



Introduction to Adults Martial Arts Classes

Sport England Quality Kitemark Accredited - Clubmark 2010 – 2020



Shin Gi Tai Martial Arts Academy.
The Annex @ ITT Industries. Jays Close, Basingstoke, RG22 4BA.

T: 01256 364104

E: info@basingstokekarate.com



Welcome to Shin Gi Tai Martial Arts Academy

Shin Gi Tai is a great place to learn Martial Arts and or keep fit. You've chosen one of best clubs in the region to learn with an enviable pedigree in teaching quality Martial Arts that has been independently verified by Sport England, both in terms of its policies and procedures and also the delivery of its coaching. This document will give you an introduction to our various fitness and martial arts classes.



Basingstoke Sports Club of the year 2010 & 2015



Martial Arts Standard Agency Approved Centre and Approved Coaching Centre



Sport England Quality Kitemark

Double Clubmark Award received 2013 - 2020



Bryan Andrews

- 6th Dan – International Coach
- Qualified Coaching Examiner
- Level 3 Coach
- 36+ years experience
- England Squad National Team Coach
- Qualified to coach Karate, Kung Fu, Ju Jitsu, Judo, MMA and Tai Chi
- Winchester Performance Sports Coach of the Year 2015
- Basingstoke and Deane Professional Sports Coach of the Year 2012 & 2015



- World Karate Champion 2016
- European Karate Champion 2015
- Karate England All Styles National Open Kata Champion 2014
- National Kung Fu Champion 2013



- World Karate Champion 2016
- World Karate Champion 2014
- European Karate Champion 2015
- Double World Karate Champion 2013

Lindsey Andrews

- 5th Dan – International Coach
- England Squad National Team Coach
- 25+ years of experience
- Coach to Squad competitors who achieved
 - 77 Gold Medals
 - 85 Silver Medals
 - 95 Bronze Medals
- Hampshire Sports Coach of the Year 2018
- Hampshire Masters Sportsperson of the Year 2014
- Basingstoke and Deane Sportswoman of the year 2014, 2015 and 2016

.....because not all Martial Arts clubs are created equal!



Hampshire County Council - London Olympics Legacy Sports Club of the year 2016

Adults Martial Arts Classes

Our adults Martial Arts classes aren't the typical kind of class where you'll march up and down the hall hitting the air.

Our Adults Martial Arts classes are suitable for anyone from the age of 14 years old. The classes teach a wide range of different techniques which the participants are able to pragmatically apply to suit their own body.

A large part of what we do in these classes is partner work to help to learn, test and refine techniques that work for you as an individual, whilst improving your fitness levels. Our Martial Arts Centre has a wide range of equipment that we use to improve our training as well.

Our adult curriculum is specifically designed to meet the training needs of the modern busy adult. Students will get fitter, lose weight and learn to defend themselves.

Our curriculum includes: Kickboxing, Close quarter combat, Power striking, Grappling, Pushing hands, Locks, Throws and Groundwork before then moving on to the traditional deeper levels of Kung Fu and Karate training.



Adult Judo Classes



We also have a dedicated adults only class. Judo is an Olympic sport and includes techniques to lift and throw your opponent onto their back and then hold them down. Judo can seem quite rough, but like all Martial Arts, if practiced properly the risk of injury is minimised. We cater for younger players in their late teens or early

20s through to practitioners who are much older than that, going into their late 40s. Clearly at different ages, there can be a big disparity in terms of what a player is capable of doing, we are aware of this and can help you to maximise your training time by ensuring the techniques that you do are optimal for your age and body.

If you're looking to develop your level of fitness, co-ordination, learn some self defence or even just lose weight, then Judo is a good option to consider. Everyone starts Judo for a different reason, some like the thrills of competing, others want to get fit, some people like the social atmosphere. No matter why you want to learn Judo, we can help you learn and develop new skills whilst having a good time doing so. Come and try a free taster class and see what you're missing.

You can expect to work with a partner during the class to learn and practice techniques under the watchful guidance of our fully qualified coaches. It will be hardwork, you will get fitter, you will learn a host of useful skills and improve your coordination and you'll even have fun doing it.



Mixed Martial Arts and Combat Ju Jitsu Class

MMA is one of the most exciting combat sports in the world, heavily popularised by The UFC and with thrilling action. It's going to continue to be a sport to be watched in the future.

Our Mixed Martial Arts classes are open to experienced Martial Artists and newcomers alike. Although this is very much a fighting class, we work with each person to ensure that they train safely and appropriately for their level of ability.

The Minimum age to participate is 16 years old. This is a fighting class with medium to full contact being made. We recommend that you have some previous Martial Arts experience before taking part in this class.

The classes teach a wide range of different techniques for different rule sets including Combat Jitsu and Mixed Martial Arts. We cover during these classes

- Stand up fighting
- Close range grappling
- Throws
- Groundwork

Mandatory Equipment



MMA Gloves



Gum shield



Groin Guard



Uniform



Tai Chi

Tai Chi is well known for its therapeutic benefits and being an effective Kung Fu system. We teach the Yang style Tai Chi system and our syllabus is designed for anyone of any age, we use the modern coaching methods to teach this fascinating Chinese Internal Martial Art.

Used as part of your daily health regime Tai Chi can help with:

- Meditation
- Relaxation and Wellbeing
- Good Posture and Good Breathing
- Mental Awareness and Concentration
- A low impact form of exercise
- Core Strength
- Injury and post operative rehabilitation

Through Tai Chi practice we develop the skills to help take control and responsibility for our own health and the clarity and focus to empower our lives.

“Tai Chi classes can help you take control of your life and health!”

Our Tai Chi curriculum includes:

- **Nei Gong** – meditation and stationary exercises
- **Qigong** (Chi Kung) (Is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.)
- **Tai Chi Forms**
- **Pushing Hands**
- **Applications**
- **Weapons** (Broadsword, Double Edged Sword and Spear)



Ladies Only Kickboxing

Our Ladies only Kickboxing class in Basingstoke is designed to get you fit and teach you Kickboxing and self defence skills. This class is suitable for beginners. If you're looking to get fit and tone up, this is going to be a great class for you or alternatively if you have some skills, this is a good way to improve your techniques and skills.

Women learning Kickboxing often start wanting to tone up, feel fitter and feel safer. This class will help you to do that, it will also help you to build strength, speed and improve your flexibility. You'll be burning lots of calories, hitting our bags and pads, generally having a good time with friends and learning lots of new things.

Our team of female coaches, including Lindsey, are on hand during the classes to help teach the skills being worked on and to support the ladies attending.

The thing that the Ladies attending these classes have in common, is that they are all:- different ages, different shapes, different fitness levels and are of different abilities. In a nutshell, this class can be taken by anyone and you don't have to be fit to start training, but you will get fit training with us.



Martial Music Blast

Do you want to get fit? Do you want to do an empowering new workout? Then come to the Martial Arts professionals to learn Martial Music Blast (MMB). If you're looking to improve your fitness then you'll love the fun, the energy and the enthusiasm in this class. Get fit with a great bunch of people like you.

This program is inspired by martial arts and draws from a wide array of Martial Arts disciplines. Supported by inspiring music and the instructors who choreograph each routine, you will strike, punch, kick and stretch your way through calories to superior cardio fitness.

MMB is a non-combat, non contact martial arts-based fitness program with moves drawn from many different Martial disciplines including Kung Fu, Karate, Kickboxing, Muay Thai and Tai Chi. You will also find elements of other arts such as Yoga within some of the tracks.

Each MMB class is designed so that everyone can fully take part in the class either standing or sitting and get a great workout, high or low impact it's up to you, you choose your own workout zone. It's achievable for all and will make you feel good about the most important person in your world – you!

These classes are designed with feel good fun at the heart, calories blasting great music at the soul and solid martial arts techniques rocking their way to your core. All choreographed and taught by qualified coaches, Black Belt and World Champion Martial Arts Instructors. Our Lead Coach is a qualified Zumba and Les Mills BodyCombat™ Instructor with over 25 years martial arts training and coaching experience.



Competitions

Shin Gi Tai has an enviable record in competitions in several different disciplines. Competition is one of the areas in our training that members can take part in. It isn't compulsory, but it can offer some real benefits.



78 National Champions

- 11 World Champions
- 6 European Champions
- 3 World Games Champion
- 11 Silver and 11 Bronze Medals at the World Championships
- 13 Silver and 17 Bronze medals at the European Championships



Karate

Our Karate squad is very successful with currently 11 members of the squad competing / training with the England National Squad. We have current National, International, European and World Champions in our squad in the disciplines of Kata and Kumite. The rules here favour standing techniques with a limited range of throws.

Kung Fu - Sanshou

Our Kung Fu squad takes part in semi and full contact events under the British Council for Chinese Martial Arts. We have both Junior and Senior National Champions in this discipline. The rules are essentially Kickboxing with throws.

MMA / Combat Ju Jitsu

Our MMA / CJJ squad take part in a number of regular regional and national events. We have nationally ranked competitors in the CJJ discipline. The rules allow fighting at all ranges including on the ground.

Judo

We offer members the ability to compete in the National Governing Bodies' events at both local and regional level. If you're good enough, maybe all the way to the Olympics.

Medal Tally

Since 2010

93
Gold Medals

96
Silver Medals

147
Bronze Medals

Regular extra curricular courses

We regularly hold courses with visiting world class instructors to help our members enhance and develop their skillset.



Steve Rowe 9th Dan
International Tai Chi and Kung
Fu teacher



Professor
Roberto Meneguetti Almeida
Brazilian Ju Jitsu Master



Shihan Paul Coleman 7th Dan
Karate ex World Irimi Fighting
Champion



Tricia Jordan 5th Dan – Weapons
Instructor
Kali, Escrima, Arnis Weapon
seminar



Sifu Tong Lui Wing Chun Kung Fu



Sensei Sam Dunkley 4th Dan
Functional Fitness and Animal
Movements



Sifu Gavin King
Kung Fu and Tai Chi Teacher
Broadsword Course



Chris Doherty 6th Dan British Judo
Association
Throwing and Groundwork course

Introducing our Team



Bryan is a 6th Dan Black Belt and Level 3 Coach and has been training in different Martial Arts for nearly 40 years and teaching for 34 years. He thinks personalisation of your martial art is vital.

World Karate Champion 2016, European Karate Champion 2015, National Karate Champion 2014 and National Kung Fu Champion 2013.



Lindsey is a 5th Dan Black Belt with over 26 years of training. She is the current

UK and World #1 for Ladies Kata. European Karate Champion 2015, World Karate Champion 2016, 2014 and Double World Karate Champion 2013. Hampshire Sports coach of the year 2018



Mandi is The Club Business Manager and responsible for management of the Business Operations and Communications of the club.

World Karate Champion 2016

Bryan and Lindsey are the owners of Shin Gi Tai

Mandi is our Lead Welfare Officer.



Tony is a 7th Dan in Ju Jitsu and is an ex MMA competitor and renowned pressure point coach. Tony is also qualified in Reiki.

Past National Ju-Jitsu Champion



Derek is a 6th Dan in Judo, he has been coaching Judo for many years now has been a 3 x silver medallist at the World Judo Championships and 3 x British Champion. He is coach to a number of the British team.



Neil is a 3rd Dan Black Belt and comes with many years experience of teaching Karate. He loves the difficult technical aspects.



Jess is a 2nd Dan Black belt and is Captain of our competition team. She is a Level 2 Coach.

European Karate Champion 2014



Michelle started training with her children and is an accomplished Martial Artist, competitor and a qualified Level 2 coach.

European Karate Champion 2017



Harry is a 2nd Dan Black Belt, he has been training for 13 years now and is a Level 1 coach.

2015 World Kumite Champion

These are typically the people that you will meet / see teaching on the mats during your classes. All of these people are DBS checked, First Aid trained, insured and qualified as Martial Arts coaches. In addition we invest in their development, both technically with regular instruction on advanced Martial Arts techniques, but also with Sport England courses such as 'Equity in your coaching' and 'Long Term Athlete Development' in order to help them help you better.

MASA Quality Standards

All of our Coaches are qualified as Martial Arts Instructors by The Martial Arts Standards Agency (also by the relevant National Governing Body for each art.) the body that promotes excellence and quality standards in the Martial Arts. We work to these exacting standards and wouldn't have it any other way.



The Martial Arts Standards Agency recommends that Associations / Clubs use a system of Instructor Accreditation. This would confirm that



-  All instructors are senior Black Belt level instructors in the art taught.
-  All instructors carry Professional Insurance for £5 million
-  All instructors have an enhanced Disclosure and Barring Service check annually.
-  All Instructor are First Aid trained
-  All instructors have a professional coaching qualification that covers:-
 - Health and safety
 - How to coach adults and children
 - Protection of children from abuse
 - Lesson planning
 - Risk Management
 - Policies and Procedures



You can be confident of our high standards.



What Makes our Academy so Successful

Feedback from our Members

- ✦ You can train in a fully equipped Martial Arts Academy with lots of equipment to make your training less boring, more enjoyable and much more effective.
- ✦ Our coaches are some of the most experienced coaches in the region with a proven track record of teaching high quality Martial Arts, so you can be assured that you are learning from the best.
- ✦ We offer a wide range of Martial Arts inc. Judo, Karate, Kung Fu, Ju Jitsu, Tai Chi and MMA classes. You can choose which of these classes to take, to develop first class skills.
- ✦ With our structured syllabus we cater for the beginner to Martial Arts, through to the 25+ year veteran. This means that you keep progressing and learning new things, the more you train.
- ✦ Our qualified fitness instructors will help you to maximise your training and the gains that you make.
- ✦ We hold regular social evenings to get together and have some fun after a class.
- ✦ We are a 'Club for All.' Everyone is welcome to come and train with us, regardless of age, gender, weight or level of fitness. It's never too late to start with us.



Shin Gi Tai has given us as a family and as individuals the confidence to enjoy and learn a new sport in Karate and also get fit through Combat and Circuit classes . This is all achieved in a friendly and safe and environment for adults and kids alike. Would recommend the centre to anyone at any level to give it a go Emily and Paul Nicolls

I started coming to Shin Gi Tai since January 2010 to enrol into a 12 week fitness course. I wasn't sure what to expect as this was my first venture into a gym since my school days. I was made very welcome by the coaches Bryan and Lindsey, and also by all the club members. I have since taken up Karate now, and have now been training for about 2 1/2 years now, and I still find every class I do very challenging. I am still enjoying myself at both the fitness and karate class's. It's such a friendly club, that it feels like it's my second family home. Big thank you to all the coaches, keep up the good work. Mark Brady



"At Shin Gi Tai there is something to learn for everyone, regardless of age/sex/skill. A great club with great teachers." Jamie Venning

Shin Gi Tai is a fantastic Martial Arts club aimed at anyone from total beginner to Senior Black Belt. For anybody looking to try self defence be it for fitness or as I do for self protection they will find everything needed in one place. Bryan and Lindsey have set up a truly remarkable centre. They both possess a deep knowledge about the subjects they are teaching. Bob Wilson.



Costs

Membership options

There is an initial membership fee of £74 which includes your membership, insurance, uniform and a T Shirt.

The membership and insurance are renewable annually at a cost of £25 per annum.

Fees payable monthly

- Bronze membership entitles the member to 1 class per week £32
- Silver membership entitles the member to 2 classes per week £55
- Gold membership entitles the member to unlimited classes per week £65
- Silver and Gold members can mix between fitness and martial arts classes.

Gradings are £25 per person and include a new belt and certificate if successful.

General

- We have a self service café, items from the café are shown on the wall next to the hatch.
- Equipment is priced as per the display cabinet area.
- All prices are current at time of printing, but may vary.

Payment of Fees

- All monthly fees are payable monthly in advance by standing order on the 1st of each month.
- If you decide to stop training for any reason, we ask that you give us one months notice please.
- If you miss a class for any reason, you can make up another class during that month as a replacement.

Communications

Newsletter

- We send out regular newsletters by email. We send these from bryan.andrews@basingstokekarate.com. The newsletters contain a mixture of topics including things like:- General updates, events, course reports, technical tips, competition / grading successes, stretching tips and other useful pieces of information.

Posters / Handouts

- We put up posters and announcements both inside the centre and also in the corridor. These are usually changed on a monthly basis. Likewise we will from time to time distribute hand outs.

Website

- We have a website www.basingstokekarate.com which has events and news items, plus a blog with lots of interesting information to read. We also provide a password protected area to give you information on what you need to do to pass your next belt.



- We have a closed Facebook group where we post videos and technical tips that we don't wish to share outside of the club. If you search for basingstokekarate.com on Facebook, you will find us and then ask for access to the group.
- Additionally we have a fan page where we share a wider amount of information and interact with lots of different people including inviting people to attend events and gradings. Search for Shin Gi Tai Martial Arts Academy or follow this link <https://www.facebook.com/pages/Shin-Gi-Tai-Martial-Arts-Academy/112582666226>

YouTube Videos – If members would like something in particular videoed for them to review at a later time, then we are happy to either post it to our website,

Facebook or even Youtube, depending upon the content, this either be done publically or privately. Our video channel is <http://www.youtube.com/user/basingstokema/videos>

If there are particular topics you would like us to include in our communications please let us know.



<p>Two Clubmark Quality Accreditations 2010 – 2016</p>	<p>17 National Governing Body Qualified Coaches</p> <p>With a minimum of CRB/DBS, First Aid, Safeguarding and Protecting Children plus martial arts coaching qualifications.</p>	<p>Black Belts - 39</p>
<p>66 National Champions since 2010</p> <ul style="list-style-type: none"> • 11 World Champions • 4 European Champions • 3 World Games Champions • 11 Silver and 10 Bronze Medals at the World Championships • 13 Silver and 17 Bronze medals at the European Championships 	<p>Medal Tally 2015</p> <p>56 Gold Medals</p> <p>76 Silver Medals</p> <p>99 Bronze Medals</p>	<ul style="list-style-type: none"> • Hampshire Sports Club of the Year • Hampshire Satellite Club of the year • Hampshire Junior Volunteer of the Year • Winchester and District Performance Coach of the Year • 3 x Sportswoman of the Year • Basingstoke and Deane Sports Club of the Year x 2 • 2 x Professional Coach of the year • 3 x Sportswoman of the Year • Volunteer Coach of the Year • Veterans Sportsman of the Year • 2 x Disability Sportsman of the year • 1 x Junior Disability Sportsperson of the year • 2 x Junior Volunteer of the Year • 2 x Sports Team of the Year
	<p>Because not all martial arts clubs are created equal</p>	

Timetable

Children's Classes

DAY	CLASS	TIME
MONDAY	Little Dragons (4-6yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs) All grades	4:45 – 5:30 pm
	Urban Warriors (10-14yrs)	5:30 – 6:30 pm
	Judo	6:30 – 7:30 pm
TUESDAY	Little Dragons (4-6 yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs)	4:45 – 5:30 pm
	Urban Warriors (10-14 yrs)	5:30 – 6:30 pm
	Kata class	6:30 – 7:30 pm
WEDNESDAY	Young Legends (6-9yrs)	4:00 – 4:45 pm
	Urban Warriors (10-14yrs)	5:00 – 6:00 pm
	Martial Music Blast class for Kids	6:00 – 7:00 pm
THURSDAY	Little Dragons (4-6 yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs)	4:45 – 5:30 pm
	Urban Warriors (10-14 yrs)	5:30 – 6:30 pm
	Senior Squad Training	6:30 – 7:30 pm
FRIDAY	Young Legends (6-9 yrs)	4:00 – 4:45 pm
	Urban Warriors (10-14 yrs)	4:45 – 5:45 pm
	Junior Squad Training	6:00 – 7:00 pm
SATURDAY	Little Dragons (4-6 yrs)	9:00 – 9:45 am
	Young Legends (6-9 yrs)	9:45 – 10:30 am

Adults Martial Arts and Fitness Classes

DAY	CLASS	TIME
MONDAY	Mixed Martial Arts / Combat Ju Jitsu	8:30 – 9:45 pm
TUESDAY	Kata class	6:30 – 7:30 pm
	Ladies Only Kickboxing	7:30 – 8:30 pm
WEDNESDAY	Tai Chi	7:00 – 8:00 pm
	Adults Martial Arts – all grades	8:00 – 9:30 pm
	Adults Martial Arts – brown and black belts	9:30 – 10:30 pm
THURSDAY	Tai Chi	10:00 – 11:00 am
	Senior Squad Training	6:30 – 7:30 pm
	Judo	7:30 – 9:00 pm
FRIDAY	Martial Music Blast – Fitness Class	7:00 – 8:00 pm
	Adults Martial Arts – all grades	8:00 – 9:30 pm

Family Friendly Classes

DAY	CLASS	TIME
MONDAY	Family friendly Judo class	6:30 – 7:30 pm
SUNDAY	Family friendly class	9:30 – 10:30 am



Shin Gi Tai Martial Arts Academy
 The Annex @ ITT Industries, Jays Close,
 Basingstoke, RG22 4BA.
www.basingstokekarate.com

(e) info@basingstokekarate.com
 (t) 01256 364104