •Grab and knee strike (Thai Boxing) •Front Push Kick •Front Snap Kick •Jumping Back Kick •Reverse Turning Kick •Improved Hook Kick
Self Defence	<ul style="list-style-type: none"> •Grab to either wrist •Grab to throat (one or two hands) 	<ul style="list-style-type: none"> •Grab to clothing from front. (One hand) •Grab to clothing from front. (Both hands) •Grab to throat from rear •Defence from right hand punch 	<ul style="list-style-type: none"> •Grab to hair from behind •Escape when held over the arms from behind •Escape when held under the arms from behind •Grab to clothing and punch •Two defences from grab to throat •Three defences from right hand punch to face 	<ul style="list-style-type: none"> •Escape from full nelson •Escape from head chancery •Defence on the ground (Front Kick & Side Kick)

White Belt (9th Kyu)

Overview

There are no set techniques for white belt and a student is considered a white belt if they have trained with the club for over four sessions and are clearly showing some commitment to learn. This could be buying yourself some equipment and especially a Gi (uniform).

Belts are earned through their proven dedication to training in combination with an examination (grading). A Student progresses from Novice through the coloured Kyu grades (9th to 1st Kyu) to Black Belt (1st Dan). The term Kyu (or Kyū (級)[kʲiː]) is a Japanese term used in modern martial arts to identify the level of students.

In ARCS while we grade students and use the kyu grades we value the learning process over the artificial imposition of a grade. As long as you are learning, you are journeying towards your Dan grade.

Clothing & Equipment

The formal or typical uniform for the class is a black Free-style top with red stripes (#1), and black full contact leggings (#2).

An alternate and somewhat cheaper alternative is the White & Black mixed Karate Gi (#3) which can be used when doing throws or take downs.

Or even a club T-Shirt (#4) & leggings (#2), all are acceptable.

1. Top - <http://www.blitzsport.com/kickboxing/kickboxing-clothing/Adult-Classic-Polycotton-Freestyle-Top>
2. Leggings - <http://www.blitzsport.com/kickboxing/kickboxing-clothing/Adult-Classic-Polycotton-Full-Contact-Trousers>
3. Mixed Gi - <http://www.blitzsport.com/Adult-Polycotton-Student-Karate-Suit>
4. Club T-Shirt - <http://allrangecombat.com/blog/t-shirt.html>

Yellow Belt (8th Kyu)

Overview

This is your first grade and signals that you have learnt some of what we are seeking to teach.

Techniques

You will be expected to be able to perform the following techniques if ask:

- Fighting stance:** • Both leads.
- Footwork:** • forward-back
- Boxing Punches**
 - Jab
 - Cross
 - Hook
- Boxing Combos**
 - Jab – Jab
 - Cross – Jab
- Kicks**
 - Front(Lead) kick
 - Lead & rear round kick
- Judo/Jiu-Jitsu**
 - Grabs to neck (one hand)
 - Break fall to rear
 - Break fall to front
- Kali**
 - Striking on angles #1 (Forehand, diagonal onto left shoulder)
 - Striking on angles #2 (Backhand, diagonal onto right shoulder)
 - Blocks to sticks on angles #1 & #2
- Patterns**
 - Non-formal pattern one
- Fitness**
 - 10-20 press-ups.
 - 20 sit-ups.

Grade Scores

Technique	Score (1-5)	Graded (dd/mm/yy)	Notes
Fighting stance			
Footwork			
Boxing Punches			
Boxing Combos			
Kicks			
Releases			
Judo/Jiu-Jitsu			
Kali			
Pattern #1			
Fitness			
Overall			

Orange Belt (7th Kyu)

Overview

This belt follows the Yellow belt listed above and is sometimes granted to beginners on their first grading should they show excellent aptitude. At this stage the student should be able to understand and differentiate the different techniques that are part of this grading program.

Techniques

You will be expected to be able to perform every technique from previous grading and these techniques.

- | | | |
|-------------------------|--|--|
| Fighting stance: | <ul style="list-style-type: none">• Cat stance - TKD Fighting stance | <ul style="list-style-type: none">• Boxing Fighting stance |
| Footwork: | <ul style="list-style-type: none">• Circle both ways• Boxing duck & weave/ Boxing bob and weave | <ul style="list-style-type: none">• Moving forward/back/circle/fast retreat |
| Strikes | <ul style="list-style-type: none">• Boxing cross• Boxing body hook• Boxing head hook• Boxing Uppercut• Fore-Fist Punch• Inside Knife Hand | <ul style="list-style-type: none">• Outside Knife-hand• Palm heel• Slipping, jab and cross.• Parries & Partner drills.• Use of focus pads. |
| Boxing Combos | <ul style="list-style-type: none">• Double Jab• Jab – Cross | <ul style="list-style-type: none">• Jab – Rear-Hook• Front-Hook – Cross. |
| Blocks | <ul style="list-style-type: none">• Boxing salute block• Boxing duck & weave/ Boxing bob and weave | <ul style="list-style-type: none">• Outside Block• Rising Block• Double Knife-Hand |
| Kicks | <ul style="list-style-type: none">• Inside Block• Side Kick• Front Stop Kick• Back Kick• Long Knee | <p><i>(With correct balance & against pads)</i></p> |
| Judo/Jiu-Jitsu | <ul style="list-style-type: none">• Forward roll to break fall• Grab to clothing from front. (One hand)• Grab to clothing from front. (Both hands)• Grab to throat from rear | <ul style="list-style-type: none">• Defense from right hand punch• Judo rolling break-fall• Judo back break fall• Drop hip throw (Drop seoi nage) |
| Kali | <ul style="list-style-type: none">• Striking on angles #1,2,3,4 & 5• #1 Forehand, diagonal onto left shoulder• #2 Backhand, diagonal onto right shoulder• #3 Forehand, diagonally up into right ribs• #4 Backhand, diagonally up into right ribs• #5 Straight stab to stomach | <ul style="list-style-type: none">• Supported blocks to sticks on angles #1,2,3,4 & 5• Single & Double stick drills for above |
| Patterns | <ul style="list-style-type: none">• Non-formal pattern One & Two | |
| Fitness | <ul style="list-style-type: none">• 25 press-ups.• 40 sit-ups. | |
| Sparring | <ul style="list-style-type: none">• 1 for 1 | <ul style="list-style-type: none">• No contact sparing |

Grade Scores

Technique	Score (1-5)	Graded (dd/mm/yy)	Notes
Fighting stance			
Footwork			
Boxing Punches			
Boxing Combos			
Kicks			
Releases			
Judo/Jiu-Jitsu			
Kali			
Pattern #1			
Fitness			
Overall			

Green Belt (6th Kyu)

Overview

A green belt student must by this stage be learning to strengthen and refine his techniques. The techniques you learned at White, Yellow and Orange should now be well known to you and repeatable with confidence.

Techniques

You will be expected to be able to perform every technique from previous grading and these techniques.

- | | | |
|-------------------------|---|---|
| Fighting stance: | <ul style="list-style-type: none"> TKD Fighting stance | <ul style="list-style-type: none"> Boxing Fighting stance |
| Footwork: | <ul style="list-style-type: none"> Moving forward/back/circle/fast retreat | <ul style="list-style-type: none"> Boxing cover Boxing bob and weave |
| Strikes | <ul style="list-style-type: none"> Improved striking from Orange belt techniques Single Knife Hand Ridge Hand | <ul style="list-style-type: none"> Elbow Strike (Cross Elbow) Boxing Uppercut
<i>All techniques without target and against focus mitt</i> |
| Boxing Combos | <ul style="list-style-type: none"> Jab/Cross/Jab Jab/Hook/Cross | <ul style="list-style-type: none"> Slipping jab and cross/parries/cover/bob and weave Parry drill 3 for 3 Slapping Block (Pak Sao) Pulling Block (Lop Sao) Running Block (Chow Sao) |
| Blocks | <ul style="list-style-type: none"> Single Knife Hand All with One step sparing - Three techniques required on each | <ul style="list-style-type: none"> 2 piece combos of Front-kick/round-kick (low-mid-high)/ step-sidekick
<i>All techniques without target and against pad</i> |
| Kicks | <ul style="list-style-type: none"> Grab & Long Knee to body Basic Hook Kick Stepping Side Kick | |
| Judo/Jiu-Jitsu | <ul style="list-style-type: none"> Grab to hair from behind Escape when held over the arms from behind Escape when held under the arms from behind | <ul style="list-style-type: none"> Grab to clothing and punch Two defenses from grab to throat Three defenses from right hand punch Standing hip throw (seoi-nage) Scarf hold (Kesa Gatame) Sinawali 4 double stick Kapka 4 (plus open hand) |
| Kali | <ul style="list-style-type: none"> Striking on angles #1-6 Hub-bud | |
| Patterns | <ul style="list-style-type: none"> Non-formal pattern One to Three | |
| Fitness | <ul style="list-style-type: none"> 30 press-ups. | <ul style="list-style-type: none"> 40 sit-ups. |
| Sparring | <ul style="list-style-type: none"> 2 for 1 - Sparring with above | <ul style="list-style-type: none"> Light/touch contact free-spar |

Grade Scores

Technique	Score (1-5)	Graded (dd/mm/yy)	Notes
Fighting stance			
Footwork			
Boxing Punches			
Boxing Combos			
Kicks			
Releases			
Judo/Jiu-Jitsu			
Kali			
Pattern #1			
Fitness			
Overall			

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the participant(s) named below agree:

1. The participant(s) should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. The participant(s) fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. The participant(s) accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. The participant(s) HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee"...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. The participant(s) HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted under English Law and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
6. The participant(s) executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the participant(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf , and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Martial Arts School: Bath Freestyle Martial arts
Printed Name of Participant
Student/Participant Signature
Address of Participant
Contact Phone Number

