

# **Starter Pack for new members participating in training sessions and sparring sessions for Momentum Martial Arts.**

Please read, sign and return the documents contained within this pack to Tom Mayes.  
You are welcome to make a copy for your own records, but original, signed copies must be returned.

You are required to sign this document before taking part in any contact activities involved within a session.

We make a point of making sessions as safe and risk free as possible, but please remember that this is still a contact activity involving potentially extreme body contact.  
You will not be forced to take part in anything you do not want to.

Thank you and please remember that serious injuries are extremely rare.

Enjoy your training.

Tom

## **What is in this pack?**

1. Club Procedures
  - a. Instructor Declaration
  - b. Student Declaration
2. Waiver of Liability
3. Rules and regulations of sparring sessions

# **MOMENTUM MARTIAL**

# **ARTS**

# **CLUB RULES AND**

# **PROCEDURES**

## **INSTRUCTOR DECLARATION:**

As your instructor I will endeavour to:

1. Act with integrity, honesty and respect at all times.
2. Develop you to the best of my ability
3. To offer you the best instruction, martial arts and customer service that I can.

Tom Mayes

*Tom Mayes*

## **STUDENT DECLARATION:**

I hereby agree to abide by these rules and procedures.

### **1. Personal hygiene and presentation.**

Personal hygiene is a mandatory requirement of Momentum Martial Arts. You are expected to attend lessons with nails trimmed, clean feet, body, hands and hair, and in clean and tidy clothes. This is for health and safety reasons and for respect for your club, instructor and fellow students.

### **2. Correct attire must be worn.**

A club T-shirt is required when you train. You are given a free T-shirt when you join, and more are available to buy. You can wear shorts or trousers of your choice, but the apparel cannot have zippers, straps, buckles, or any aspect that may cause injury. No jewellery of any type can be worn.

Once you have earned your first belt, you are expected to wear it with pride, and not leave it at home.

**3. Correct club etiquette is required at all times.**

Firstly you will bow to the class at the beginning and end of each session, every time you start or finish training with a partner, and whenever you are given instruction from a coach.

When taking part in a lesson you will refrain from belching loudly, or passing wind. If the situation is dire then please excuse yourself from the room and then return when the situation is resolved.

Please also refrain from using profanities. This is unnecessary and only displays your lack of vocabulary.

**4. Respect for your Partner.**

You must respect your partner at all times.

If you are more experienced than your partner then help them out with some advice if it is needed, if you are less experienced then listen to any advice offered.

More importantly if you are stronger or bigger than your partner then bear this in mind during drills. If you have to restrict the intensity and/or power of your techniques to accommodate your partner then please do. We constantly change partners so you will get to up the tempo again with your next partner. Remember, everyone has the right to be training without the worry of getting hurt unnecessarily.

**5. Reporting of any injuries.**

Any and all injuries sustained during a training session must be reported immediately to the instructor.

**6. Gradings.**

Gradings will take place every 3 months. You will need to have attended 18 technical sessions in the 3 month period to grade. In a 3 month period that works out as approximately 3 quarters of the sessions. Otherwise you will have to wait until the next grading in a further 3 months. If you grade every 6 months then you will need to have attended 24 sessions. That works out as half of the available sessions.

If you are struggling to make that amount of sessions for any reason then a 1 hour private session would equal 3 technical sessions due to the one on one aspect.

**7. Sparring sessions**

To take part in sparring sessions you need to first be a member of Momentum Martial Arts and also attending at least one Technical session a week. This is to ensure that you grow as a skilled and technical Martial Artist.

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# **WAIVER OF LIABILITY FOR** **MOMENTUM MARTIAL ARTS** **SPARRING AND TRAINING SESSIONS**

I, the undersigned participant of this training session detailed overleaf, understand and acknowledge that I am applying to take part, in a mixed Martial Arts session, involving extreme body contact. I understand that minor injuries like scrapes and contusions are a given and that serious injury is a possibility.

I hereby release, indemnify, and forever discharge and hold harmless the session organisers, its participants and the owner, or caretaker, of the training establishment from any and all responsibility, liability, claims for personal injury, legal actions or suits, damages or losses of any kind or description, both at law or equity, arising out of or in any way connected with any of the above mentioned acts and activities.

I hereby agree and covenant for myself, and my successor and assign, never to sue, either at law or in equity, the session organisers, its participants and owner, or caretaker, of the training establishment on account of any such claim, demand, liability, damage, injury or loss.

I have completely familiarized myself with the requirements for taking part in this session, and will meet each and every one of them completely.

In witness whereof, I have set my hand and seal to this document, which I intend to be a legally binding document, on the day and year below written and understand it fully.

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# **RULES AND REGULATIONS OF** **MOMENTUM MARTIAL ARTS SPARRING** **SESSIONS**

All players must understand that despite all safety precautions, this is an ***EXTREME*** contact sport. Minor injuries like scrapes and contusions are a given. Serious injury is always a real possibility. These rules are in place for yours and your training partners safety. Please adhere to them.

## **RULES IN BRIEF:**

- 1) All equipment must be obtained for each section of training.
- 2) No dangerous strikes or submission techniques.
- 3) Correct Attire must be worn.
- 4) **YOU ARE HERE TO LEARN, AND HELP OTHERS LEARN, NOT TO WIN!**

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## **RULES IN DETAIL:**

**1) All equipment must be obtained for each section of training.**

a) Boxing or Shoot Boxing:

- Gumshield
- 16 oz boxing gloves
- Headguard
- Groin guard

b) Kickboxing:

- Gumshield
- 16 oz boxing gloves
- Headguard
- Groin guard
- Shin/instep protectors (no heel kicks)
- Or shin and boots

c) Grappling (no strikes)

- Gumshield

d) Amateur rules MMA

- Gumshield
- MMA Gloves
- Groin Guard
- Shin/instep protectors

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## **2) No dangerous strikes or submission techniques.**

### **RESTRICTIONS ON GRAPPLING:**

All submission holds, including but not limited to locks on the ankle, knee, hips, shoulder, elbow and wrist are permitted, with two exceptions. Firstly, no submission holds may be applied by twisting, compressing, or flexing the spine. Secondly, no “heel hooks” or any submission that twists the knee can be applied.

The reason for the first prohibition is simple, an injury to the neck can cause permanent and crippling injury. The reason for the second is twofold. A heel hook goes from painless to hospitalisation in an instant. Second, the hold is so simple to escape from that it must be applied instantaneously to be effective.

This does not prevent chokes against the neck or throat, locks on the jaw, or any other moves that do not forcibly manipulate the spine. It is permitted to move against the neck joint in an attempt to move, unbalance, or otherwise put the opponent at a disadvantage. It is only moving against the neck joint in order to gain a submission that is prohibited.

All holds must be applied so as to induce submission, not to break the joint, or otherwise cause lasting injury. A player who appears, in the opinion of the other members, to be attempting to injure his opponent will be warned or expelled, according to the severity of the infraction.

Chokes may be applied to the throat, the sides of the neck, or any other area that the player deems appropriate to that end. The protective facemask cannot be grabbed. It is expressly forbidden to attempt to rip flesh, or any other body part, including but not limited to the ears, nose, and lips. Biting is completely forbidden. A player who appears, in the opinion of the other members, to be attempting to purposefully injure his opponent in this fashion will be warned or expelled, according to the severity of the offence.

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

### RESTRICTIONS ON STRIKING:

No strikes are allowed to:

Eyes,  
Throat,  
Spine,  
Groin or  
Knees.

Elbows Knee strikes, and head butts to the body are permitted, but only light contact, as these are potentially devastating blows. A player who appears, in the opinion of the other members, to be attempting to purposefully injure his opponent with these types of strikes will be warned or expelled, according to the severity of the offence.

In sparring sessions where striking to the head is permitted it is **only** to be with **very light contact**. This is a very important rule and any player who appears, in the opinion of the other members to be going against this rule will be warned or expelled, according to the severity of the offence.

### RESTRICTIONS ON THROWING:

For simple reasons of safety, a player is forbidden to throw his opponent onto his head or neck. This is true whether the throw is executed from the front, side or rear of the player. Every effort must be made to plant the opponent on his side, back, front, or legs, not his face. A player who appears, in the opinion of the other members, to be attempting to purposefully injure his opponent with these types of throw will be warned or expelled, according to the severity of the offence.

### **3) Correct attire must be worn.**

Players must wear a club T-shirt and shorts or trousers of their choice. The apparel cannot have zippers, straps, buckles, or any aspect that may cause injury.  
Personal cleanliness is mandatory. No jewellery of any type can be worn.

### **4) YOU ARE HERE TO LEARN, AND HELP OTHERS LEARN, NOT TO WIN!**

Remember, these are your friends, and everybody has to go to work the next day.

Injuries are not funny.

Anybody who fails to abide by these rules, or the spirit of these rules will be warned or expelled.

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_